

*For Alumni and Friends | 2018 - 19*

NATIONAL UNIVERSITY OF HEALTH SCIENCES  
MAGAZINE

A photograph of three people walking on a paved path outdoors. On the left is a woman with reddish hair wearing an orange top and blue jeans, carrying a black bag. In the center is a man in a white t-shirt with a crest and blue shorts, holding a white paper. On the right is a man in a black t-shirt and shorts, holding a colorful circular object. The background features several tall palm trees and lush greenery under bright sunlight.

**FLORIDA**  
Celebrating 10 Years of Excellence



*For Alumni and Friends | 2018 - 19*

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

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## Homecoming

A unique opportunity to reconnect, re-engage and continue learning. Save the Date for 2019!



## Beginning a Unique Partnership - NUHS Florida

Dr. James Winterstein takes a look back.

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## NUHS Florida Hosts 10th Annual Turkey Bowl

A time honored tradition!



## A Legacy of Learning

Meet the Roshnaye family.

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NUHS Florida Campus

## Back Cover:

NUHS Florida Campus Student Center



**I**n this issue of the NUHS magazine, we are celebrating 10 years of academic excellence at the Florida site. It should first be noted that without the efforts of President Emeritus James F. Winterstein, we would not have the opportunity to commemorate such an occasion. His vision and work, as well as the incredible amount of effort from his administrative staff, are to be thanked for this incredible achievement. I would also be remiss if I did not also mention the support of a forward thinking Board of Trustees that now as well as then provides a clear path to success.

Before I left Illinois, Dr. Winterstein told me to “reproduce” National in Florida. I of course knew this to mean those almost intangible qualities that I had come to realize first as a student and then later as a member of both the staff and faculty. As I have said many times since, the University is not about the buildings, but the people. And to this day I still feel that’s what makes our program in Florida so great.

In early October 2008 I landed in my office at the Seminole campus adjacent to those of the University Partnership Center of St. Petersburg College. At that time we were the newest of the partners. While other programs had applied for the opportunity, the reputation of National and the rigorous entrance requirements for our chiropractic program made National the clear choice. It was immediately clear that the outstanding people of St. Petersburg College were supportive and as enthusiastic as we were, and

together we set off on a fantastic partnership that continues to benefit not only our two institutions, but the surrounding communities and the chiropractic profession as well.

We sat our first class in the fall of 2009. Those twelve individuals personified an “adapt and conquer” attitude that is a reflection of the type of student that NUHS has attracted for more than a century. As everyone knows, our programs are difficult on their own and certainly those first few years presented opportunities for unforeseen improvements, but that first cohort of students set the course for the 29 classes that followed. Each semester we see and understand the benefits of high expectations, which are realized as high levels of student achievement and recognition.

I am also proud of the faculty and staff who stood by them and guided them. I watched many of those faculty grow within the NUHS family, start families of their own, and take care of each other in times of loss and hardship. I delight at the continuous support I see our staff give to the students as evidenced on our social media pages. They provide fantastic support both in and outside of the classroom.

While we enjoy a fantastic physical plant as a member of the University Partnership Center at St. Petersburg College, what has made the Florida Site so successful, and so effective is the collaboration, steadfast work ethic and, overall stick-to-itiveness of our partners, staff, faculty, and students. In effect, an exact replica of what the University has demanded and attained, regardless of location, for decades and decades.

I hope that you will join our University community as we continue the celebration of our Florida site during the annual Homecoming. This year we are excited to be part of the Florida Chiropractic Association’s (FCA) “The National by FCA” convention in Orlando in August 2019. The FCA has been wonderfully supportive of NUHS over the years and we know that celebrating Homecoming at “The National” will be an added bonus to regular attendees of both gatherings.

Esse Quam Videri

Joe Stiefel  
President



# Practical Compassion



I hope this edition finds you well and enjoying the opportunities that come your way.

Throughout our careers we have had the privilege of interacting with patients who have profoundly changed our lives and perhaps even the way we practice. I find that these encounters are some of the most rewarding aspects to professional practice and seemingly come at the right time to encourage me and offset the negative aspects of the current health care environment. I recently had one such encounter with a patient whom I had not seen in a few months due to the passing of her middle-aged son.

If you have practiced any significant length of time, you have had these interactions and cannot predict how the visit will proceed. Instead of approaching these visits with fear and trepidation, I have tried to view my role in these instances as a compassionate facilitator of sorts. Whatever need presents- physical, emotional or spiritual I will, to the best of my abilities, meet the need(s) of the person in front of me while being sensitive to their personal belief paradigm. The skill of addressing bereavement is essential to the “art” of medicine that is frequently mentioned but rarely taught past the fourth grade. How to empathize, listen and console someone when another human heart is suffering was taught to me by my mother and Ms. Betcker, my kindergarten teacher.

The nuance of this particular visit was that I was the one that encouraged her son to get a biopsy after examining him as he was a patient and presented with a complaint of neck pain and a “small bump”. He unfortunately was subsequently diagnosed with an extremely rare cancer, pleomorphic rhabdomyosarcoma. All the while encouraging him, I was privileged to guide him through the process of specialists, test results, treatments and next-step planning. After he had visited one of the premier cancer centers in the US and was told there was nothing else that could be done, he considered treatment abroad. He unfortunately passed away a few months later.

I always feel a little awkward at patient’s funeral services, but I feel that it is an important part of being a physician who was involved with the deceased at the end of their life. I believe this small act helps give closure to the family and to myself while memorializing a relationship that had developed over years and now has come to a sometimes untimely end. However, this particular relationship lives on in the visits of the person that gave him birth and raised him. Each of these special patient interactions leaves me humbled and grateful for life and renews my purpose to help all I am privileged to care for.

Grief over the death of a significant other is a unifying human emotion in the continuum of life. It is an emotion that is difficult for many to process and overcome. When patients are grieving the loss of life, counseling them can be a precarious route to navigate, but it must be traveled. To ignore its existence is to deny our own mortality. I encourage you step into the uncomfortable and rely on your personal humanity and address the elephant in the room and resist hiding under the guise of professionalism. You and your patients will be better for it, as the doctor-patient relationship will be strengthened in the forge of this human experience. I can think of no better application of *Esse Quam Videri* than this.

Peace and blessings.



Darren D. Hancock, DC, DACBSP



## HOMECOMING

2018 | Women in Medicine.  
June 21-23 | Leaders in Healthcare.

### A Unique Opportunity to Reconnect, Re-Engage and Continue Learning

**A**lumni, students, faculty and staff gathered once again at National University of Health Sciences' (NUHS) Illinois Site, June 21-23, for the annual networking, learning, and leadership event.



*Dr. Pam Joachim Demonstrates  
Chiropractic Technique*

*“Women in Medicine. Leaders in Healthcare,”* was this year’s theme. It encouraged alumni to return to their alma mater, connecting and networking with former classmates and future colleagues, learning and expanding their skill sets through continuing education courses to advance their careers.

Attendees had the opportunity to participate in campus and clinic tours, recall their days as students, and attend presentations and workshops for all program fields: chiropractic, naturopathic, and oriental medicine, acupuncture, and massage therapy. This year featured an especially diverse array of courses and speakers, giving attendees a unique opportunity to learn more about topics outside of their individual professions in a productive, comfortable, and familiar setting.



*Dr. Burt Rubin Named Alumnus of the  
Year at NUHS Homecoming 2018*

Several awards were presented at the President’s Luncheon on Friday. JoAnn Raggs, purchase coordinator, was recognized for 25 years of service at NUHS; Dr. Claire Johnson received the President’s Quality Service Award for her exemplary work with NUHS’ journals, and the late Dr. Daniel Richardson was inducted into the NUHS Hall of Honor. Dr. Burt Rubin, DC, Class of 1978, was named Alumnus of the Year at the Saturday Alumni and Class Reunion Luncheon.



*Members of National College of  
Chiropractic Class of 1968*

*Thank you to all those who  
attended Homecoming 2018!*

Be sure to view more photos on the website at [www.nuhs.edu](http://www.nuhs.edu), and don’t forget Facebook, Instagram, and Twitter for more posts and pictures using #NUHSHomecoming2018. Join the Alumni Association Facebook page to stay in the loop!





## Thank you to all of our sponsors, exhibitors, and donors who generously supported our 2018 Homecoming and helped make it a great success!

### Recognition of Student Sponsors

Dr. Christopher Arick (1)  
 Dr. Jerrilyn Cambron (1)  
 Dr. Nick Chancellor (1)  
 Dr. Richard Dietzen (1)  
 Dr. Ken and Cheryl Dougherty (2)  
 Dr. Erin Ducat (1)  
 Dr. Rachael Fabbi (1)  
 Dr. Bart Green (1)  
 Dr. Janet Horton (1)  
 Drs. Jim and Moira Jenkins (2)  
 Dr. Claire Johnson (1)  
 Dr. David Johnson (3)  
 Dr. Janet Lintala (1)  
 Mr. Thomas & Patte Shonauer (2)  
 Dr. Daniel Strauss (1)

Dr. Kristine Tohtz (1)  
 Dr. James Winterstein (2)

### Exhibitors

Aligned Modern Health  
 Anabolic Laboratories  
 Apex Energetics  
 CBD American Shaman  
 Central Illinois X-Ray  
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 Illinois Association of Naturopathic Physicians  
 Medical Compliance Specialists, LTD  
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Performance Health  
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 NCMIC  
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Performance Health  
 Pivot Bay  
 Rock Tape  
 Standard Process  
 The Oh Ball

### Exhibitor Sponsors

NCMIC: Sponsorship and Mentor Breakfast, President's Luncheon  
 Apex Energetics: Afternoon Break  
 Central Illinois X-Ray: Refreshment Break  
 Pulse Centers: Breakfast Break  
 R-5, Inc. Refreshment Break  
 China-Gel: Cocktail Reception-PCI/Senior Steward Event

## SAVE THE DATE!

NUHS will hold its annual homecoming event in tandem with the Florida Chiropractic Association National Convention. Join in the 10<sup>th</sup> year celebration of the Florida Site.

### 8 Excellent Reasons You Should Attend:

- 1. Join in the 10th year celebration of the Florida Site!**
- 2. President's Hospitality Suite** – NUHS President Stiefel will host several networking sessions, and the exclusive hospitality suite is not to be missed! Enjoy complimentary breakfasts, lunches, dinners, snacks, and more!
- 3. Connect with fellow alums** – This event is the largest gathering and meeting place of DCs in the world, offering the largest networking environment with colleagues.
- 4. Earn CME hours**
- 5. Specialty programs and diplomat hours**
- 6. A-List Speakers** – Including National's very own Kristine Tohtz, DC, Mac, MTOM on the benefits of pediatrics, acupuncture, and risk management.
- 7. Exclusive pricing** on products, equipment, and more from one of the largest vendor expos for health care professionals in the U.S!
- 8. Special hotel and theme park pricing, with exclusive discounts to:**
  - Disney Theme Parks (Including: Magic Kingdom Park, Epcot, Hollywood Studios, Animal Kingdom Park, and Blizzard Beach and Typhoon Lagoon Water Parks)
  - Universal Studios
  - Sea World
  - Orlando City Stadium



**MARK YOUR CALENDARS!**  
**August 22 – 25, 2019**

# Engaging Alumni



## Staying Connected

**A**lumni are the legacy of National University of Health Sciences, and you have unitedly propelled your profession forward. By staying connected with your alma mater, you have the opportunity to shape the future by engaging with our current and prospective students, networking with your fellow alumni, and sharing your professional knowledge.

### Alumni also engage with NUHS by:

- Joining the NUHS Alumni Association
- Participating in a National Giving Club
- Becoming an Alumni Ambassador
- Accessing the Alumni Directory
- Attending a State Convention with NUHS



*Students at NUHS Homecoming 2018*

### Website Resources

Visit us on the website at <http://www.nuhs.edu/alumni> where you can:

- Access the Classifieds
- Request an NUHS Alumni Badge for your website
- View upcoming continuing education opportunities
- Send us your exciting news to share
- Register for Homecoming

### Get Social With Us!

Stay in touch with your classmates, share your personal experiences and show your NUHS pride!



Facebook: [facebook.com/nat.alum](https://www.facebook.com/nat.alum)



LinkedIn: [linkedin.com/in/nuhsalumniassociation](https://www.linkedin.com/in/nuhsalumniassociation)



Twitter: @NUHSAlumns



Instagram: [instagram.com/nuhs\\_alumni/](https://www.instagram.com/nuhs_alumni/)

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# Florida: Celebrating 10 Years of Excellence



## Beginning a Unique Partnership – NUHS Florida



2009: Dedication of the NUHS Florida site by Dr. James Winterstein, president emeritus and Dr. Joseph Stiefel, president

When the NUHS Florida Site was established in 2009, it was an achievement decades in the making. NUHS considered several different colleges to partner with, but a location in Florida was key.

“Florida was a natural choice for National,” NUHS President Emeritus James Winterstein said. “Over the years many of our graduates went to practice in Florida and they wanted a school in their state.”

Dr. Winterstein had also practiced in Florida for 13 years and knew the area well. When alumnus Dr. Dennis Jones, a Florida senator and chiropractic physician, initiated the partnership with St. Petersburg College (SPC), the chemistry was instant. The goals between both NUHS and SPC aligned perfectly.

Dr. Carl Kuttler, then SPC president, wanted to afford students in Pinellas County the opportunity for an education that had not been available before. Students could earn a baccalaureate, masters and doctoral degree, often from several different institutions, without having left the county. To accomplish

this he developed the University Partnership Center (UPC) by successfully seeking partnerships with various other universities, including NUHS. “After Ms. Tracy McHugh and I presented a business plan to Ms. Catherine Kennedy, associate vice president of UPC, it was an immediate go,” Dr. Winterstein said.

NUHS remains the first and only institution to develop a relationship with a public college to provide a chiropractic medicine program. Additionally, our program has raised awareness to the surrounding communities for not only chiropractic medicine but also other conservative treatment modalities, such as acupuncture. NUHS functions within St. Petersburg College facilities and in return our interns provide chiropractic services within the on-campus clinic to SPC employees and students at no charge. NUHS operates in a cooperative and collaborative manner with SPC and the other UPC partners in an incredibly unique setting that gives our students unparalleled experience and exposure to a wide variety of health care experiences.

*“The relationship is simply one of a kind and truly valuable for all concerned,” Dr. Winterstein said.*

Over the years, the Florida Site has continued to thrive. NUHS President Dr. Joseph Stiefel, the Florida Site’s first dean, laid the foundation for future relationships with SPC and other partnership universities. Initially the program was to be housed in one facility, but was expanded to utilize several SPC campuses and the program saw the addition of a 7,000-square-foot public clinic just to the north of the SPC Health Education Campus in November 2012. Under Dr. Stiefel’s direction, faculty, comprised of leading experts throughout the field of health care, were hired to teach and mentor students in the new program. He also defined and worked directly with SPC to facilitate the comprehensive, integrative program that would meet the needs of NUHS students and faculty while also serving the SPC community. Dr. Stiefel also piloted a successful advising program that was later expanded to the Illinois campus.

Dr. Daniel Strauss, the Florida Site’s current dean, has been able to expand our presence within both the SPC community and the local community. Dr. Strauss is currently the chair of the Pinellas Park Medical District, the president of the Pinellas Park/Gateway Chamber of Commerce as well as serving on the executive board for Vincent House. “We are part of a unique partnership with SPC and although we have embraced and taken advantage of many opportunities, there is still tremendous growth potential to be explored,” said Dr. Strauss.

“In the tradition of the institution,” Dr. Stiefel said, “we continue to execute the vision of our historic leadership by advancing the mission through collaboration and integration with innovative results.”





## Ground-Breaking Direct Primary Care Law in Florida



2018 was a ground-breaking year for chiropractic medicine in the state of Florida. The new law allows chiropractors, among other providers, to enter into direct agreements with employers to provide primary care services to employees as a benefit. Most importantly, these primary care agreements are exempt from insurance regulation.

It is anticipated the new law will eliminate a doctor's concerns for insurance coverage when treatment is needed and when wellness care, as a form of preventative medicine, could improve or maintain a patient's health. The nature of the law and the agreements that a specific doctor creates may also increase patient exposure to other therapies not covered in typical insurance plans, for example, acupuncture and nutritional counseling.

"It raises the awareness of what chiropractic physicians do, or can do. It also provides the opportunity for our graduates to practice to the full extent of their education, and affords for greater appreciation of what a Doctor of Chiropractic can do to help his or her community," said Dr. Joseph Stiefel, NUHS president.



## NUHS Florida – Serving the Community

Since 2009, National University of Health Sciences (NUHS) has been part of the University Partnership Center (UPC) at St. Petersburg College (SPC). The UPC provides partnerships and educational programs, facilitates interactive instruction, and offers learning resource support services to the community. The partnership allows NUHS to offer its Doctor of Chiropractic degree on the SPC campus; students attend classes on the SPC campus, but as students of National University.

Before the establishment of the UPC, local residents had access to only a community college level education. Today it is an alliance of 17 colleges offering bachelor's, master's, and doctoral level degree programs to more than one million people in the Pinellas County area.

The University's strong commitment to community outreach and support has been part of the plan since the beginning. A variety of outreach initiatives were begun by Dr. Joseph Stiefel, first dean of the College of Professional Studies-Florida site, and are continued today by Daniel Strauss, DC, and current dean of the Florida site, with the same high level of professional and personal commitment.

## The Pinellas Park Medical District



*July 2018: Dr. Daniel Strauss awarded three student scholarships on behalf of the Pinellas Park Medical District (PPMD).*

Another pillar of success for the Florida site is the University's support and leadership role in the Pinellas Park Medical District (PPMD). The PPMD, of which Dr. Strauss is chairman, is an award-winning organization developing opportunities for businesses, students, and professionals in the health care field.

The organization is comprised of health care providers, hospital administrators, educators, and local health care support services. NUHS students regularly participate in PPMD events, bringing health and wellness education to community residents.





## Vincent House

Founded in 2003, Vincent House is a Pinellas Park organization with a mission to assist, promote, and celebrate individuals recovering from mental illness and other disabilities.

In 2015, Dr. Strauss offered to have NUHS' chiropractic interns present nutrition and wellness information to its members. The event was so well received that these presentations are now a monthly occurrence. In 2016, his role expanded when he was appointed to the Board of Directors of Vincent House. In addition to the wellness program offered by interns, NUHS clubs have collected donations of personal care items to support the organization.

## The Pinellas Park/Gateway Chamber of Commerce

In 2018, Dr. Strauss was installed as president of the Pinellas Park/Gateway Chamber of Commerce. Prior to becoming president, he was an active member of the organization leading

outreach efforts to bring health care access and awareness to the community.

“Working with the Chamber of Commerce has helped build recognition for NUHS and expand learning and employment opportunities for students within local non-profit organizations and other health care institutions,” Dr. Strauss said.

However, the commitment does not stop there. He is also involved with Community Action Stops Abuse (CASA), a domestic violence center, and the National Alliance on Mental Illness (NAMI). Service projects with all of these organizations helps expose students to a variety of community service and future professional avenues.

“When NUHS students get involved, they not only provide welcome service to the community and individuals in need, they also communicate their presence. This will help them one day when they are establishing their careers,” he added.

Personal experience has shaped Dr. Strauss' community spirit in some very impactful ways. “Growing up in a family of 62 children over the years—54 of them foster children—was truly an incredible experience. It has undoubtedly made me the person I am today,” Dr. Strauss said.

Yet the most compelling aspect of outreach is the tremendous impact individuals can have on other people's lives, oftentimes without even knowing it. “Staying focused on maintaining and developing sustainable community service initiatives is the key to making sure that our own busy lives don't interfere with the bigger picture of helping others in need,” he concluded.



## Pinellas Park Opens New Veterans Clinic



*More than 50 National University-Florida faculty, staff, students, veterans, and dignitaries were present for the ribbon cutting ceremony to open the new NUHS Veterans Clinic.*

**O**n September 7, 2018, National University opened its second Veterans Clinic in the Whole Health Center located in Pinellas Park, Florida.

“We had a wonderful turnout for the grand opening,” said Daniel Strauss, DC, dean of the College of Professional Studies, National University-Florida. “It was an honor to have Sarah Maurer, district aide to Florida State Representative Kathleen Peters, and Gershom Faulkner, outreach director and military liaison for U.S. Congressman Charlie Christ present to help with the ceremony.”

Similar to its sister location in Lombard, the new Pinellas Park Veterans Clinic offers a

wide-range of health care services, including: chiropractic, acupuncture, physical rehabilitation, and laboratory tests. Both clinics specialize in treating disorders affecting combat veterans such as: post-traumatic stress disorder (PTSD), addiction, musculoskeletal injuries and chronic pain, and offer natural and drug-free health options.

Acupuncture services are free of charge to veterans through the generous sponsorship of China-Gel®.

“China-Gel is proud to help sponsor these free and discounted services that our service men and women find so helpful,” said China-Gel CEO Dan Georgen. “Through these services, we are able to show a small token of appreciation to the veterans who have done so much for our country.”

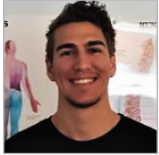




## Student bloggers offer a closer look at life at NUHS Florida

Since 2011, student bloggers at the Florida Site have provided firsthand accounts of their time at NUHS.

Whether their posts discuss their current curriculum or campus happenings and activities, the student blogs have allowed others to become more familiar with life at the Florida Site. The weekly posts have also helped enrich each blogger's experience as students. Over the years, the blogs have showcased their successful journeys from student to professional. As thriving professionals today, our past bloggers reflect back on their time blogging and their experiences.



### Chris Kotwicki, DC, '18

For Chris Kotwicki, DC, blogging from 2015-2018 helped encourage him to get involved in more school activities so he could write about them and encourage

other students to participate.

"I have always been attracted to leadership roles. Being a blog writer motivated me to be a leader and to lead by example," he said.

Today, he has his dream job working at a multi-disciplinary clinic with a gym and a spa in New Jersey, his home state. At the practice he treats whole families, including everyone from athletes to those less active, such as the elderly. He enjoys having autonomy along with access to experienced doctors who can offer advice.

"I love chiropractic medicine, always have. I guess I love it even more now that I get paid to do what I'm passionate about, helping people live healthier lives without drugs or surgery," he said.

He encourages other current and prospective students to read student blogs.

"It is a good reminder to make the most of the time you have in school and it's a great way to find out what is happening around campus," he said. "I hope when students see what others are involved in they say to themselves, 'why not me?'"

The blogs also help students stay positive. "Going to grad school, graduating with debt, finding a good job, all of it is really hard, but everything in life that is worth it, is going to be hard," he said. "The world needs chiropractic physicians now more than ever. Ignore the naysayers, be the best doctor you can be, and we will change the world, one patient at a time."



### Dex Alvarez, DC, '12

As part of the inaugural Florida class of 2012, Dex Alvarez, DC, was the first student blogger to write about his experiences.

His blog focused on his studies while emphasizing the importance of taking mental breaks.

"The blogging forced me to take a step back and reflect on not only the curriculum but also having fun outside of school. This helped prevent me from burning out," he said.

Since graduating, Dr. Alvarez has started a solo practice with the help of a mentor. As a whole family care physician at Palma Ceia Chiropractic & Wellness Center in Tampa, Dr. Alvarez treats a wide variety of patients from newborns to the elderly.

"Being in practice and helping so many people has really affirmed to me how powerful and helpful a precise chiropractic adjustment can be," he said.

He noted that while the vast amounts of information he learned as a student could sometimes seem convoluted and confusing, he has come to realize that this wealth of knowledge is critical to making proper diagnoses and adjustments.

He advised current students to try to learn as much as they can both inside of the classroom and out. "Schoolwork is extremely important, but so is real world experience. Shadow as many doctors as you can while in school and take note of what you want to incorporate into your practice, but also take note of what you do not," he said.



**Get a first-hand account of life at NUHS through our student, staff, and faculty bloggers. All of our blogs can be found at [nuhs.edu/blogs](http://nuhs.edu/blogs).**

**Check out the latest posts from Addison Ozakyol, our current Florida student blogger.**

Originally from Albuquerque, New Mexico, Addison Ozakyol is currently in his fifth trimester in the Doctor of Chiropractic Program at NUHS – Florida. Mr. Ozakyol changed paths from being an athletic trainer to pursue chiropractic medicine after his high school athletic trainer, who is also an ART-certified chiropractor, helped him recover from an injury and return to athletics.





## NUHS Florida Hosts 10th Annual Turkey Bowl



During the fall semester every year, the office of the president sends out an invitation to all staff and students to attend a Thanksgiving reception in the main vestibule of Janse Hall. It was clear in 2009 that our Florida staff and students would not be able to attend that reception in Illinois. Being the dean at that time, I drove over to the HEC campus to talk with the students about what we might be able to do in lieu of an 1,100 mile trek to Illinois.

One of the students quickly pointed out that on the day before Thanksgiving their classes did not start until late afternoon. It was determined that this window afforded everyone the perfect opportunity to get together. Almost immediately, Ryan suggested that we play a game of flag football and that we call it the Turkey Bowl!

All 12 students showed up on that rainy Wednesday morning, as well as all of the full-time faculty and staff. We were not a big group, but we soldiered on in the atypical Florida weather at the Seminole campus behind my office. Everyone played hard and everyone had a great time. At the end of the game the students produced a small golden trophy adorned with a turkey holding a football. An MVP plaque was affixed to the side. It was decided that it should be given to the Most Valuable Professor. While I did not win the trophy, later that evening I discovered that I had in fact broken my toe when a student landed on my foot in what I'll recall as a heroic effort in a downfield pass. And thus the first rule of Turkey Bowl was determined – “If you break a bone, you don't have to play!”

The Turkey Bowl has persisted and has grown to be the world's greatest sporting event. Ten times have we celebrated that first Wednesday. The event hosts more than 100 faculty, staff and students from both campuses, and the office of the president now supplies the food. Parents, significant others, children, alumni, and more dogs than I can count have attended. The speech is longer, there are more rules, but the goal is the same – take some time to relax from our busy schedules and studies to give thanks for the opportunities afforded to us all. – **Dr. Joe Stiefel, President**



## NUHS-Florida Receives Anatomage Table



Florida Site Receives Anatomage Table

National University-Florida joined its sister location in Illinois as a member of an elite group of health science institutions when it acquired a state-of-the-art Anatomage Table. The table was funded in part thanks to the 2017 Alumni Association dues. Anatomage is today's most technologically advanced digital visualization system for anatomy education; there are fewer than 100 tables in the US, and approximately 300 worldwide. The table is available to students, faculty, and clinicians.

“Our history at National University has always been to be a step ahead when it comes to anatomy and diagnostic imaging education, and with the Anatomage Table, we are continuing that leadership role,” said NUHS president Joseph Stiefel, MS, EdD, DC.



## Alumni Who Inspired Us

One of the qualities National University graduates have in common is their commitment to making a difference. One of the ways the Alumni team shares news about graduates and their accomplishments is by highlighting individuals via social media throughout the course of the year. Read on to learn more about the accomplishments, creativity, dedication, and successes of just a few of our distinguished alumni.

### Sharing the Life Transforming Power of Chiropractic Medicine

**February: Will Llewellyn, DC, '16**



Following a serious car accident at the age of 26, Dr. Llewellyn experienced steadily worsening chronic neck and back pain, daily headaches, migraines, and frequently threw his back out. Prescriptions were not an answer, yet something had to change.

With just his first adjustment, his headache was gone for the first time in four years! He continued his chiropractic care until he no longer suffered constant, daily headaches. It was then he decided to go to medical school, first enrolling at New York Chiropractic College, later transferring to National University of Health Sciences-Florida. Because of National's high success rate, he felt confident in opening his own practice immediately after graduation.

Dr. Llewellyn credits NUHS for teaching him strong diagnostic methods that allow him to treat patients effectively and efficiently.

With less than a year in practice under his belt, his practice, Joie de Vivre Health and Chiropractic, LLC was nominated for a prestigious Ovation Award by the Winter Park/Maitland Observer and the Winter Park Chamber of Commerce.

### Alumnus Treats Local University Sports Teams

**March: Travis Hulbert, DC, '08**



Dr. Hulbert has combined two of his greatest passions: chiropractic medicine and sports. In addition

to running Quest Chiropractic Center, a family practice in Bloomington, Ind.,

he is a member of the physician team for Indiana University varsity sports teams.

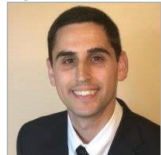
However, it didn't start out that way. In order to grow his practice, he sought referrals from the head trainer. Soon, he started treating the university's football team before games to help improve players' range of motion and prevent injury. He also treated those with spinal injuries and other musculoskeletal issues, and soon his role within the university grew.

Dr. Hulbert says he feels well-equipped to treat the wide variety of conditions he sees with every athlete. "National University gave me the confidence to treat most things, but to also know when to refer a patient to another type of doctor."

Today, he works integratively with medical doctors, orthopedists, neurosurgeons, and podiatrists. His best advice for tomorrow's practitioners is to learn as many different techniques as possible. "Expose yourself to as much as you can, so you can help everyone who walks into your practice."

### Childhood Suffering Ignites Passion for CAM

**April: David Serrano, DC, '16**



Recurring headaches as a child ultimately led Dr. David Serrano to pursue chiropractic medicine as his life's

vocation. The relief he found being headache-free inspired his passion for alternative medicine.

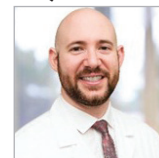
Today, Dr. Serrano practices at Family Chiropractic & Posture Center in South Elgin, Ill., where optimal nervous system functionality is the focus. He manages a wide-range of conditions, such as back pain, colds, or the desire to improve physical performance. Some of Dr.

Serrano's specialty areas of treatment include pregnancy symptoms and breech presentation, sciatica, and headaches. He has experience and passion for treating back pain, injured discs, rotator cuff tears, knee injuries, and many other conditions.

Dr. Serrano utilizes conservative care to relieve the symptoms and treat the cause of disease, especially in the spine. "My goal is to lead clients back to an active life free of symptoms," he said.

### Broadening Scope to Serve a Wider Population

**May: Robert Koser, DC, '16**



Soon after graduation, Dr. Koser opened a concierge practice in Seminole Heights, Fla. (near Tampa). He

was the sole chiropractor, successfully running all aspects of his own clinic, providing chiropractic manipulations, acupuncture, cold laser therapy, and other modalities.

Yet while he enjoyed that freedom, he had a longer-term goal of working in a multi-disciplinary practice with a team of medical providers and surgeons. A unique opportunity presented itself, and he joined Laser Spine Institute. Today, Dr. Koser is a chiropractic physician working in an ambulatory surgery center. He brings his knowledge of spinal conditions and conservative care expertise to the team to help patients find alternatives to the lengthy recovery typically associated with traditional open spine surgery. His specialty areas include chronic neck and back pain, nerve root compression, spinal stenosis, bone spurs, herniated/bulging discs, and degenerative disc disease. Dr. Koser also assists teammates with medical education, fields medical questions, and participates in health publications on behalf of the enterprise.





## The Enduring Call of Service

June: Burt Rubin, DC, '78



Dr. Burt Rubin credits his rewarding career with the outstanding educational opportunities he

received at National University. He says he chose NUHS over other universities, because of the advanced programs offered, the hands-on training (including the anatomy lab), the professional atmosphere created by the educators and staff, the vigorous preparation for state boards, and the education that went beyond the national boards.

Dr. Rubin began practicing as an associate doctor in Chicago before moving to Virginia to open his practice, Peninsula Chiropractic. After 40 years, he retired in February 2018.

“Some of the most memorable and rewarding aspects of being a chiropractor are the opportunities to meet people from all walks of life and diverse backgrounds, and to hear their individual stories,” he said.

Each year, Dr. Rubin honors NUHS by returning for Homecoming. Since graduation, he has never missed one! He enjoys reconnecting with teachers, classmates, and experts in the field, and although he is retired, looks forward to continue learning, growing, and meeting the challenges of the next journey.

## Alumnus Elected ACA President

July: Ray Tuck, Jr., DC, '97



Earlier this year, Roanoke and New River Valley chiropractor Ray Tuck was elected president of the

American Chiropractic Association (ACA). Dr. Tuck will serve a one-year term at its helm.

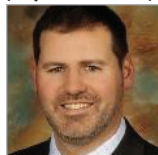
He has been a member of the association's leadership since 2007, and was elected

chairman of the board in 2016. He was also elected to the ACA board of governors earlier this year. Dr. Tuck is also a past president of the Virginia Chiropractic Association, and was named chiropractor of the year in 2003 and 2017. He is a member of the Virginia Board of Medicine.

Dr. Tuck and his family have served the chiropractic profession for decades. While in college, he worked for his father, who was also a chiropractor, and later purchased two of his clinics. Tuck Chiropractic now has nine locations across the Roanoke and New River valleys.

## A Passion for Medicinal Chemistry Fosters a Career Turn

July: Thomas J. Stotz, DC, '05



Even though Dr. Stotz's father and godparent are chiropractors, he originally intended to become a medical

doctor. However, it was when he began working on his MD that he took a class on medicinal chemistry—it was this class that changed the course of his life.

“It made me more aware of my options,” he said. “I decided I did not want to go into traditional medicine after all.”

While a National student, he took every opportunity available to help shape his education. He attended Homecomings and was involved in fraternities. Dr. Stotz said he believes students should see as many practices and practice styles as they can, in order to see what is out there and what appeals most to them.

Today, he is a part of a family practice where musculoskeletal work is core. He utilizes motion palpation based diversified adjusting and acupuncture to treat conditions such as chronic low back pain, sinus congestion and headaches, and is certified in whiplash and brain injury traumatology, as well as acupuncture.

## The Joy of Learning

October: Audra Lance, DC, '13



Dr. Lance always knew she wanted to be in the medical field. While a student at Ohio State, she ended up working

for a chiropractor who encouraged her to go to chiropractic school.

After graduating from National University, Dr. Lance moved to Nashville and started her own concierge practice. Today, she works with a diverse array of patients, from professional athletes, children, teens, pregnant women, singers and band members, and has travelled with Team USA the past three years.

Her best advice for students? “Get out and shadow as many different chiropractors as you can—find numerous mentors whom you can approach with questions and get advice from, and don't be shy to ask for their help whenever you need it!”

One of her favorite inspirations: “A patient doesn't care how much you know, until they know how much you care.”

“The best feeling in the world is being able to help someone. Having such an impact on people's lives in the short amount of time you spend with them is incredible.”





# Alumni News

**C**ongratulations Alumni! The following NUHS Alumni have been honored with leadership positions and service distinctions:



**Ron Fast, DC, '92**, has been recognized by Three Best Rated, <https://threebestrated.ca> as one of the Top 3 Chiropractors in St. Catharine's Ontario-Canada.



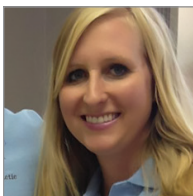
**Jerrold Simon, DC, '84**, was voted a second term as president of the Ohio State Chiropractic Association (OSCA) starting January 1, 2019.



**Will Llewellyn, DC, '16**, received an award from the Metropolitan Business Association of Orlando, Florida for New Business of the Year.



**Amy Berglund, DC, '07** received an Appreciation Award at the 2018 ACA Sports Council Symposium.



**Sarah Hays, DC, '11**, was appointed by the governor to the Arkansas State Chiropractic Board for a five-year term.



**William Rasmussen, DC, '81**, received the ICS President's Distinguished Community Service Award at the ICS convention.

## Kudos

### Thank you for Fall 2018 student referrals!

We would like to thank those alumni who referred students for the Fall 2018 term. We value their assistance in sending the best and the brightest to their alma mater!

John Aikenhead, DC

Edward Beyer, DC

Chris Bocci, DC

Bill Boister, DC

Michael Brooks, DC

Michelle Ennsman, DC, ND

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 Dr. Dean F. Tieszen  
 Dr. Isaac P. Tieszen  
 Dr. Vernon J. Tieszen  
 Dr. Sam G. Tornik  
 Dr. Alger H. Truitt  
 Dr. Nathaniel R. Tuck, Jr.  
 Mr. Bernard Turner  
 Mr. Michael B. Turner  
 Mrs. Mather M. Tutton  
 Dr. L. G. Van Dusen  
 Dr. Barry Wahner  
 Dr. William E. Waln  
 Dr. Vern R. Webster  
 Mrs. Cynthia Winterstein  
 Mrs. Ursula A. Westre  
 Estate of Dorothy E. Wetzell  
 Dr. David J. Wickes  
 Dr. Hiram P. Wiggins  
 Dr. Gregory L. Williams  
 Dr. Jack W. Wilson  
 Dr. Leon Wleklinski  
 Dr. Denise Wojciechowski  
 Dr. William O. Womer  
 Dr. Dorothy T. Woodcock  
 Dr. Sandra A. Woodruff  
 Arthur C. Woolard  
 Dr. Cliff Woolard  
 Dr. Teresa A. Wulster  
 Dr. Leroy A. Yeomans  
 Dr. Terry R. Yochum  
 Dr. Allen Yoder  
 Dr. Jolene E. Yoder  
 Dr. Walton B. Yoder  
 Dr. John R. Zeidler  
 Estate of B. L. Zentmyer  
 Dr. Gregory A. Zimmer

*Continued on the Next Page*





Total number of people donating to giving clubs



Total number of existing scholarships offered to students

## President's Cabinet Internationale



### Gold Members \$2,000 and Above Annually

Dr. Shawn Marie Breton  
Dr. Dale J. Buchberger  
Dr. Frederick Hult  
Dr. Audie Klinger  
Dr. Hing L. Kwan  
Mr. Ronald Mensching  
Dr. Titus Plomaritis  
Dr. Aaron Popp  
Dr. Joseph P. D. Stiefel  
Dr. David J. Weber  
Dr. James F. Winterstein

### Silver Members \$1,500 – \$1,999

Dr. Joseph R. Calcagno  
Mrs. Tracy McHugh  
Dr. Robert Stine  
Dr. Thomas D. Stotz

### Bronze Members \$1,000 – \$1,499

Dr. Kristine J. Aikenhead  
Dr. Christopher Arick  
Dr. Nicholas Chancellor  
Dr. Ezra Cohen  
Dr. Joseph Conklin, Jr.  
Dr. Louis S. Crivelli II.  
Dr. Richard J. Dietzen  
Dr. Kenneth J. & Cheryl Dougherty  
Dr. Daniel R. Driscoll  
Dr. Manuel A. Duarte  
Dr. Richard R. Fay  
Dr. Randy J. Fearing  
Dr. Bart N. Green  
Dr. Thomas Grieve  
Dr. Warren I. Hammer  
Dr. Bruce A. Hilton  
Dr. C. Robert Humphreys  
Dr. Claire Johnson  
Dr. Theodore L. Johnson, Jr.  
Dr. Yihyun Kwon  
Dr. Richard Leverone  
Dr. Raymond & Tina Nietzold  
Dr. David Newton  
Dr. Timothy Novelli  
Dr. David Seaman  
Dr. Joseph Simunic

Dr. Daniel Strauss  
Dr. Samuel J. Sullivan  
Dr. Rand S. Swenson  
Dr. Randy L. Swenson  
Dr. Paul R. Temple  
Mrs. Cynthia Winterstein  
Dr. Steven G. Yomens

## Giving Clubs Development Club

Dr. Brian R. Anderson  
Dr. Christine M. Bender  
Dr. Jerrilyn A. Cambron  
Dr. Gregory Cramer  
Dr. David C. DiIorio  
Dr. James G. Green  
Dr. Bruce R. Hodges  
Dr. Kevin P. Koch  
Dr. Janet C. Lintala  
Dr. Gary R. Ogurkiewicz  
Dr. Robert J. Rodriguez  
Dr. Fraser A. Smith  
Dr. Thomas J. Stotz  
Dr. Leroy A. Yeomans  
Dr. Allen Yoder

## Treatment-A-Month Club

Dr. Benton P. Dammel  
Dr. Jeffrey S. Fedorko  
Dr. Jay L. Geiser  
Dr. James J. Krumpakz  
Dr. Joseph L. Lancellotti  
Dr. Dave L. Langholff  
Dr. Peter J. Mellon  
Dr. David V. Perns  
Dr. Rich A. Randall  
Dr. Vernon S. Redd  
Dr. Brian K. Scharf  
Dr. Gregory S. Scherr  
Dr. Clifton G. Siess  
Dr. Paul Mark Sullivan  
Dr. John D. Turner  
Dr. Barry A. Wahner  
Dr. Warren A. Witkowski  
Dr. Allen E. Yoder

## Century Club Members

Dr. Rashid A. Abu-Shanab  
Dr. Daniel J. Agona  
Dr. Joseph R. Andrejckik  
Dr. Gregory L. Arnold  
Ms. Deb Bechtel  
Dr. Edward J. Bifulco  
Dr. Stephen W. Boudro  
Dr. John E. Buntrock  
Dr. Hui-Yan Cai  
Ms. Margaret Carey  
Ms. Debra Cascio  
Ms. Sharon Cataldo  
Dr. Carmen J. Cetanni  
Dr. Kristina Heidler Connor  
Dr. Kathleen Doup  
Mrs. Izabela Dubak  
Dr. Herbert F. Flynn  
Dr. Judith A. Fulop  
Dr. Betty E. Graham  
Dr. Randall J. Greener  
Dr. Murtaza Hameed  
Dr. Wayne Scott Harrison

Ms. Teri Hatfield  
Dr. Rudolph Nicholas Heiser  
Dr. William J. Hogan  
Dr. Gerald D. Irwin  
Dr. C. Douglas Johnstone  
Ms. Pamela Jones  
Dr. Sonia Joubert  
Dr. Anna Jurik  
Dr. Dean R. Kenny  
Dr. Gerald B. Kooistra  
Dr. Edward L. Kropf, Jr.  
Dr. Mariana Machini  
Dr. Paul A. Marando  
Ms. Rosetta Meredith  
Mr. Donn Nelson  
Ms. Lynn Nelson  
Mr. Christopher Olsen  
Mrs. Michael & Martha Pezo  
Dr. Ross A. Pine  
Dr. Jaya Prakash  
Dr. Stephen M. Pruni III.  
Dr. Jane A. Richards  
Ms. Susan Robertson  
Dr. Lawrence S. Segal  
Dr. Edie J. Spence  
Dr. Peter Stahl  
Ms. Susan E. Unger  
Dr. Zhanxiang Wang  
Dr. Xiaojing Zhou

## Expansion Club

Ms. Rebecca Alanis  
Ms. Diana Bacigalupo  
Dr. Terry M. Elder  
Dr. Robin Fan  
Mr. Mark Galvanoni  
Dr. Jenna Boazzo Glenn  
Dr. Carlo Guadagno  
Dr. Hyundo F. Kim  
Ms. Yesenia Maldonado  
Mr. Sridharan Manavalan  
Ms. Kaitlin Scully  
Ms. Krista M. Stoli

## Beginner's Club

Ms. Courtney Shepard Chancellor  
Mr. Shao-Hao Cheng  
Dr. Louise Edwards  
Ms. Lauren Evitt  
Mrs. Jean Fairbank  
Ms. Misty Fowler  
Ms. Amina Khan  
Ms. Hilary Kluczynski  
Dr. Yuri Korvatko  
Ms. Fran Morgan  
Dr. Leslie Pearlstein  
Ms. Shirley Raychel  
Ms. Rebecca Richel  
Ms. Vicki Shargo  
Dr. Lorinda Sorenson  
Ms. Joan M. Spencer  
Ms. Lynn Zoufal



## A Legacy of Learning: Meet the Roshnaye Family



*Left to Right: Naturopathic medicine students Jawaid, Eqlema, and Huma Roshnaye, with younger sister Meena, who plans to attend National University in January of 2019.*

While it may not be uncommon for family members to attend the same college or university, it is unique that siblings would attend the same university, and undertake the same field of study. Meet the Roshnaye family originally from Wardak, Afghanistan: Jawaid, Eqlema, Huma, and Meena, part of the next generation of naturopathic physicians.

“Our mother, Zeba, is the driver; she was a pre-med student when the war in Afghanistan resurged,” said Jawaid. “But she is completely devoted to family, education, and helping other people. She has raised us to embrace these areas as well.”

Jawaid, Eqlema, and Huma are currently enrolled in National University’s ND program, while Meena, an undergraduate, will join her siblings on campus in January of 2019. She is working to complete her bachelor’s in biomedical science at NUHS before entering the ND program. All of the Roshnaye children chose biomedical or premedical programs as undergraduates. While four of the siblings selected NUHS for their first professional medical degrees, their brother Jamshaid is pursuing a Doctor of Osteopathy (DO) degree elsewhere.

After leaving Afghanistan, the family lived in Pakistan for about 10 years before arriving in the United States. During the years Zeba was raising her children she put her own education aside. Today, with five children in medical school, she is returning to higher education to complete her bachelor’s degree in child development, and is a student at San Diego State University.

Jawaid, the eldest son, earned his BS in biochemistry, minoring in social and behavioral sciences. His academic background includes protein engineering and protein crystallography research while a student at San Diego State University. “I enjoyed the research aspect, but wanted to do more, to make a bigger and more direct impact in the world,” he said. “One way to do this is to decrease suffering, and one way to help is through practicing medicine.” At first, he thought he would study to be an optometrist.

However, Jawaid, Huma, and Meena became particularly interested in naturopathic medicine when Eqlema faced a serious health challenge soon after they arrived in the U.S.

“Once in the U.S., allergies and food intolerances—which were never a problem before—became a health issue for me,” said Eqlema. Over a relatively short time, the digestive

symptoms she developed became debilitating. While many doctors tried to help, Western methods of treatment made no impact and her condition worsened. Eqlema became intrigued by natural medicine and finally began getting relief when a hydrotherapist encouraged her to try colon hydrotherapy. “I felt reborn!” she said, smiling.

It was at this time Eqlema decided she wanted to pursue a career in naturopathic medicine. Her experience made such a positive difference in her life and restoring her to health that she inspired three of her siblings to pursue a future as NDs as well. “Culturally, we also have great respect for herbal and natural healing, so naturopathic medicine was a logical fit,” she said.

Jawaid graduated from National University’s ND program in December of 2018, and plans to specialize in naturopathic primary care and regenerative medicine. Eqlema is currently a sixth trimester student, and Huma is completing her third trimester. Both plan to specialize in women’s health and weight loss. Meena, when she completes her BS and ND programs, plans to focus on holistic counseling and mental health.

“You know it really is the best situation,” Huma said. “We live together as family, in a family setting; we study together, and we are best friends and colleagues—we know how to help keep each other motivated when studies get tough.”

The Roshnaye siblings are the first generation of their family to earn advanced degrees. In fact, their academic success is inspiring family members in Afghanistan to reach for higher education and medical careers as well. As for their future plans, they plan to return to San Diego and establish their own holistic family health center.

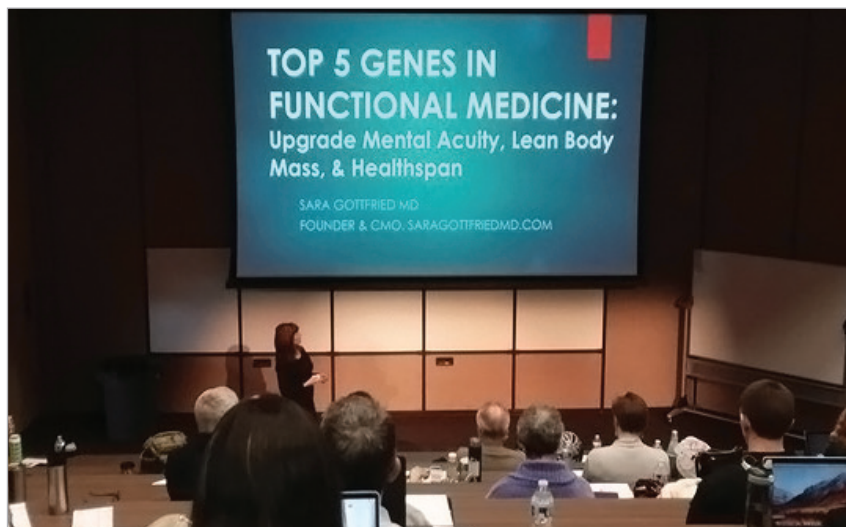
When not devoted to academics and studying, the Roshnays enjoy traveling, and most recently visited Spain, France, Italy, and Switzerland. Naturally, as a family. They wouldn’t have it any other way.





### Available via Webinar - 2018 Nutrition Conference

(March 24-25, 2018)



Throughout the years, NUHS Post-Grad has offered courses of varying topics from Acupuncture and Sports Rehabilitation to Animal Manipulative Therapy and Diagnostic Ultrasound. Earlier this year, Dr. Jenna Glenn hosted the 2018 Nutrition Conference featuring world renowned lecturers Dr. Tom O’Bryan, ’80, Dr. Zachary Bush, Dr. Sara Gottfried and Dr. Sarah Ballantyne, to name a few.

#### Conference Presentations included:

- *Nutrient Density as a Dietary Framework* – Dr. Sarah Ballantyne
- *Development of Autoimmune Disease: An Ounce of Prevention is Worth a Pound of Protocol* – Dr. Thomas O’Bryan
- *HCG’s Contribution and Impact on Health* – Dr. Brandon Brock
- *NatureCure: The Use of Fasting and a Health Promoting Diet in the Treatment of Common Diseases* – Dr. Alan Goldhamer

- *The Impact of Chemical Agriculture on the Global Microbiome and Human Health* – Dr. Zach Bush
- *The Top 5 Genes in Functional Medicine: Upgrade Mental Acuity, Lean Body Mass and Healthspan* – Dr. Sara Gottfried
- *Matching Nutrition to Exercise Bioenergetics: Implication for Metabolic Flexibility and Athletic Performance* – Dr. Mike T. Nelson
- *Functional Importance of the Gut-Brain Axis* – Dr. Ryan Cedermark
- *Leveraging Nutritional Ketosis to Reverse Type 2 Diabetes* – Dr. Stephen Phinney

If you missed attending this conference live, the recordings are hosted on the NUHS distance learning platform, <https://nuhs.wcea.education/>.

Interested in one or more topics? Contact [Postgrad@nuhs.edu](mailto:Postgrad@nuhs.edu) for a personalized discount code.



**You don’t have to book a weekend away to earn CE credit!** Point your browser toward world-class NUHS continuing education online. Study, test, and certify from the convenience of home - built to fit around your busy life! Start and pause lessons at any time and resume where you left off. Check out our selection of 40+ courses at [www.nuhs.edu/postgrad/online](http://www.nuhs.edu/postgrad/online).



Interested in a particular course or topic but don’t see it offered? We highly encourage you to contact Postgrad at [postgrad@nuhs.edu](mailto:postgrad@nuhs.edu) with your suggestions.





## New and Improved Scholarship Opportunities

National University continued with its commitment to helping students finance their education by offering two new scholarships and increasing the scope of the President's Excellence and President's Achievement Awards.

The new Dean's Award will be given to students entering the Doctor of Chiropractic Medicine (DC), Doctor of Naturopathic Medicine (ND), Master of Science Oriental Medicine (MSOM), or Master of Science Acupuncture (MSAc) program, who have earned a cumulative undergraduate grade point average of 3.0 to 3.24.

The award, which will be paid in two equal installments of \$1,000, was the first new scholarship NUHS has created in some time. "We realize that education is a significant lifetime investment," said Marc Yambao, director of financial aid for National University, "and we wanted to broaden the scope of our awards to be more inclusive and lessen the financial burden on students and families."

"Aligned with that commitment is the decision to increase the financial awards for The President's Excellence Award and the President's Achievement Award," Yambao said.

The President's Excellence Award, open to any student entering the DC, ND, MSOM, or MSAC

program at National University who has earned a cumulative undergraduate grade point average of 3.50 or greater, will now receive a \$6,000 scholarship (formerly \$5,000).

Likewise, the President's Achievement Award is open to any student entering the DC, ND, MSOM, or MSAc program at National University, who has earned a cumulative undergraduate grade point average of 3.25 to 3.49 (on a 4.0 scale), is now eligible receive a \$4,000 scholarship (formerly \$3,000). Scholarship recipients for both the President's Excellence and President's Achievement awards must enroll in at least 15 credit hours each trimester and should understand that these are single awards payable one time only to each recipient.

In addition to expanding our incoming student scholarships, National University continues to provide a variety of other scholarships including many endowed awards for current students. This gives eligible students an opportunity to receive financial support beyond the first few trimesters and well into the completion of their program.



## New Scholarship for Combat-Wounded Veterans Named in Honor of NUHS Alumnus



*Tracy McHugh, NUHS Vice President for Administration & Thomas Sircher, DC.*

New for the 2018-2019 academic year is an award funded by The Coalition to Salute America's Heroes designed to help financially support post-911 combat-wounded veteran students who attend National University.

This scholarship was created in the name of alumnus Thomas G. Sircher, DC, '81. Dr. Sircher served on the Coalition to Salute America's Heroes board for the last six years, two of those as chairman of the board. In addition to coalition service, Dr. Sircher maintained a practice in Libertyville, Ill., for 31 years, allowing him to care for patients in the Lake County area.

The scholarship is open to service men and women who are honorably discharged, post-911 combat-wounded veterans completing any National University program.

Thank you Dr. Sircher and Coalition president David Walker for your generous support of National University students!



## University News



### East Meets West: NUHS Receives English Translation of Donguibogam



*Donguibogam Academy - USA and  
National University of Health Sciences - Illinois*

On Friday, October 5, National University received a fully-translated English version of *Donguibogam* to add to its already expansive medical reference collection.

The work's literal translation, which means "a priceless book about Medicines of an Eastern Country", was given to the University in a special presentation

by Donguibogam Academy USA, with more than 30 faculty, staff, and students in attendance.

*Donguibogam*, first published in 1613, is a Korean book compiled by royal physician Heo Jun (1539-1615). Based on Confucian philosophy and written for "the common man", it is regarded as one of the most important volumes in Korean medicine, and was

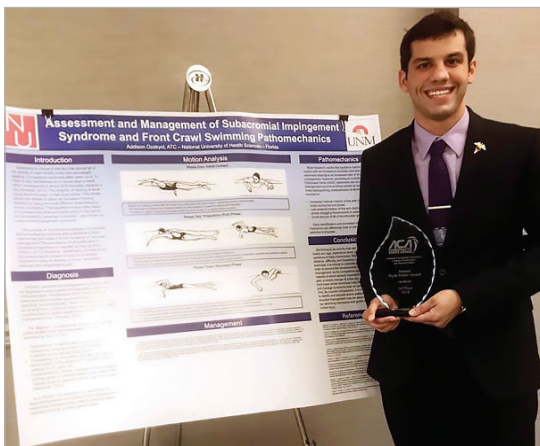
added to UNESCO's cultural heritage list in 2009.

"Having these books as a resource for our students will be especially helpful, because it will broaden their understanding of Eastern medicine," said Hyundo Kim, PhD, MSOM, LAc. "Greater understanding will support the future growth of the profession."

Donguibogam Academy was formed by the Pusan National University, College of Korean Medicine, and the Korean Institute of Oriental Medicine to increase global awareness of Korean Medicine and share its advancements. Emphasizing prevention of disease, and rooted in Traditional Chinese Medicine (TCM), Korean medicine developed into its own unique branch nearly 400 years ago. As a system of health care, *Donguibogam* developed the ideals of public health care by the state, a nearly unprecedented concept until the 1800s.



### NUHS Student Wins 2018 Thomas Hyde Research Poster Competition



*Addison Ozakyol*

Florida Doctor of Chiropractic student Addison Ozakyol received first place in the 2018 Thomas Hyde Research Poster Annual Competition sponsored by the American Chiropractic Association Sports Council (ACASC). This year's October event was held in Minneapolis, Minn.

The subject of his research was *Assessment and Management of Subacromial Impingement Syndrome and Front Crawl Swimming Pathomechanics*.

"I presented to people who had worked multiple Olympics, international championships, or with professional teams. I learned a ton about a topic I am passionate about, worked on my public speaking skills, and opened a lot of doors for the future," said Mr. Ozakyol.







## New ERP System on the Way




This fall, National University embarked on an 18-24 month journey to implement a new, campus-side enterprise resource planning (ERP) system.

The system broadens the scope of the current Student Information System (SIS aka CAMS). It includes several components designed to serve as the hub of the University's operations to increase data sharing and accessibility among all units and both sites.

CampusNexus®, a cloud-based data platform by Campus Management Corp. was unanimously selected by an NUHS task force to streamline and strengthen many functions relative to the University's data.

The committee, led by Victoria Sweeney, director of communications & enrollment services, together with department heads and deans from across the University, evaluated the current CAMS system, completed a functional needs assessment for each area, and considered both functionality and business intelligence issues that would improve workflow and collaboration.


"The chief goal is to provide seamless service to students from the inquiry to alumni stage, while also improving work processes within and between departments," said Mr. Ron Mensching, vice president for business services.

The investment by NUHS means an integrated, holistic approach to every aspect of the University's academic, administrative, development and information technology needs. "We're excited about what it means for our future," Mr. Mensching said. 

## NUHS Hosts 2018 Healthy Kids Open House



October 20 – National University hosted its Second Annual Healthy Kids Open House on the Illinois Site. The fit, fun and free event offered kids and families games, prizes, Tai-chi and yoga classes, as well as healthy snacks and giveaways. Clinicians and interns hosted activities, talks, and demonstrations.

"After the success of last year's event we were excited to welcome local families back to our campus," said Fraser Smith, ND and assistant dean for NUHS' naturopathic medicine program. "Our experts offered many natural health practices that parents can easily add into their children's daily routines." 







## Faculty in the News



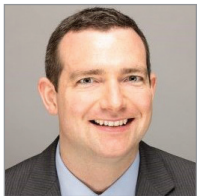
**January**  
**Daniel Strauss, DC**, dean of the College of Professional Studies at

National University - Florida Site, was installed as president of the Pinellas Park/Gateway Chamber of Commerce for the 2018 term.



On behalf of the Pinellas Park Medical District (PPMD), **Sridharan Manavalan, MS**, chair of basic sciences,

National University of Health Sciences-Florida presented, "Anatmage: State-of-the-Art Virtual Dissection."



**May**  
**Christopher Arick, DC, MS**, and assistant dean and chief academic

officer for chiropractic medicine was appointed to serve on the Board of Directors of the Academy of Advanced Practice Chiropractic Medicine (AAPCM).



**October**  
**Fraser Smith, MATD, ND**, dean of the naturopathic medicine program at

National University, was appointed to the board of directors of the North American Board of Naturopathic Examiners (NABNE).



**August**  
**Jerrilyn Cambron, DC, MPH, PhD, LMT**, dean of the College of

Allied Health Sciences and Distance Learning was inducted into the 2018 Massage Therapy Hall of Fame at the World Massage Festival.

## Chicago NMSA Chapter Clinches 2018 Golden Avocado Award



*2018 NMSA Golden Avocado Award*

**C**ongratulations to National University members of the Chicago Chapter of the Naturopathic Medicine Student Association (NMSA), for their first-place win of the Golden Avocado Award. The competition, now in its fourth year, was part of Naturopathic Medicine Week, Oct. 7 - 13, to raise awareness of naturopathic medicine.

Last year, the Chicago Chapter won second place in the competition. However, the award comes with more than just bragging rights among U.S. and Canadian Naturopathic Medicine (ND) schools. For NUHS students, it means the opportunity to gain professional experience prior to graduation, and to explore volunteer opportunities.

"Most importantly, we lived what we learn and helped spread an awareness of ND among our fellow students in different programs. During Naturopathic Medicine Week we slowed down, invested our energy into building relationships, and had fun while celebrating our medicine," said student Janice Jorges, Chicago Chapter NMSA president.





## Students Honored at 2018 SACA Leadership Conference



(L to R): Dr. Ray Tuck, Jr., ACA president and 1997 NUHS graduate; Dr. Michele Maiers, ACA Board of Governors; Jenny Razey, National University-Illinois, recipient of the 2018 J. Michael Flynn Award; Dr. Heidi Henson, Chair of ACA's SACA Advisory Committee and Dr. Bryan Kent, SACA immediate past chair.

Three National University students received top awards at the 2018 Student American Chiropractic Association (SACA) Leadership Conference held Sept. 7 - 9 in Milwaukee, Wis. Recipients were Jenny Razey, winner of the J. Michael Flynn Award, Morgan Price, NUHS-Florida, and Gregory Roytman, NUHS-Illinois, both recognized with Outstanding Service awards.

“Our winners demonstrate leadership, initiative and ingenuity. Their many contributions on campus and during the National Chiropractic Leadership Conference (NCLC) demonstrate how much can be achieved on behalf of the chiropractic profession when we approach our work with passion and purpose,” Dr. Tuck said. “The ACA is delighted to honor these individuals and group standouts, who inspire us today and reassure us that the profession will be in very good hands for years to come.”



## NMSA Trivia Cup Win



The Chicago Chapter of the Naturopathic Medical Student Association (NMSA), comprised of National University of Health Sciences students, secured a win as champions of the annual NMSA inter-school Trivia Cup Competition. The event took place at the AANP/NMSA conference in San Diego, Calif. in July.

The NMSA Cup is an annual trivia competition among students at the seven accredited Naturopathic Medicine schools across the U.S. and Canada, and tests knowledge of the basic sciences, clinical sciences, naturopathic philosophy, and clinical therapeutic modalities.

Led by (then) captain Kareem Kandil, ND, '18, along with Michael Robinson, Polina Robinson, and Haley Doherty, the team battled through four cup rounds against students from Bastyr University-Washington, University of Bridgeport, and The Boucher Institute of Naturopathic Medicine (last year's cup champion), going on to defeat Boucher again in the championship round. Last year, the Chicago Chapter team won third place in the competition. This is the first year National University's students won the top honor.

The NMSA trivia competition is one of the most anticipated activities at the combined AANP/NMSA annual four-day conference. Hundreds of students and naturopathic doctors from across the country come together for continuing education and advancing the profession.





# Faculty and Staff Farewells

National University wishes to congratulate the following faculty members on their retirement, after many years of service to NUHS.

## Robert Shiel, PhD

Dean of the College of Professional Studies-Illinois Campus



Dr. Robert Shiel will retire from National University at the end of 2018 after more than 38 years of distinguished service. He received

a B.A. in psychology, as well as an M.A. and Ph.D. in counseling psychology, from the University of Notre Dame. Additionally he has been a member of the American Psychological Association and its Health Psychology Division.

For the past five years, Dr. Shiel has overseen the health care programs of Chiropractic, Naturopathy, and Oriental Medicine. Prior to his appointment, he held the position of a tenured full professor in the department of Clinical Sciences, where he served two five-year terms as department chair. During his service to the University, he has served on numerous committees, including accreditation, committees, self-study committees, faculty development, assessment, Academic Standards, Grade Records, Curriculum Committee, and the Faculty Senate, where he served two separate terms as senate president.

Dr. Shiel developed and taught the courses of The Doctor/Patient Relationship, Clinical Encounter, Psychopathology, Advanced Diagnosis and Problem Solving, among others. He was a prime architect of the flex track schedules that exist for students across the Doctor of Chiropractic and Naturopathic Doctorate programs, and the Dual-Enrolled

Programs. He also has been an active supporter of incorporating evidence-based practices into the classroom. In 2003, Dr. Shiel took a one-year leave of hiatus to help administer a Gates Foundation grant in education to establish innovative secondary schools.

## William Hogan, DC, DABCI

Professor, Clinical Sciences



Dr. Hogan retires from his distinguished 45-plus year career after teaching physical and laboratory diagnosis,

cardiovascular and respiratory diseases, jurisprudence and ethics, clinical natural medicine, and obstetrics and gynecology at National University of Health Sciences (NUHS).

He received his doctor of chiropractic degree in 1971 from National College of Chiropractic (NCC), now NUHS. Following graduation he completed his two-year residency in internal disorders and in 1991 received his chiropractic internist diplomate from the ACA Council on Diagnosis and Internal Disorders.

Additionally, Dr. Hogan served as a chiropractic physician in private practice in Cicero, Elmhurst, and Lombard, Ill. for more than 30 years. He is a long-time member of the American Chiropractic Association, Illinois Chiropractic Society, and National University Alumni Association, as well as a fellow in the International College of Chiropractors (FICC).

Dr. Hogan is also fellow of the International Academy of Medical Acupuncture.

## Larry L. Hill DC, CCSP

Associate Professor,  
Clinical Sciences

Dr. Larry Hill has been a member of the faculty at NUHS for 42



years. During this time he served as a member of the post-professional faculty, lecturing both nationally and internationally

on the subject of physiological therapeutics.

Dr. Hill earned his doctor of chiropractic degree from National College of Chiropractic (NCC), now NUHS in 1974, and earned the designation of Certified Chiropractic Sports Physician in 1994. He is also a long time member of the NUHS Alumni Association and the Illinois Chiropractic Society where he has served on numerous committees.

Over the course of his career he has published numerous articles and text chapters on the subject of physiological therapeutic modalities, and worked in physical therapy departments in hospital and industrial clinic settings. In addition, Dr. Hill served the chiropractic profession in private practice for 25 years.







# National University Financials

As a proven leader in the health care community, National University of Health Sciences (NUHS) sets the standard in training for health care careers. Every year we strive to maintain the strength and stability of NUHS finances. A strong financial standing is an essential component in accomplishing our mission and one of the reasons we can provide a dynamic atmosphere where students, faculty and clinicians of various complementary and alternative health professions work together in an integrative environment. The following data covers the fiscal year September 1, 2017 to August 31, 2018.

## Financial Position

### Assets

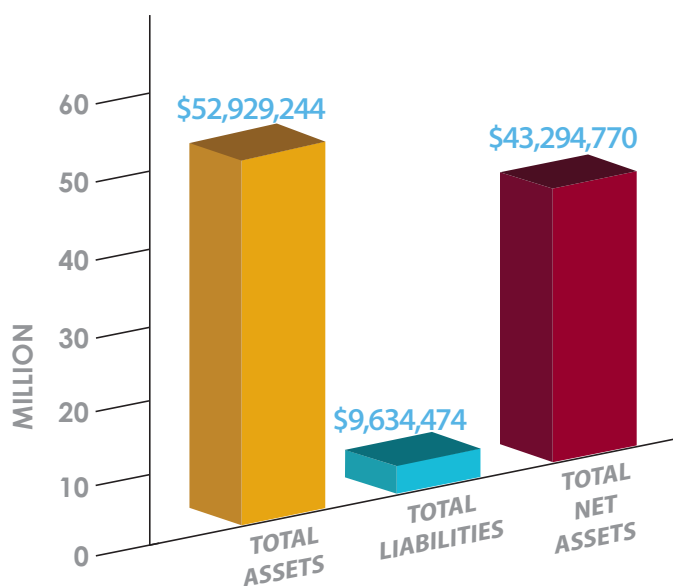
Cash, Receivables & Other	\$11,118,369
Investments	\$17,248,934
Property & Equipment	\$24,561,941
<b>TOTAL ASSETS</b>	<b>\$52,929,244</b>

### Liabilities

Accounts Payable & Accrued Expenses	\$783,025
Deposits, Deferred Revenue & Other	\$2,714,133
Long-Term Debt	\$6,137,316
<b>TOTAL LIABILITIES</b>	<b>\$9,634,474</b>

### Net Assets

Unrestricted	\$36,469,344
Temporarily & Permanently Restricted	\$6,825,426
<b>TOTAL NET ASSETS</b>	<b>\$43,294,770</b>



CAPITAL PROJECTS

\$1,465,335



\$66,612  
NAMED SCHOLARSHIPS

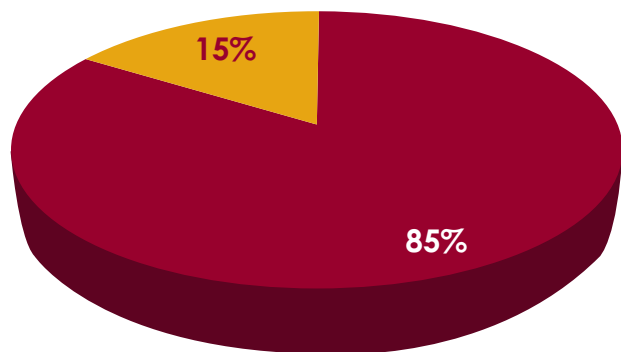
\$839,820  
TOTAL SCHOLARSHIPS



## Operating Revenue

Net Tuition & Fees	\$19,006,900
Grants	\$953,227
Investment & Interest Income	\$254,837
Auxiliary Enterprises	\$1,742,339
Clinic Operations	\$574,747
Other Revenue	(\$110,972)

**TOTAL OPERATING REVENUE** \$22,421,078



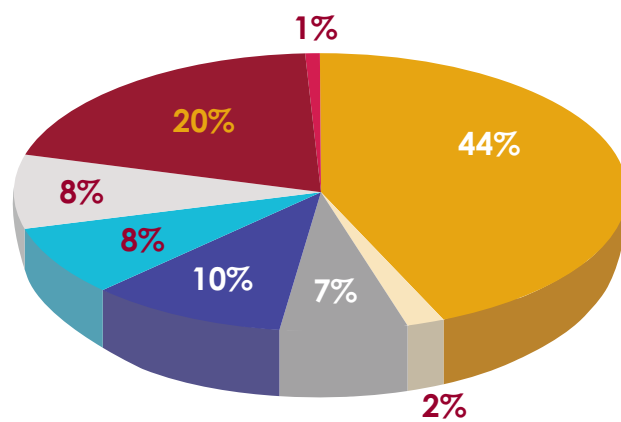
■ Tuition ■ All Other Operating Revenue

## Operating Expenses

Instruction	\$9,277,121
Research	\$404,665
Academic Support	\$1,385,458
Student Services	\$2,165,778
Auxiliary Enterprises	\$1,701,135
Clinic Operations	\$1,778,047
Institutional Support	\$4,356,484
Fundraising	\$189,696

**TOTAL OPERATING EXPENSES** \$21,258,384

**NET OPERATING ACTIVITY** \$1,162,694



■ Instruction ■ Auxiliary Enterprises  
 ■ Research ■ Clinic Operations  
 ■ Academic Support ■ Institutional Support  
 ■ Student Services ■ Fundraising

# Thank You to our Corporate Sponsors!

National University is proud to have the sponsorship of leading businesses and organizations in health care. We would like to thank our corporate sponsors for their continued support of NUHS. Our sponsors provide our students with continued support and resources during their time as students at NUHS and after they become alumni. THANK YOU!



**Topical Pain Reliever**





The seal of the National University of Health Sciences is a circular emblem with a scalloped border. It features a central crest with a building and a figure, surrounded by the text "NATIONAL UNIVERSITY OF HEALTH SCIENCES" and the motto "ESSE QUAM VIDERI".

## **NUHS Mission Statement**

*The mission of National University of Health Sciences is to provide and promote the necessary leadership, management and resources for the advancement of education, new knowledge, cultural diversity, outreach, and the ethical practice of the healing arts and sciences as taught within the programs of this university.*



**National  
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