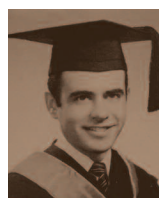


Alumni News



Dr. Charles Cooper (NA '55) of Baltimore, Md., reports he is semi-retired and received his 50-year award for practicing chiropractic in the State of Maryland and being a member of the Maryland Chiropractic Association. Dr. Cooper recalls a phone call from 1955 classmate Edward Schwelnus a few years back who read one of his articles and was surprised he was still alive and practicing chiropractic.



Dr. Clare Ollayos (NA '87) of Elgin, Ill., was named president of the Illinois Community College Trustees Association in Springfield, Ill., having previously served the group as secretary and vice president. She was elected to the Elgin Community College District 509 Board of Trustees in 1995 and has served two terms as board chairman and three as vice chairman.



Dr. Scott Cypher (NA '84) of Sterling, Va., was named Virginia Chiropractor of the Year at the Virginia Chiropractic Association's fall convention. He was recognized for his significant contributions to the chiropractic profession in Virginia.

New Arrivals

Dr. Kathleen Nazar Corbett (NA '98) and **Dr. Jim Corbett (NA '99)** of Burlington, Ontario, Canada, announce the safe arrival of Abby Jewell on August 1.

Dr. Fred Ratio (NA '98) and his wife Julie announce the birth of their first child. Julie (Talarico) Ratio was director of admissions at National from 1996-1999. The Ratios live in Plainfield, Ill., with their son, Joah Simeon Ratio, who was born July 18.

Dr. Shannon Gilmore Berry (NA '00) and **Dr. Stuart Berry (NA '00)** of Elgin, Ill., announce the birth of their first child, a son Darwyn Stuart, on September 4. He weighed 8 lbs. 15 ozs. and was 22 inches long.

In Memoriam

- | | |
|-------------------------------|---------|
| Dr. Frank Coutcher | NA 1947 |
| Dr. John LaRue | NA 1950 |
| Dr. Angelo Picchi | LI 1946 |
| Dr. Warren Schnitzer | NA 1947 |
| Dr. Charles Soderstrom | NA 1950 |
| Dr. Kenneth Wolf | NA 1959 |

National's Treasure — Our Grad-YOU-ates!

National's Treasures! You've heard them listed many times before. Our 100-year legacy as a leader in complementary and integrative education ... Our insistence on high standards and academic excellence ... Our outstanding faculty dedicated to student learning ... Our distinctive science-based curriculum ... Our unique ethical practice management program ... Our long-term commitment to research ... and finally, our outstanding grad-YOU-ates!

Yes, grad-YOU-ates! YOU are among the thousands of former National students who have gone on to national prominence as advocates for your profession or have become dedicated participants in community activities. Your efforts reflect back on your education at National and we continually point with pride to your accomplishments.

Even more important, the depth of your knowledge and skill as health care professionals serves to inspire others to emulate your success by attending your alma mater. That is why in each issue of *Alumnus*, we offer Kudos to those of you who have referred students to National and honor you as being "our best recruitment tool!"

Read this kudo from a September 2006 Trimester One student about a pair of National graduates. "I chose National because my two favorite chiropractors are graduates of National. In my lifetime, I have seen seven chiropractors... Of all these, chiropractors, the ones from National were the best... They conducted the most thorough exams, spent the most time with me (the patient), and had the best technique for adjusting my spinal column. The experiences I had with these two individuals were the most positive experiences I have ever had with a chiropractor."

And another tribute from a Tri One student: "I have looked into many schools in the field. I have also consulted doctors working in this field for recommendations as to which school I should attend. Surprisingly, all the doctors and patients that I talked with recommended me to do some research on NUHS. Also, all the chiropractors that I talked to actually graduated from National and had given me a lot of good comments about NUHS, including: great curriculum, small classes, excellent professors that are helpful and friendly."

For the names of alumni who have referred students in our September 2006 class, please see page 7. Will your name be there in our next issue?

Inside Alumnus



**Giving
Warms
the Heart...**

President Winterstein examines the motivation behind donating to a cause.

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**Give
Back?
Why...**

PCI Chair Audie Klingler cites good reasons for supporting your alma mater.

Pages 3



**Honor Roll
of NUHS
Supporters**

View the lists of donors from the Beginner's Club to the PCI.

Pages 3-6



**What's
New at
NUHS?**

Dr. Fraser Smith and Dr. Patricia Coe share updates of their programs.

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ALUMNUS

THE MAGAZINE FOR NUHS ALUMNI
Volume 42, Number 3 • 2006

Celebrating 100 Years 1906-2006

Giving



What does it mean to you to give?

Is it to give back to the less fortunate? Is it to give back to your community? Is it to give back to your church or synagogue? Is it to give back to your family? Is it to

give back to your profession?

I suppose we all have different reasons to give or not to give. I like the following quote from Sir Winston Churchill (1874-1965), "We make a living by what we get; we make a life by what we give."

Many of us have been given so much. Some of these gifts have been the direct result of our education at National. Why not consider giving back something to your alma mater? As I often hear from our local high school football coach on Saturday morning radio, "Get It Done!" To "get it done" you have to take some action. The following quote from Aristotle (384 BC-322 BC) talks about getting it done. "All human actions have one or more of the these seven causes: chance, nature, compulsion, habit, reason, passion, and desire."

So if by chance you have taken the time to read this far; if it is within your nature to give back; if you feel a compulsion to give back; if it has become a habit to give back; if you have a reason to give back; if you have a passion to give back; or if you have a desire to give back, then please consider giving back to the institution and family of which you are an important member. Family isn't about whose blood you have. It is whom you care about.

To paraphrase the Bible, choose you this day to what you will give back, as far as me and my house, we will give back to those we care about.

That is why National has been and always will be an important part of our giving.

Sincerely,

Thomas D. Stotz, DC, Chair
President's Alumni Advisory Council
Class of 1979



Giving Warms the Heart on a Cold Day

By James F. Winterstein, DC,
NUHS President

To Give — “to freely devote, set aside, or sacrifice for a purpose.”

As the end of National's Centennial Year appears on the horizon, we are taking the opportunity to extend our gratitude to all who have helped make this special year an outstanding success. As you read these pages, you will see how many alumni and friends of National have “freely devoted, set aside or sacrificed for a purpose.”

I think there are two components of that definition that are especially important to the person who chooses to give to something or for something. First is the word “freely.” People who do not give freely find themselves in a circumstance of inner resentment after the gift is given and those gifts, while helping the recipient, do not “warm the heart” of the giver.

Gibran, the author of the little book titled *The Prophet*, says that “God speaks through the hands of those who give freely as the myrtle breathes its fragrance into space, and from behind their eyes, He smiles upon the earth.”

Well, my friends, all who are listed in the following pages are people through whose hands God speaks and from behind whose eyes, He smiles upon the earth. You are indeed special people.

The second part of the definition that is important, as I see it, is “for a purpose.” People give “for a purpose.” Yes, it is true that gifts given to National are tax deductible, but that is not, I hope, the



primary purpose behind the giving. My purpose, and I expect yours, too, is that we share the awareness of the purpose of this wonderful institution we know as National.

National is a century old, and as such has earned a position of honor, trust and nobility. It has expressed its purpose, which for many years was the teaching of people who were to become chiropractic physicians. After about the first 15 years of this purpose, National expanded its purposes to include the teaching of naturopathic physicians, doctors of drugless therapy, doctors of mechanotherapy, massage therapists, and nurses.

In later years, nearing the half-century mark, the professional and political pressures of the time caused National to once again narrow its purposes to chiropractic education alone.

Now, since 2000, National has once again expanded its horizons and, upon becoming a university, has re-instituted the teaching of massage therapy and naturopathic medicine and has added acupuncture and oriental medicine. Throughout these years of change, National has always maintained a clear purpose and a clear posture on how it would educate — that is always mandating the highest quality and always promoting excellence. Its motto would always remain the same “Esse quam videri,” which is “to be rather than to seem to be.”

Those of you who have given freely to National have also, I believe, been aware of and supportive of the purposes of National, and through you, God has spoken to thousands and millions of sick and suffering who sought the services of our graduates, and yes, through your eyes, God has smiled upon those many people. If the work of National is honorable, noble and trustworthy, then in double

measure, so is yours for providing the financial support that helps make National what it is.

Now there are some who have not chosen to participate in the opportunity to give and no doubt there are some who have no choice for a variety of reasons. Still, some just have not taken the time to consider the circumstance or, for some reason, have decided that National is not a cause or purpose that should be supported. I wonder about that, of course. National gave every one of us who is a graduate our ability to serve humanity and through that process, to make a living. Yes, we paid our tuition, but at least for the past 20 years during which I have been president, tuition has only covered between 62 and 73% of the cost of educating our graduates. The difference has to come from someone or somewhere. One of the sources is the multitude of people listed elsewhere in this publication. Sadly, those people represent only about 5% of our graduates.

As an alumnus, I feel rather hurt that only 5% of our graduates choose to give back to National, while 38% of National's employees give back. I am hoping that many of you will give this consideration and will choose to support the purposes of National by giving freely through one of our giving mechanisms. These include giving clubs, outright one-time gifts, gifts to scholarships, or the placement of National in one's will.

My friend said it so well this morning. She said “giving warms the heart on a cold day.” She said it so well that it became the title of this piece. She speaks from experience as a member of the President's Cabinet Internationale, and along with 38% of the employees of National, she gives freely and for a purpose. Won't you join us? It will warm your heart on the cold days to come.

Giving Back? Why Should I? Many Reasons! Many Ways!

Dear Alumni:

Based upon what I have heard, I suspect that many of you stop and think, “Why should I give to the National University of Health Sciences?”

There are many reasons why we **don't** give. One I hear is, “I work harder and see more patients and have less income.” Another is, “Our fees have been lowered.” Yet another one is, “What has National done from me?” And lastly, “They have changed the name of our alma mater so it is not really a chiropractic college anymore.”

These are some of the excuses that I hear for not being able to help National University of Health Sciences. We need to change this way of thinking and develop more positive attitudes and decide what we **can** do for National.

I think we should be thankful to National for getting us where we are. Many of us lead comfortable lives,

thanks to the education that National provided, and it is important to remember that our tuition only covered approximately 70% of the total cost of our education.

Many times, when we have particular questions, we looked to National for specific answers. Many of our Boards of Examiners have always looked to National, because National has the top expertise with regard to legislative matters. When something arises in Washington, D.C. with respect to chiropractic and they need a model, whom do they come to? They come to National! Many times, National has been the focus of helping others, whether they are graduates, colleagues, legislators, or friends of chiropractic.

National always takes the lead and will always be a leading educational institution. I am asking you to be part of this leading team. Even small amounts will grow into large amounts, and allow the university to continue to be the leader of the future.

There are several different ways that we can give to our university, with different denominations, so that each and every one of you can be a part of this. As of this date, **only 5% of the alumni** give to the university, yet **almost 40% of the faculty and staff** make financial contributions to National.

Let's change this around! Too often we dwell on the negative; let's look to the positive side and help to make sure National remains in the forefront. I am challenging each and every one of you to look into your heart and make National a priority. Please contact Tracy McHugh, director of the Office of Alumni Services and Development, at tmchugh@nuhs.edu so that she can help you develop a giving plan.

Sincerely,
Audie Klingler, DC, Chair
President's Cabinet Internationale
Class of 1977

President's Cabinet Internationale

Fiscal Year 2005 - 2006



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Mary Jo Darr

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Alumnus

THE MAGAZINE FOR NUHS ALUMNI

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FY 2005-2006

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Naturopathic Medicine

By Fraser Smith, ND
Department Chair

A total of five students have started their studies this trimester in NUHS' new Doctor of Naturopathic Medicine (ND) Degree Program, and more have already applied for future trimesters as far ahead as September 2007.

The program will lead to an ND credential and has similarities to its chiropractic counterpart. NUHS alumni would recognize many aspects of the ND program as similar to their own education. Part of the reason for this is that both professional practices require grounding in the basic sciences, extensive training in diagnosis, and a broad range of therapeutics.

Naturopathic medicine encompasses the use of treatments such as nutrition, botanical medicine, homeopathy, physical medicine, and others. In varying degrees, these are already a part of the DC program at NUHS. The length of the two programs is similar as well — 10 trimesters full time. Graduates write board exams, in this case, administered by the North American Board of Naturopathic Examiners (NABNE) via the Naturopathic Physicians Licensing Examinations (NPLEX).

In some areas, the two programs are distinct. For sure, the DC program has much more extensive manipulative therapy and radiology. The ND program has more botanical medicine and homeopathy. The DC program spends more class time on subjects such as rehabilitation. The ND program examines the management of chronic cases and how to purposefully integrate several therapies.

In the first several trimesters, the DC and ND students will share their basic sciences. As the ND students progress, they will, of course, spend more of their time doing specialty courses, but will still share some content with their DC peers, even through the eighth trimester. Aside from the staging of these courses, the naturopathic department and the university will be very focused on the project of achieving recognition with the Council on Naturopathic Medical Education (CNME). This is a multi-stage process that involves maturation of the program, feedback and improvement.

Currently, NUHS has been given the green light to conduct a self-study of the ND program; this followed CNME's acceptance of NUHS' formal application in the summer of 2006. A self-study followed by further evaluation is a necessary step towards the goal of candidacy status. With candidacy status, graduates can sit for those NPLEX board exams and then practice. Just the goal of achieving CNME candidacy is a very involved process, but NUHS is coming into this with the resources of an established institution that has been turning out good doctors for a long time. You can't overestimate the ways in which this propels a new program forward.

Already, there have been serious inquiries from practicing chiropractic physicians, including NUHS alumni about obtaining an ND. Those who do apply

will receive advanced standing for their work in basic science, especially those who have attended a program like that of NUHS, which has extensive education in this area. Like all ND, DC, MD, or DO programs, this would be full or near full-time and on site (versus correspondence or web-based).

There are two things that will push this program forward. One is that as the first ND class moves along



Massage Therapy

By Dr. Patricia Coe
MT Clinic Supervisor

As part of the massage therapy certificate program, massage interns enrolled in clinic are required to participate in outcall (off-campus) events. During the summer and fall trimesters, NUHS interns volunteered to perform massages on participating athletes at two major events.

July 2006 saw Chicago hosting Gay Games VII. Despite record-breaking heat, NUHS massage students as well as alumni volunteered their time to perform 630 sports massages over the course of five days. NUHS was invited to be the sole provider for massage therapy at the Oak Park Village where the intern's days were virtually non-stop upon arrival. Although the wait for massage was sometimes over an hour, many athletes made return visits to the NUHS tent throughout the week. One gold medalist told me that the massages he received during the week from his therapist were what enabled him to continue to compete.

Jerrilyn Cambron, DC, enrolled at the time in her third trimester of the NUHS Massage Therapy certificate program, performed massage at the Gay Games as part of her clinical internship. "The Gay Games allowed us the opportunity to interact with a variety of people and to practice our sports massage techniques. All the students were well prepared because of the excellent educational experience with our sports massage instructor, Joe Adkins."

Joe Adkins, who has been teaching sports massage at NUHS since 2005, not only provided essential training for these students, he assisted me with supervising at the event as well as performing massages during the busiest times of day.

and gets into more advanced clinical courses, there will be a point where DC alumni of NUHS would find the curriculum adds to their knowledge. These new courses will unfold in the next couple of years as the first group finishes up with their basic science time. The second reason is that achieving candidacy status with CNME, something we would like to achieve within the next couple years, will increase enrollment overall.

My special thanks to all NUHS massage faculty members who volunteered their time to assist with supervising interns: Joe Adkins, Marcia Brandes, Barb Malik and Candy Washington. More kudos still to our alumni who volunteered their time to work as part of the NUHS massage team: Beverly Basit, Kristen Compton, Earnest Mounce, Susan O'Connor-Chadwick, Krista Soli, Delilah Stewart, Charl Woolsey and Linda Zagroba.

Unlike the July Gay Games, October 2006 saw cold and wind and rain for the Chicago Marathon. This year, seven massage therapy interns volunteered a Sunday morning to travel downtown to perform 83 post-event sports massages. This is the sixth time in seven years that NUHS interns have performed massage at the Chicago Areas Runners Association tent. Part-time faculty Sandy Pearce supervised the interns who were in demand virtually non-stop from 11 a.m. to 3 p.m.



National's massage therapy interns work with athletes at Chicago's Gay Games in July.

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| Dr. Veronica De la Cruz ('01) | Illinois |
| Dr. Thomas Denecke ('80) | New York |
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