

My Point of View



Dr. Frank Strehl

Well, it's that time of year again when we think about returning to our alma mater for some refresher courses and to catch up with old friends.

Few people understand what trials and tribulations doctors have today and even fewer understand the challenges of a chiropractic practice... but your colleagues and old classmates understand. That is just one of the reasons that it is so important to get together on a somewhat regular basis — not to wallow in self pity but to discuss options and possible solutions that just might save your practice. I know that I have three or four close colleagues and we try to touch base via telephone at least once a week in order to provide each other with encouragement and to brainstorm ideas.

When I started practice in the early 1980s there were numerous doctors of all denominations going out of business on a regular basis. In fact, hardly a week went by without there being a flyer for medical equipment available at a clinic closing. Back then, insurance companies were paying and paying fast so I had trouble understanding the problem... and then along came ERISA (Employee Retirement Income Security Act).

Today times are much different. Practices are going under again but this time it is usually due to the fact that the insurance companies are not holding up their end of the contract. We have all heard the old adage, "It takes money to earn money." Nothing could more adequately describe today's situation.

Invest in yourself and your future. Come to Homecoming and have some heart-to-heart talks with some of your old classmates or fellow alumni, for they just might have the solution to turning your practice in the right direction for even more success.

Dr. Frank Strehl, Honorary Chair
President's Alumni Advisory Council

NUHS Campus 'Greens' Up This Spring

NUHS is going green this spring as the Department of Facilities moves down its list of improvements and renovations to the Lombard campus.

With a goal toward choosing environmentally friendlier products whenever feasible and prudent, the latest renovation to meet this goal can be found in the all-new fully interactive classroom in Janse Hall that opened for summer trimester.

Along with energy-efficient lighting and Mylar-lined blinds for heat reflection, the new seating is constructed with plastic components made from recycled material. The chair upholstery and carpeting was purchased from a company applying green practices, and low VOC mastic was used to adhere the carpeting. Technology features include dual-boot computers handling Mac or PC formats, dual high definition projectors for simultaneous or separate presentations, and a built-in digital document presenter. Each chair also is Wi-Fi compatible and has built-in electrical outlets.



New Janse Hall Flooring

This past fall, the university also replaced the flooring on the main level of Janse with a sustainable product made of recycled and natural materials. The flooring is approved by the USGBCA (United States Green Building Association) for LEED points because of the low levels of petroleum products and PVCs used in production, combined with the new low VOC mastic products that were used for installation.

Other environmentally friendly campus projects include:

- Replacement of all fluorescent light bulbs and ballasts with newer more energy-efficient models funded by a matching grant from the Illinois Clean Energy Foundation;
- Replacement of the main CFC air conditioning unit for Janse Hall with an ozone-layer friendly HFC unit;
- Replacement of 70 Lombard clinic windows with those that improve thermal efficiency and conserve energy;
- Repair of the clinic roof with a roofing compound with reduced VOC rating;

NUHS Campus continued from page 2



New Janse Hall classroom #140

Inside Alumnus



Meeting Today's Needs

President James Winterstein discusses how chiropractors must meet the needs of the public.

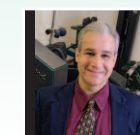
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Kudos to Referring Alumni

Read the names of those alumni who have referred students to our latest classes. Will you make the list next?

Page 2



Updates on NUHS Alumni

Read the latest news and accomplishments of your fellow classmates and colleagues.

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Keys to Success is HC Focus

This year's Homecoming theme delivers "The Keys to Success in Tough Economic Times."

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In Memoriam continued from page 7

Dr. William J. Kotheimer, 84, of Sharpsburg, Ga., formerly of Youngstown, Ohio, died November 23, 2009. He was a WWII Navy veteran serving in the European and Pacific Theaters. Dr. Kotheimer graduated from Palmer College of Chiropractic and National College of Chiropractic in 1950. He authored two books, *Applied Chiropractic in Distortion Analysis*, and a research manual on the same subject. He enjoyed hunting, golfing and playing tennis. Dr. Kotheimer is survived by his wife of 63 years, Dolores, three sons, three daughters, 16 grandchildren and five great-grandchildren.

Dr. Harold A. Jordan (1960), 85, of Bourbonnais, Ill., died March 7. Dr. Jordan was a chiropractor for 38 years and the first one in Bourbonnais. He was a WWII Army Air Corps pilot and a current member of the American Legion. He was a former longtime member of the Lions and Elks. Dr. Jordan was preceded in death by his wife Frances and is survived by four sons, three daughters, 19 grandchildren, and one great-grandchild.



Dr. Luymes

Dr. Donald Kirk Luymes (1964), 66, of Mitchell, S.D., died October 24, 2008. Dr. Luymes practiced in Mitchell, Rapid City and Sioux Falls, S.D. He has also worked in the funeral pre-arrangement and pharmaceutical industries and business management until he retired due to ill health. Dr. Luymes enjoyed singing in barbershop quartets, church choirs and church cantatas. He is survived by his wife Diane, a daughter, a son, and five grandchildren.

Dr. C. Wayne McDaniel (1970), 82, died March 28 at the Brookview Manor nursing home in Brookings, S.D., of complications from Parkinson's and Alzheimer's diseases. He is survived by his wife Florence, a daughter, a son, seven grandchildren, and seven great-grandchildren.

Dr. Harold H. Moore (1952), 83, of Rockmart, Ga., died February 20. He was the first chiropractor in Rockmart, where he practiced for over 49 years. He was a WWII Army veteran in the Pacific Theatre on the islands of Saipan and Guam. Dr. Moore was a former member and secretary of the Rockmart Kiwanis Club and was the co-founder of the North West Georgia Archery Club. He is survived by his wife of 62 years, Mickey, two sons, a daughter, eight grandchildren, and 10 great-grandchildren.

Dr. John H. Morud (1951), 90, of Mason City, Iowa, died March 24 at the Good Shepherd Health Center in Mason City.

Dr. Valdis Muiznieks, 81, of Kalamazoo, Mich., died unexpectedly July 10, 2009. He immigrated to the United States from Latvia in 1949 and moved to Chicago in 1950. Dr. Muiznieks graduated from National College in 1957 and relocated to Kalamazoo in 1959 where he was a practicing doctor of chiropractic until retiring early in 2009. He served on several local and national chiropractic boards. In 1996, Dr. Muiznieks received the prestigious Tris Zvaigznu Ordenis award from the president of Latvia in honor of his lifelong work with the Latvian community in the United States. He is survived by his wife Lalita, two children and two grandsons.

Dr. Weldon L. Odom, 75, of Fayetteville, Ga., president of the American Chiropractic Association from 1985 to 1987 and a trustee of the International College of Chiropractic, died December 11, 2009, after a three-year battle with cancer. A graduate of Logan Basic College of Chiropractic, he practiced chiropractic for 42 years and was awarded the Distinguished Service Award from Logan in 1988. He was a Navy veteran and ordained Baptist deacon. Dr. Odom is survived by his wife of 51 years, Helen; his father, a son, Rev. John Odom; a daughter, Dr. Joan M. Odom, (NA 1995); and two grandchildren.

Robert S. Ohlson, 79, of Denver, Colo., died November 17, 2009. Dr. Ohlson graduated in 1953 from the University of Natural Healing Arts in Denver. He was instrumental in passing the Fair Insurance Act in Colorado and the No Fault Auto Insurance Act and served the Colorado Chiropractic Association as president in 1966. For over 35 years, he chaired or worked on the following committees: legislative, insurance relations, Medicare, work comp, public relations, unity, ethics, and peer review. Dr. Ohlson was honored by both the Colorado Chiropractic Association and the University of Natural Healing Arts for his many contributions to chiropractic over the years.

Dr. Diane Ramsay (1993), 56, of Naperville, Ill., died suddenly on December 2, 2009. She was employed by Sun-Times Media and loved to dance and play with her grandchildren. She is survived by her mother, two sons, a daughter, and five grandchildren.

Dr. Glenn A. Suter (1951), 87, of Meyersdale, Pa., died December 3, 2008. He was a WWII Army Air Corps veteran and a practicing chiropractic physician in Meyersdale for 45 years prior to retirement. He was preceded in death by his wife Mary Louise and survived by a son, two grandchildren and two great-grandchildren.

Dr. Robert L. Toner (1948), 85, of South Park, Pa., died March 29, 2009. Dr. Toner practiced chiropractic for more than 60 years with Steel Valley Chiropractic and was a WWII Navy veteran who belonged to the Submarine Veterans Association and the Lions Club of Homestead. He is survived by his wife Dorthea, a son Dr. Richard, daughters Victoria and Dr. Virginia Minuto (NA 1987), and four grandchildren.



Meeting the Public Needs

By James F. Winterstein, DC
NUHS President

Today, there are riots in Greece — people are angry that they must undertake an austerity program because simply put, their country is broke! It has borrowed to the hilt and now must pay the piper! The average citizen, however, perhaps many of whom have been benefitting from past government spending are angry because they see the end of the “cash cow.” Well, we are not far from that either as our national debt is now 90% or more of our gross national product. All I can say is that Americans better pay attention — it’s coming our way, too!

So, some things are glum despite the current general positive belief about our economic growth, and if we look deeper, we might also come to realize that even our current apparent economic recovery could well be mostly hype rather than fact. My friends, bills always need to be paid and the bills of the United States are staggering to say the least. From where will the money come especially now that we have passed a new “health care reform act”?

If I keep this up, I could really become pessimistic and that would not be a good thing either, but I think we certainly need to face facts and we need to recognize that we face a different future and we need to prepare for it.

Despite our awareness of these issues, there remain significant opportunities for physicians and other health care practitioners who engage in what we could broadly call “natural medicine.”

What we do as chiropractic physicians, naturopathic physicians, acupuncturists, oriental medicine practitioners, and massage therapists is provide a reasonable cost alternative to health care needs of millions upon millions of our citizens. Make no mistake, the move to provide the kind of so-called “orthodox” health care that is part of the “health care reform act”

will cost trillions of dollars at a time when national debt is higher than ever before. It seems clear to me that it won’t work and that people will turn to alternatives in greater numbers than we have ever seen.

It is currently estimated that we are about 50,000 primary care physicians short of need and perhaps as many as 1,000,000 nurses short. I read every day about allopathic students who don’t want to go into primary care because they don’t make enough money. Well friends, I think we will all need to think about “making less and doing more” if we hope to survive and eventually thrive again. Let’s take the lesson from Greece before we have rioting in our own streets! Perhaps it is time for those of us who are used to making less (alternative care professions) to step into the breach and provide the kind of primary care that is clearly lacking and yet so vital for those millions who are suffering.

Yes, once again, I am promoting our kind of physicians (and to some degree oriental medicine practitioners as well) as primary care providers.

- First, we have the diagnostic skills to evaluate and manage a majority of people who seek primary care (a mandate from the Institute of Medicine’s definition of primary care).
- Secondly, we are accountable.
- And thirdly, we practice within the context of family and community. We are the primary care providers that society needs and wants, but we need to step up to the plate!

Would this mean that we would need to treat every patient who presented for care? Hardly. When I was in practice, I shared a building with a family practice MD, a gynecologist, an optometrist, and a dentist. I compared my practice to that of the family medicine MD. He saw hypertensive patients as did I. We both treated them up to a point, and if unsuccessful, referred to the appropriate specialist. The MD used drugs, I used weight loss, exercise, lifestyle management, and nutrition. He saw patients with throat infections and so did I. He usually prescribed an antibiotic; I usually did not, but did swab the throat to rule out Strep. Most, by far, were viral in the first place and should not have been subjected to antibiotics.

I could go on and on, but at the bottom line, we should be practicing primary care because it is what the public needs. So often recently, we have looked at our circumstances from the perspective of what “we” need — say, for example, what the chiropractic profession needs rather than what the public needs. I have participated in several major “professional planning” sessions and they were always driven by surveys that sought public opinion about “how the public viewed the chiropractic profession,” and we always got the answers we thought we should get. Chiropractors are “back doctors.” What we have not done is to try to take our profession to the place where society has its greatest need, and that is in primary care!

I contend that when we as a profession decide to meet the needs of society, then we, as a profession will become far more necessary than we are now. We will experience far greater utilization, and therein lies our future success. As “back doctors,” we have never treated more than 10% of the population and usually it is closer to 7%. Isn’t it obvious that instead of trying to kick others out of the “back doctor

business” we should move to fill a need that currently exists and by doing so, markedly increase the percentage of the population we can treat? This is not to suggest that we cease care of those with musculoskeletal complaints, but rather that we expand care to many others who need more life-saving care — those who are hypertensive, obese, diabetic, and those who suffer from a myriad of other common and often chronic diseases. Furthermore, we are the perfect people to educate members of the public regarding how to improve their health and learn how to stay healthy! Who is better equipped?

I tell every graduation class to “take care of your patients as if they were your father, mother, sister, brother, spouse, or child and they will take care of you.” Is it not well past the time that we say the same thing to our professions at large? Let’s think in terms of what society needs from us, determine to fill those needs, and enjoy the success that comes from the result.

NUHS Campus continued from page 1

- Demolition of five campus-owned houses over the past three years providing more green space for campus and allowing for the ability to develop restorative spaces for native wildflowers, trees or even grasses in the future.

As campus improvements continue, university officials will continue to make environmentally conscious choices that balance with budget and long-term planning goals. “Many of these improvements make cost-benefit sense as well as good environmental sense,” says Tom Rohner, director of Facilities. “We’re aware of responsible trends and issues like reducing carbon footprints, and we are trying to be cognizant of these subjects as we order and replace materials on campus.”

Kudos

National University of Health Sciences sincerely appreciates the following alumni who have referred students. Thank You!

Spring 2010		
Dr. Naveed Elahi	2002	Illinois
Dr. Terry Elder		NUHS faculty
Dr. Hassinger	?	Ohio
Dr. Norman J. Houze	1978	Indiana
Dr. Ivy Liebman	1987	Vermont
Dr. Brian Miller	2001	Illinois
Dr. George Phillips	?	?
Dr. James Schofield	1982	Pennsylvania
Dr. Mark Schoot	1987	Illinois
Dr. Thomas Szalay	1997	Ohio

Summer 2010		
Dr. Terry Elder		NUHS Faculty
Dr. Alexander Fedorov	2000	Illinois
Dr. Jason Hui	1997	Illinois
Dr. Scottie M. Ison	1979	Florida
Dr. Vincent Lucido	1962	Florida
Dr. Frank Martusciello	1983	Illinois
Dr. Danielle Rudnick Morrissey	2009	Illinois
Dr. William O’Brien	2003	Illinois
Dr. Lisa Oskardmay	1995	N. Carolina
Dr. William Ryan Reynolds	2005	Michigan
Dr. Jonathan Seezox	2000	Illinois
Dr. Bonnie Walker	1989	N. Carolina
Dr. Heather Wisniewski	2001	Illinois
Dr. Warren Wolschlager	1993	Illinois

And... a total of 4 Unknown National Alumni

Alumni News

1940s

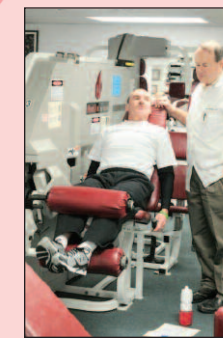
Dr. Edward G. Holtman (Lincoln-1949) of Hartford, Wis., practiced for 49 years until his retirement, but is still helping tendonitis patients. After retirement, he worked with Gemini Helping Hands for three years. He and his wife Deloris have a son and daughter.

1960s

Dr. Richard W. Fletcher (1967) practiced for 10 years (1968-77) in San Francisco, Calif., and then 28 years (1978-2006) in Houston, Texas. He is now retired and living in San Antonio. He welcomes email at: blancoamigo@att.net

Dr. Roy H. Schmitt (1965) of Valencia, Pa., retired in March after 43 years in practice. “Now is time for me,” he says.

1970s



Dr. Dolbin and his patient.

Dr. Jack Dolbin (1977) of Pottsville, Pa., was featured in an article in the *Pottsville Republican Herald* on February 1. The article entitled “Heart Of A Champion: Transplant Recipient To Test His Mettle” chronicled the quest of heart transplant patient Ron Boris Jr. to participate in the National Kidney Foundation’s 2010 U.S. Transplant Recipient Games, July 30-Aug. 4 in Madison, Wis. Boris was pictured training with Dr. Dolbin at the Pottsville Sports and Rehabilitation Center where

Dr. Dolbin is guiding Boris through a strength and conditioning program.

Dr. John Gentile (1971) of Miami, Fla. was named the ACA Chiropractor of the Year in October 2009 at the House of

Delegates annual meeting. Dr. Gentile served for the past two years as chairman of the ACA Board of Governors, during which time ACA undertook important campaigns to affect national health care reform on behalf of the chiropractic profession. He played an active role in shaping ACA policies through his many leadership positions. He was first elected to the ACA House of Delegates in 1987, and later joined the ACA Board of Governors in 2003. Dr. Gentile is a past chairman of the association’s Insurance and Managed Care Committee as well as the Finance Committee. In addition to his private practice and his work with ACA, Dr. Gentile finds time to be active in his local community, volunteering his time with Big Brothers Big Sisters.

Dr. Donald P. Mammano (1974) of Ottawa, Ill. has been elected as a Fellow of the Canadian College of Chiropractic Orthopaedics. To be admitted as a fellow, a doctor must complete postdoctoral training and be board certified in chiropractic orthopaedics. Mammano has been certified by the American Board of Chiropractic Orthopaedics since 1984 and as a fellow of the American Academy of Chiropractic Orthopaedics. He has written several scientific papers in both medical and chiropractic journals and has practiced in Ottawa since 1978.

1980s



Dr. Fay

Dr. Richard Fay (1980) of Naperville, Ill., received the Illinois Chiropractic Society’s most prestigious honor, the 2009 Chiropractor of the Year award. The award is given to the doctor in Illinois who has most distinguished himself in service to his patients, his community and chiropractic medicine. Dr. Fay is the director of the DuPage Health and Physical Therapy Center and has provided chiropractic care in Naperville since 1981. He currently serves on the board of directors of the NUHS Foundation, is a member of the NUHS President’s Alumni Advisory Council, and serves on the Blue Cross/Blue Shield

Provider Selection Committee and on the Illinois Medicare Carrier Advisory Committee.

Dr. Thomas J. Neuner (1984) of Algonac, Mich., has affiliated with the Michigan Head & Spine Institute (MHSI) and is seeing patients at MHSI’s Novi, Mich. office, and the New Baltimore, Mich. office, where he most recently was manager and director. MHSI is a specialized group of rehabilitation specialists, neurological surgeons and chiropractors dedicated to effective treatment of conditions and injuries of the spine, brain, head, and neck. Dr. Neuner has been in practice for more than 25 years and is a member of the American Chiropractic Association.



Dr. Neuner

Dr. Christian Reichardt of Santa Monica, Calif., made a return visit to National in March to reacquire himself with his alma mater. Dr. Reichardt came from Germany to study chiropractic at National, graduating in 1983, and then moved to Malibu, Calif., where he opened his office. His practice attracted many celebrities and athletes, which led to working with the PGA of America, and his book, *Pain Free Golf*. Working with international athletes, Dr. Reichardt came across the Whole Body Vibration technology and started his own manufacturing and distribution company in 2006, www.PowerVibeUSA.com.

Dr. James Schwieter (1983) of Schwieter Chiropractic Clinic in Rapid City, S.D. was named “Chiropractor of the Year” by the South Dakota Chiropractors Association at its Annual Spring Convention in April. Dr. Schwieter has practiced in Rapid City for 25 years and is a long standing member of the South Dakota Chiropractors Association, American Chiropractic Association and Black Hills Chiropractic Society. Nominations for this prestigious honor are collected from the membership along with previous award winners.

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Alumnus

THE NEWSLETTER FOR NUHS ALUMNI

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PUBLISHER

James F. Winterstein, DC
President

EDITORIAL STAFF

Marie Olbrysh Associate Editor
Tracy Litsey PR Specialist
Robert Hansen Graphic Designer
Kadi Sistik Photographer
Victoria Sweeney
Director of Communications

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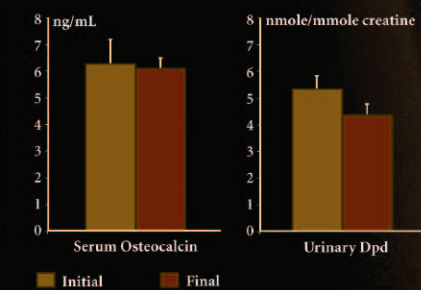
New Research in Bone Regrowth

Calcifood®, Ostrophin PMG®, and Cataplex® D, used together, were found to decrease urinary deoxypyridinoline (Dpd), while maintaining osteocalcin levels (see chart).

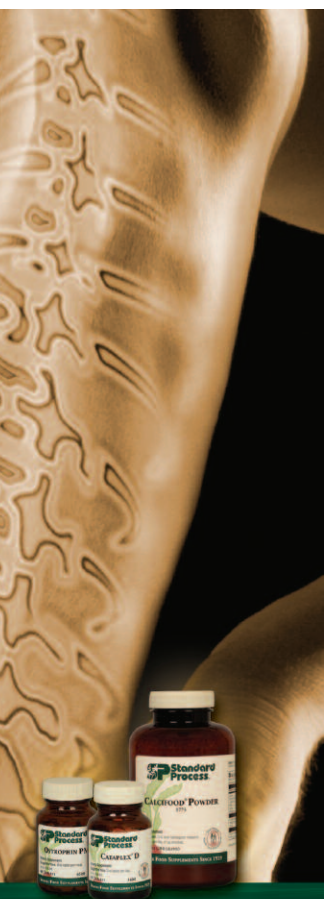
These bone health supplements are unique because they provide readily absorbed nutrients from bone tissues to support the process of rebuilding and maintaining bone.*

To find out more about these and other Standard Process products, call 800-558-8740 and ask for our Bone Health Literature Packet (L6213) or visit standardprocess.com.

During a three-month trial, patients with osteopenia were given Calcifood®, Ostrophin PMG®, and Cataplex® D at the regular dosage. Osteocalcin was unchanged while urinary Dpd, a marker used to assess relative rates of bone loss secretion, decreased 18%. Decreased Dpd suggests that less bone was lost over the three months. No change in osteocalcin further suggests a positive environment for bone formation.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Homecoming '10 Schedule of Events

"The Keys to Success in Tough Economic Times"

Friday, June 11, 2010

8:00 a.m. - 12:00 p.m. "Risk Management & Better Results"

Mr. Todd Winegar

12:15 - 1:30 p.m. Alumni Association / Reunion Luncheon

1:30 - 5:30 p.m. "A Primary Care Dilemma: The Systemic Effects of Musculoskeletal Dysfunction and Nutritional Considerations"

Dr. David Seaman

5:30 - 6:30 p.m. Exhibitor Reception

6:00 - 7:30 p.m. PCI / Senior Steward Reception

7:00 - 9:00 p.m. Alumni Pizza Bash

Registration Hours: 7:00 a.m. - 4:00 p.m.

Exhibitor Hours: 7:00 a.m. - 6:30 p.m.

Onsite Clinic Hours: 7:30 a.m. - 6:30 p.m.

Saturday, June 12, 2010

8:00 - 10:00 a.m. "Vitamin D, How You Get It, Use It, and Why You Need It"

Dr. David M. Barnes

MT - 8:00 a.m. 12:15 p.m. "Gaia's Touch Hot Stone Massage Workshop"

Ms. Kay Peterson

10:45 - 12:15 p.m. "Resolving Ethical Dilemmas Through Reflective Practice"

Dr. Vincent DeBono

12:15 p.m. - 2:15 p.m. President's State of the University Luncheon

2:15 - 3:45 p.m. "Warning! The Rules of Money Have Changed"

Mr. Stanley Greenfield

MT - 2:15 - 6:00 p.m. "Gaia's Touch Hot Stone Massage Workshop"

Ms. Kay Peterson

4:30 - 6:00 p.m. "Chinese Medicine: Myth or Miracle?"

Dr. Frank Yurasek

6:30 - 7:00 p.m. Cocktail Reception

7:00 - 10:00 p.m. Banquet Dinner Entertainment featuring "The Fabulous Frank and Dave" Dancing

Registration Hours: 7:00 a.m. - 4:00 p.m.

Exhibitor Hours: 7:00 a.m. - 4:30 p.m.

Onsite Clinic Hours: 7:30 a.m. - 4:30 p.m.

Sunday, June 13, 2010

8:00 a.m. - 12:00 p.m. "Kinesio Taping"

Dr. Vincent DeBono and Dr. David Parish

12:00 - 12:30 p.m. Boxed Lunch

12:30 - 2:00 p.m. "Kinesio Taping"

Dr. Vincent DeBono and Dr. David Parish

Register for Homecoming Online!

If you'd like a quick way to register for the 2010 NUHS Homecoming, just go to our website at www.nuhs.edu.

On the bottom of the Home Page is a link directly to the Homecoming site. At the top of the page, choose either D.C./N.D. or Massage Therapy and then select the Helpful Link to registration. You may also download the form and mail it, if you choose.

We're looking forward to seeing you soon!

Homecoming Speakers

James F. Winterstein, DC, DACBR



Dr. Winterstein graduated from National College in 1968 and completed his residency in radiology in 1970, the same year he earned his diplomate in radiology. He was in private practice for 17 years in Florida before returning to National as the clinic chief of staff in 1985. One year later, he was elected the institution's sixth president, a post he has held since May 15, 1986. During his presidency, Dr. Winterstein has committed himself to improving and developing the university's academic programs and in so doing, raise the standards of the chiropractic profession. He was instrumental in the reorganization of National from a single-purpose college to a hub of integrative health care education, which encourages and promotes collegiality among various members of the complementary and alternative professions.

David M. Barnes, PhD



Dr. Barnes is the Director of Research at Standard Process Inc. He received his PhD from the University of California at Davis. From 1990 to 1995, Dr. Barnes held a research fellowship at the National Institute of Environmental Health Sciences where he studied toxicology and the role of minerals in insulin-regulated metabolism. He has held faculty positions at the University of Arkansas and the University of Wisconsin-Madison. He is also a recipient of the Presidential Early Career Award for Scientists and Engineers. His most recent research has emphasized the multi-drug resistance proteins involved in the detoxification mechanisms of the gut and the mechanism of action of dietary phenolic compounds on cholesterol metabolism. In 2004, his interests led him to accept the position of Research Director at Standard Process Inc., a manufacturer of whole food nutrition supplements.

Vincent DeBono, DC, CSCS, CKTI



Dr. DeBono has been National's Vice President for Academic Services since 2007 having previously served as a staff clinician and Dean of Clinics. In addition to chiropractic practice, Dr. DeBono's area of interest includes soft tissue release techniques, Kinesio Taping, and conservative management of sports related injuries. He is a certified strength and conditioning specialist and Kinesio Taping instructor. Dr. DeBono has been a featured speaker on the prevention and treatment of running injuries and conducts Kinesio Taping seminars nationwide.

Todd Winegar, JD



Todd Winegar graduated from Brigham Young University School of Law School and is a member of the Arizona, Utah and Federal bar associations. He is consistently rated one of the finest Continuing Legal Education speakers in the country. He has presented courses to tens of thousands of attorneys in most major cities in the U.S. and Canada, in Europe and the Caribbean. He also presents continuing education to the medical and engineering professions. Dr. Winegar's seminars include subjects on communication, persuasion, and trial advocacy. He created a leadership program at the request of, and given to the Wharton Business School. He is the author of *The Power to Persuade*, *The Science of Persuasion*, *The Ultimate Trial Notebook*, *The Ultimate Discovery Notebook*, and other writings, published by numerous bar associations.

Stanley B. Greenfield



Mr. Greenfield is president of "Greenfield's Financial Power Program," which offers financial and practice management to the chiropractic community. He is a Registered Financial Consultant and was awarded the designation of RHU, Registered Professional Disability and Health Insurance Underwriter in 1979, and is one of its charter members. Mr. Greenfield has authored thousands of articles concerning tax and financial management and practice management, and is the editor of "Financial Forum," which has been published monthly since 1988 in Dynamic Chiropractic. Mr. Greenfield has served as contributing writer and financial editor for several popular chiropractic and financial planning journals, and is the author of *Chiropractor's Financial Survival Kit, Vol. 1 & 2*. Mr. Greenfield lectures regularly at many state chiropractic associations and chiropractic colleges and to both business and professional associations. He has served as chiropractic college adjunct professor, graduation commencement speaker, and member of the Board of Trustees. He is a member of the Foundation Board for the Florida Chiropractic Association.

David Seaman, DC, MS, DACBN, DABCN, FACC



Dr. Seaman earned his doctor of chiropractic degree from New York Chiropractic College in 1986, his master's in biology/nutrition from University of Bridgeport in 1991, and completed postdoctoral studies in neurology at Logan College of Chiropractic in 1992. He is an adjunct professor at Palmer College of Chiropractic Florida, and Director of Clinical Education for Anabolic Laboratories. He teaches over 300 hours of continuing education classes for chiropractic colleges and state associations each year. A popular and prolific author of nutrition, chiropractic and neurology articles, Dr. Seaman has also authored *Clinical Nutrition for Pain, Inflammation, and Tissue Healing*, a book utilized in several chiropractic colleges.

Frank Yurasek, PhD (China), MSOM, MA, Lac



Dr. Yurasek is the Assistant Dean for Acupuncture and Oriental Medicine (AOM) at National University of Health Sciences and also a lecturer in Tui Na and Advanced Tui Na in the AOM program. Dr. Yurasek left a 22-year career in marketing in 1985 to begin the study and practice of Eastern Medicine after his wife experienced miraculous pain relief following her first acupuncture treatment. Beginning with a preceptorship in acupuncture and tui na with Yin Lin Hand, TCM, for 18 months, he then continued on at the Midwest College of Oriental Medicine, where he received an MS in Oriental Medicine and then his PhD from Guangzhou University of Traditional Chinese Medicine in 2001. Dr. Yurasek has lectured and taught at schools and conferences throughout the United States. He is a member of the American Association of Oriental Medicine, diplomate of the American Board of Eastern Medicine, member of the American Organization of Body Therapists of Asia, the Japanese Oriental Medicine Society, and the American Herbalist Guild.

David Parish, DC, CSCS, DACBSP, CKTI



Dr. Parish is Dean of Clinics for National University of Health Sciences, and operates a private practice in Flossmoor. He holds certifications in acupuncture, homeopathy, Graston technique, manipulation under anesthesia, Kinesio Taping, and exercise and sports medicine. The constant study needed to obtain and maintain the specialty certifications provides Dr. Parish with a broad platform from which to teach, both as a staff clinician, and as an assistant professor and postgraduate lecturer for NUHS.

Kay S. Peterson, WCMT, NCTMB, BFA



Ms. Peterson, a massage therapist since 1992, has built a successful massage practice, Essential Massage, and manages the Essential Massage Therapy Center in Eau Claire, Wisconsin. She is a leader in her profession having served on the Board of Directors of the American Massage Therapy Association Wisconsin Chapter (AMTA-WI) since 1997 as education coordinator for the chapter, as well as serving as newsletter editor and publisher for the chapter's award winning quarterly publication, *Connecting Hands*. She has also worked as a reviewer of several textbooks for massage therapists including the 2002 edition of *Pharmacology for Massage Therapy*. Instructor Peterson received her Certification in NeuroMuscular Therapy from The NMT Center in St. Petersburg, Fla., in 1993. She has repeated many of the courses in the series as well as having assisted in several NMT trainings since that time. Ms. Peterson has integrated stones into her practice since 2001 and has found that the use of heated and cool stones is a simple and effective tool that augments all other massage techniques.

Alumni News

Blase Toto, DC, DACBSP, (1985) of Cranbury, N.J., was part of the U.S.A. Olympic Medical Team at the Vancouver Olympics, from Feb. 3 to March 1. He says he was only the 15th chiropractor selected to serve the U.S. in this capacity in the last 30 years, following National grads Dr. George Goodheart, who was the first, Dr. Jan Corwin and Dr. Steve Horwitz. "It is a huge commitment, leaving family and my practice, but it offers a lifetime of memories. I would do it again in a heartbeat. After a month of days in the clinic that went from 8:30 a.m. to 11:30 p.m., I was selected to march in the closing ceremony."



Dr. Toto is pictured with Jeret 'Speedy' Peterson, Olympic freestyle snow-board aerialist who put his silver medal around Dr. Toto's neck in thanks for the treatment he received from the doctor.

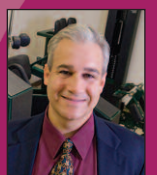
Dr. Michael J. van den Bos (1981) of East London, South Africa, has been nominated as a council member of the World Federation of Chiropractic (WFC) for the Africa region. "This will mean a bit more international traveling, which I hope will be served for the betterment of our profession, especially for the continent of Africa. Never the less I look forward to the challenge," he says. Dr. van den Bos has been in private practice for 28 years in East London. He has served diligently on the Executive Council of the Chiropractic Association of South Africa for the past 14 years, during which he served as vice president and president for two terms of office. Dr van den Bos has represented the Association on several international education conferences and served on a variety of boards and committees in the process of gaining educational accreditation for the chiropractic courses in this country. Michael is married to Benita and they have two lovely daughters, Margeaux, who has just commenced her study of chiropractic at the Durban University of Technology, and their youngest, Charlotte, who is still in high school. Michael has a passion for his Harley and enjoys snow skiing, golf and sunshine on the beach whenever time and leisure permit.



Dr. van den Bos

1990s

Drs. Mary (Douglas) Kahara and Brent Kahara (1998) of Ottawa, Ontario, Canada, welcomed their first child, Sofie, on December 18, 2009.



Dr. Mayer

John M. Mayer, DC, PhD, (1991) of Tampa, Fla., will serve as principal investigator for a \$700,000 plus FEMA Research & Prevention Grant awarded to the University of South Florida in Partnership with the City of Tampa Fire-Rescue. The study will focus on the effectiveness of targeted exercises for preventing back injuries in local firefighters, a leading injury affecting fire and rescue workers nationwide. Dr. Mayer is also the holder of the Lincoln Foundation Research Chair at University of South Florida in which he is helping launch a core research program in spinal musculoskeletal disorders intended to strengthen USF Health's major initiative in sports safety.

Dr. Nancy W. Offenhauser (1993) of Amenia, N.Y., has authored a book, *Healing Cancer Peacefully*, about her experiences treating herself for endometrial cancer using herbs, nutrition and other modalities. She had no allopathic treatment, no surgery, chemo or radiation, and only used ultrasounds and the AMAS blood test for diagnostics after the initial biopsy. In her book, Dr. Offenhauser discusses fourteen



Dr. Offenhauser

Points that can lead to cancer, many of them well within the control of the individual, and working with these is a path to health regardless of condition. She hopes that this book will be widely used to help patients regain control of their lives. "I have a modest hope for this book — that it will begin to break apart the medically-driven, war-machine paradigm of 'health care' as currently practiced in this country," she says. While she has had to cut back on her practice, she hopes to be doing more travel and lecturing in the upcoming year. *Healing Cancer Peacefully* is available online at healingcancerbook.com, amazon.com or barnesandnoble.com, or from Round House Press, PO Box 744, Kent, CT 06757.

2000s

Apology: In the Fall 2009 issue of the *Alumnus*, an inadvertent shift in the text on the Alumni News page placed Dr. Jeff Bird's photo in the preceding paragraph about Dr. Anthony D'Antoni. Please accept our sincere apologies. We have reprinted the text and photos with the appropriate individual.

Anthony D'Antoni, DC, PhD, (2003) of Staten Island, New York, has been appointed to the editorial board of SpineLine, the clinical and news magazine for spine professionals produced by the North American Spine Society. Dr. D'Antoni is an assistant professor in the Division of Pre-clinical Sciences at the New York College of Podiatric Medicine.



Dr. D'Antoni



Dr. Bird

Dr. Jeff Bird (2001) opened Bird Chiropractic in Liberty Township, Butler County, Ohio. His practice offers spinal manipulation, massage therapy and physiotherapy. Dr. Bird believes in preventive care and works to educate his patients in becoming active partners in their own health care.

Dr. Alexis Bergan-Guzman, DC, LMT, (2009) of Cooper City, Fla., former NUHS Synapse editor, was recently selected as a freelance writer for the Examiner, a nationwide e-newspaper. She is the "Natural Health Examiner" for the Fort Lauderdale edition. (<http://www.examiner.com/x-49261-Fort-Lauderdale-Natural-Health-Examiner>) Dr. Bergan-Guzman enjoys caring for all types of patients, but is particularly interested in health care advocacy for children and individuals with special needs. In addition to her talent for writing, she has participated in national and international art shows, utilizing her BFA and MA/MS degrees from the University of Illinois.

Dr. Ryan R. Footit (2009) joined the staff of The New Earth Center in Hendersonville, Tenn., in January. The New Earth Center is Tennessee's largest Holistic Healing Arts and Metaphysical Retail Center. Dr. Footit also owns and operates Footit to Health and Wellness in Nashville.

Dr. Josh Hover (2008) of Chicago, Illinois, was featured on the WGN-TV9 Morning News on May 11, in a discussion of medical conditions caused by too much cell phone texting such as shoulder pain, headaches, numbness and tingling in the extremities. More severe results include a loss of the normal curve of neck, strain on shoulder muscles and an exaggerated curve of back, he said. Dr. Hover is affiliated with Dr. Alden Clendenin (1995) and Dr. Chris Bocci (2004) at the Chicago Chiropractic & Sports Injury Centers.

Rachel Zaworski Marynowski, ND, (2010) is working as a clinical educator for Metametrix Clinical Laboratory in Duluth, Ga. She will sit for her boards in August after which she plans to begin private practice with an integrative MD in Atlanta who specializes in women and pediatrics. She plans to split practice and consulting part-time until she

builds up her patient base. Dr. Marynowski has also written and illustrated a children's book about hand washing that is ready to go to print.

In Memoriam



Dr. Bestgen

Dr. John Robert Bestgen (1957), 75, of Sagamore Hills, Ohio, died February 2. A lifelong resident of northeastern Ohio, he practiced in Bedford for 40 years. He was a past president of the American Chiropractic Association and the American College of Chiropractic Consultants, a member of the American Board of Chiropractic Roentgenology, and member of the board of directors of Westlake's Lutheran Home. He held Ohio's 51st chiropractic license and helped write tests for later licenses. He is survived by his wife Carol, two daughters, a son, and four grandchildren.

Dr. Clarence Ernest Blossat (UCC-1942), 91, died peacefully on May 13 in Camarillo, Calif. A native of Pittsburgh, Pa., he injured his knees playing high school football and sought treatment from a chiropractor. The results were so dramatic he decided to make that his life's work. He was licensed by the Pennsylvania State Board of Medical Education as a drugless therapist and began practicing in 1946. He moved his practice to California in 1978, his son David joining him in 1985, and retired in 2001. Dr. Blossat was a charter member of the American Chiropractic Association and the National Chiropractic Association and served as state president of the Pennsylvania Association of Drugless Physicians and secretary of the Allegheny County Chiropractic Society. He was a 32nd degree Mason and received the Golden Veterans Award for 50 years of membership. He was preceded in death by Marjorie, his wife of 45 years, and is survived by his son, six grandchildren, and a brother. Donations in his name have been requested to National University and/or Through the Bible Radio in Pasadena, Calif.

Dr. Allen Blumenthal (CINY-1967), 74, of Barnegat, N.J., died January 25 due to complications from diabetes. Dr. Blumenthal served his country as a pilot for the Air Force during the Korean Conflict and continued his love of flying in a Cessna 172 and by building homemade planes in his garage andently prodding Maxine to earn her own wings so they could be co-pilots in the sky. Also a man of music, he shared his clear tenor voice and played the clarinet and saxophone in a variety of venues. His wife of 52 years, Maxine Blumenthal, BA, MA, CA, was his CA for over 30 years in practices in Plainfield and Ship Bottom, N.J. until his retirement in 1997. Dr. Blumenthal spent untold hours working to have chiropractic included in insurance for Medicare and other companies. "It was tough going in our early office days and we succeeded in helping to make chiropractic what it is today by his efforts," recalls Maxine.

Dr. Nicholas Bruce (1953), 79, of Woodbury, Conn. died January 24 at Wingate Nursing Home in Highland, N.Y. He attended the New York Hospital of Radiography from 1948-50 before graduating from National. He completed a one-year internship at the Spears Chiropractic Hospital in Denver before joining the Army Medical Corps. Dr. Bruce practiced in Woodbury from 1957 until 1990, then worked part-time until his full retirement in 1999. He was preceded in death by his wife Ethel and is survived by two nieces, an aunt and two cousins.

Dr. Paul J. Darr (1952), 79, of Bradenton, Fla., died January 9. He spent 1954-55 in military service at Walter Reed Army Hospital in Washington, D.C., and upon honorable discharge from the service, practiced chiropractic medicine in Toledo, Ohio, for 20 years, then Leesburg, Fla., where he practiced for 20 more years. He retired in 1994 and moved



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to Bradenton. He was an avid water skier and loved boating and fishing. Dr. Darr is survived by his wife of 50 years Patricia, two sons, two daughters, and three grandchildren.

John T. Durnin, DC, DACBR (1953), 78, of Lansing, Ind., died April 5. He founded the Lansing Chiropractic Clinic in 1959 and practiced for 45 years, mentoring many new graduates. He is survived by his wife of 47 years, Judy, six children, and five grandchildren.

Dr. Harold M. Ertel (1953), 80, of Morgantown, Ind., died November 21, 2008. He was preceded in death by his wife Betty, and is survived by a daughter and a grandson.

Dr. Richard L. Fulton (1953), 81, of Mansfield, Ohio, died January 9 at MedCentral Hospital. He served in the Marine Corps in the Mediterranean. Dr. Fulton enjoyed working with his hands. He worked as a chiropractor for 20 years, worked at GM for 50 years, having a hand in building the plant, and loved restoring homes, particularly the Adam Howard House in Galion. He is survived by his wife Maxine, two daughters, a stepdaughter, four grandchildren, a step-granddaughter and five great-grandchildren.

Dr. Gust C. Gallucci (1975), 61, of Gates Mills, Ohio, died December 2009. He maintained a practice in Mayfield Heights, Ohio. Dr. Gallucci is survived by his wife Cynthia, a son, two daughters.

Dr. Russell L. 'Doc' Gillam (1965) of Richfield, N.C., died June 24, 2009. A chiropractor for over 31 years, he was a member of Coburn United Methodist Church and Andrew Jackson Masonic Lodge 576, where he was past master. He was also a member of Boy Scout Troop 345. Preceding him in death was his wife Elyn. He is survived by three daughters, three grandchildren and one great-grandchild.

Dr. Earl Hensley (1952), 84, of Tampa, Fla., died March 14. He was drafted out of his senior year of high school and

joined the paratroopers, serving in Europe and later in South Korea. After discharge, he enrolled at National where he earned his degree in chiropractic and naturopathy and then relocated to Brooksville, Fla., in 1953, where he practiced for nearly 36 years. Dr. Hensley also was an ordained Baptist deacon and served for over 50 years. He was preceded in death by his wife Helen and is survived by his sons, Dr. Donald (NA 1974), Dr. Omer (NA 1977), Dr. Scott (NA 1987), and Dale, 11 grandchildren, and four great-grandchildren.



Dr. Holman

Dr. Gordon Lee Holman (1941), 90, of Sun City West, Ariz., died October 16, 2009. After graduation, he enlisted in the Navy and served in WWII as a pharmacist mate. A native of Great Falls, Mont., he moved to Cheyenne, Wyo., after leaving the service and established the Cheyenne Chiropractic Clinic in 1946. He served as vice president and president of the Wyoming Chiropractic Association, president of the Wyoming State Board of Chiropractic Examiners, and was named Chiropractor of the Year by the Wyoming Chiropractic Association.

Dr. Holman helped form the National Board of Chiropractic Examiners in 1963 and served as its first executive director until 1981. His passion for the advancement of chiropractic practice helped to lay the foundation for standardized testing and added to the growth and acceptance of chiropractic as a health care alternative.

He also served his alma mater as a district director and president of the National College Alumni Association, a member of the National College Board of Professional Consultants, and a member of the National College Building Fund Executive Committee.

Dr. Holman's hobbies included flying airplanes, fishing, playing golf, snow skiing, riding motorcycles, and traveling.

He was a member of the Order of Masons, the Cheyenne Lions Club, the First Congregational Church of Cheyenne, and served nine years on the Cheyenne Frontier Days Committee. Dr. Holman also chose to advance the image of the chiropractic profession in the community and the nation through volunteerism. He was once quoted as stating, "We here in Wyoming are trying hard to live up to the saying, 'It is well for a man to respect his own vocation whatever it is and to think himself bound to uphold it, and to claim for it the respect it deserves.'"

He is survived by his wife of 67 years, Elaine, a son and daughter, eight grandchildren, 17 great-grandchildren, and two great-great-grandchildren.

Dr. David W. Hoyt (1950), 84, of Rome, Maine, died January 25 at the Maine Veterans' Home in Augusta. He served in the Navy during WWII as a pharmacist mate, after which he enrolled at National. He began his chiropractic career in Humboldt, Iowa, in 1951, moving to Maine and working part-time in Winthrop until his retirement in 1994. Dr. Hoyt was a member of the American Chiropractic Association and the Iowa and Maine chiropractic associations. He enjoyed playing guitar, studying history and was an excellent dancer. In Iowa, he directed plays at the community theater. He was preceded in death by his wife of 35 years, Mavis, and is survived by three sons, four grandchildren, two great-grandchildren, four stepchildren and a step-granddaughter.

Dr. Alfred E. Johnson (1978), 55, of Concord, N.C., died December 14, 2009. He was the owner of Johnson Chiropractic Clinic in Concord. He is survived by his wife Gail and two sons.

Dr. Kenneth E. Jones (LI 1952), 87, of Morehead, Ky., died November 22, 2009, in the Life Care Center after a long illness. He was a WWII Army Air Corps veteran and retired from his practice in Morehead. Dr. Jones was a member of Elliottville Baptist Church and enjoyed tinkering with clocks. He is survived by his wife Chilma, a son, and one sister.