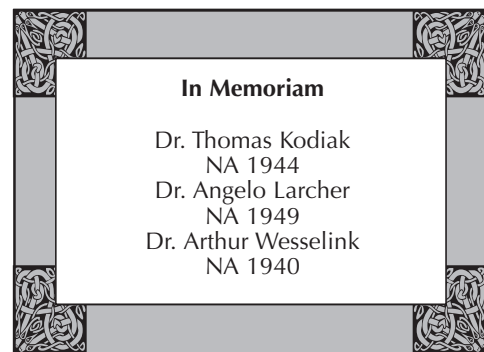


### Help Us Keep Our Database Up-To-Date!

Don't forget to let us know if your contact information changes. Phone your changes to Marie Olbrysh at 630-889-6723, e-mail molbrysh@nuhs.edu, or send them to Marie Olbrysh, Office of Communications, NUHS, 200 E. Roosevelt Road, Lombard, IL 60148.

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## Select Postgraduate Courses for March - April

| March 4-5  | Electrodiagnosis 7:<br>Paraspinal EMG/Neuro Exam<br>Columbus, Ohio                       | April 8-9  | April 15-16   |
|--|--|--|---|
| AMA Disability & Impairment Rating<br>Lombard, Ill.                                |  | Acupuncture 100-8:<br>Research, Final Exam<br>Lombard, Ill.                    | Easter Weekend  |
| Kinesiotaping Certification:<br>Session 2 of 2<br>Lombard, Ill.                    | <b>March 18-19</b><br>Limited Radiology Tech:<br>LRT-5<br>Lombard, Ill.                  | Acupuncture 300-4:<br>Differentiation of Syndromes 2<br>Lombard, Ill.          | <b>April 22-23</b><br>NUHS Commencement   |
| <b>March 11-12</b><br>Acupuncture 100-7:<br>Adjunctive Patterns 2<br>Lombard, Ill. | <b>March 25-26</b><br>Traditional Chinese Medicine 3<br>Lombard, Ill.                    | Clinical Orthopedics:<br>Elbow-1 Common/Complex<br>Conditions<br>Lombard, Ill. | <b>April 29-30</b><br>Electrodiagnosis 8:<br>EMG/NCV Interpretation<br>Columbus, Ohio |
| Acupuncture 300-3:<br>Differentiation of Syndromes 1<br>Lombard, Ill.              | Advanced Hypnotherapy:<br>Session 1<br>Lombard, Ill.                                     | Limited Radiology Tech:<br>LRT-6<br>Lombard, Ill.                              |   |
| Clinical Orthopedics:<br>Shoulder-3 Trauma<br>Lombard, Ill.                        | Custom Orthotic Therapy &<br>Gait Analysis<br>Lombard, Ill.                              | Advanced Hypnotherapy:<br>Session 3<br>Lombard, Ill.                           |   |
| Kinesiotaping Certification:<br>Session 2 of 2<br>Orlando, Fla.                    | <b>April 1-2</b><br>Rehabilitation: Cervical Spine<br>& Upper Extremity<br>Lombard, Ill. | <b>April 13-20</b><br>Passover   |   |

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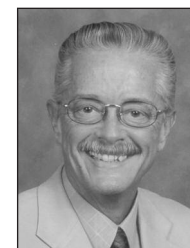
Celebrating 100 Years 1906 - 2006

# Outreach

**VOL. XXII, NO. 1**
**January/February 2006**

### Our Centennial: Part 1

James F. Winterstein, DC  
 NUHS President



2006 is the year of National's centennial and highlighting this year will be the homecoming celebration on June 22 - 24 at the beautiful Oak Brook Hills Marriott Resort. There will be other events on campus as well throughout the year. My editorials will present a word picture of our beloved institution beginning at the beginning.

John Fitz Alan Howard, the son of John Richards Howard and Harriet Spinks Books was born on November 27, 1869. The Howards trace their ancestry back to England's Duke of Norfolk, the family having been powerful figures in England for more than 500 years. While there is more to his history, let's begin by stating that John Howard attended the University of Deseret - now the University of Utah and it is likely he graduated from that institution, though there is no current record of his graduation. There are scanty records from the institution and they indicate he attended from 1888 -1892. In any case, he was already 36 years old when he entered Palmer School of Chiropractic in 1905.

John Fitz Alan Howard was interested in natural healing as a young man. As a Mormon, he was required to do a mission, which he did in Europe where he had the privilege of studying Father Sebastian Kneipp's work which was referred to by Kneipp as "mein wasserkur," or "my water cure." This was apparently Dr. Howard's introduction to the value of hydrotherapy in the care and treatment of humans.

Upon his return to Utah, he obtained employment at the Salt Lake Sanitarium. He stated that he "courted fresh air, exercise and diet therapy" as proper treatments for human

...see Our Centennial on page 2

## NIH Awards Research Department \$1 Million Grant for Z-Joint Study

The National Institutes of Health (NIH) recently awarded National University a \$1,007,000 grant to study the effects of chiropractic adjustments on spinal joints. Dean of Research Gregory D. Cramer, D.C., Ph.D., is principal investigator of the project, "Z Joint Changes in Low Back Pain Following Adjusting." The grant will allow NUHS researchers to continue important studies on the foundation of chiropractic medical treatment — the spinal adjustment.



Members of the NUHS Z-Joint research study team are (l-r) Judy Pocius, Dr. Sam Cahill, Jennifer Dexheimer, Dr. Michael Fergus, Dr. Gregory Cramer, Dr. Jerrilyn Cambron, Dr. Bradley Hubbard, and Dr. Douglas Gregerson.

The new four-year study will evaluate "gapping" in subjects with acute low back pain and assess relationships between gapping and changes in pain, function, treatment frequency, and audible release during adjustments. Gapping is an increase in open space within the joint and is considered beneficial in that it breaks up adhesions and re-establishes joint motion.

The NUHS research group completed initial studies on the effects of chiropractic adjustments on the zygapophysial joints in 2002 by measuring the gapping that occurs

in the spinal "Z joints" after a single adjustment. Using healthy subjects and MRI scans, they were able to show that gapping did indeed occur after chiropractic adjustment. The previous study's conclusions, published in *Spine* (2002), led to the desire for continued research in patients with acute low back pain.

## AHC Celebrates History with NUHS at Centennial Celebration, June 22-24

The Association for the History of Chiropractic (AHC) will hold its 26th annual Conference on Chiropractic History during National's centennial celebration, June 22-24, at the Oak Brook Hills Marriott Resort in Oak Brook, Ill.

Highlight of the AHC will be the history paper session, which will award \$500 cash prizes for the best paper presented at the conference by a student and the best by a non-student. Deadline for submission of papers is March 1 to AHC Executive Director Glenda Wiese, PhD at Wiese\_G@palmer.edu. Details on manuscript style and submission requirements



may be found in the most recent issue of *Chiropractic History*, or by contacting Dr. Wiese by phone at 563-884-5894 or by e-mail.

The AHC was founded in 1980 with a mission to discover, disseminate and preserve the saga of chiropractic.



**Our Centennial** ...from page 1

ailments and then took up the use of electricity and massage as well.

Young John learned about chiropractic early in 1905 and debated about going to the American School or the Palmer School, and chose the latter where he attended the full nine-month course of study. The Palmer School had opened in 1897 and several other schools had already developed by that time.

Dr. Howard graduated from Palmer with a strong sense of commitment to rational chiropractic practice, and education. A number of references indicate that he was employed as a member of the faculty at the Palmer School, but apparently this was only for a short period of time. In his memoirs, he wrote:

"Shortly after graduating, an incident happened which later terminated in the organization of the National School of Chiropractic. A resident clinic patient who had been at the school (PSC) during a period of months, sent for me and when I entered her room, she extended her hand and said, 'Doctor, I am dying.' I told her she did not have to die unless she wanted to, and she asked me if I would treat her. I told her I could not because Dr. B.J. [son of Dr. D.D. Palmer] would not permit me to do so, since I had graduated. She moved the next day (apparently out of the Palmer infirmary) and told B.J. why, so I was ordered to be present and explain my act in class at 9 A.M. the next day. I sent word that I would be present at 11 A.M. before the close of the class, but promptly at 9 A.M. he brought the matter up, very much at my expense.

"His attack was unjust with plenty of venom. The entire student body [it is likely there were about 25 students at Palmer at the time] championed my cause and told him what they thought of him. I later told him just how it occurred, but my explanation did not satisfy, and in class he persisted in nagging at the students who's rebuke hurt him most, until finally a delegation called upon me and implored me to organize a school and teach chiropractic as it should be taught. However, before beginning teaching, I wrote to Dr. D.D. Palmer who was then at Medford, Oklahoma, of my intentions of teaching the science of chiropractic, feeling that he would resent the idea, and was much surprised when I received the following letter dated December 17, 1906. This was the fourth of a series of letters which I received from Dr.

D.D. in answer to letters I had written to him in an effort to get him to change his mind and return to his position as head at the school [PSC]."

Dr. D.D. Palmer responded to Dr. Howard's letter and said: "Why should I not approve of your teaching the science of chiropractic when I consider you a more capable teacher than B.J., have more honesty in your big toe than he has in his head and a more qualified teacher?"



John Fitz Alan Howard, DC

So, Dr. John Fitz Alan Howard opened "The National School of Chiropractic and Institute of Adjustment" in Davenport, Iowa, in 1906 in the Putnam Building on the Ryan block (the same building in which D.D. Palmer had his practice previously). Howard was president of the National School, C.J. Jordan, O.D., D.C. was secretary, and Frew A. Tucker, M.D., D.O. was the treasurer.

Institutional letterhead included a description of the 9-month course of study: "Basic Sciences, Chiropractic, Ex. & Int. Symptoms of Organic Disturbance, Diagnosis, Neurology, Ophthalmology, and Obstetrics."

By late 1907, Dr. Howard knew he wanted to move his new school to Chicago. He apparently did so for various reasons — legal, philosophic, clinical, and academic. He felt the Chicago community offered a much better opportunity for the necessities of required academics and clinical experiences, which proved to be true as National interns did their clinical rotations at Cook County Hospital. National was located on Congress Street across from Presbyterian Hospital and only a short distance from Rush Medical School where John Fitz Alan Howard enrolled. He wanted to expand his knowledge.

In the next segment we will learn more about Dr. Howard's desire to expand his knowledge and about his approach to chiropractic education.

**Dr. R.P. Beideman's book "In the Making of a Profession," published by National in 1995 is a primary source of reference for this editorial.**

## Current Students Provide a Taste of Life at NUHS

Remember what it was like to be a chiropractic student? Memorizing and learning to spell endless lists of medical terms ... those first days in gross anatomy lab ... test after test after test ... finally making it to clinic internship ... and graduation!

Whether you graduated last year or 20 years ago, you can relive your days as a chiropractic student by visiting the university website ([www.nus.edu](http://www.nus.edu)) and checking out the web logs of four current chiropractic students.

The curriculum may have changed some over the years but you are sure to empathize with these future doctors as they share the same hopes, dreams and challenges that you did. Every Monday throughout the trimester the students relate the events of the past week and illustrate them with photos taken on the spot.

A brainchild of the Office of Admissions, the web log project is aimed at prospective students to show them what they might expect if they choose to become a chiropractic student at National. The web loggers represent a cross-section of the student body with a variety of educational and personal backgrounds and life experiences.

Meet Holly Furlong, a second trimester student from Virginia who transitioned into the DC curriculum from our Accelerated Pre-requisite Program, and launched the site in September as a first tri student.

Also meet the three new web loggers we've added this tri:

- Heather Jones a fourth trimester student from Canada who came to National because of its emphasis on primary care;
- Ben Mikla, a fifth trimester married student, originally from Wisconsin, who holds down two outside jobs; and
- Joel Kirsch, the son of a Michigan DC, who's in eighth trimester and about to enter the clinic system.

Now, check in with Holly, Heather, Ben and Joel at: <http://www.nuhs.edu/show.asp?durki=10>.

## News Briefs from National

### Correction:

In the December 2005 issue of *Outreach*, **Ronald Mensching** was inadvertently referred to as the assistant vice president for business services. Mr. Mensching is in fact, the vice president for business services. We sincerely regret this error.

**Claire Johnson, MEd, DC**, editor of National's three scientific journals, was awarded Foot Levelers' Golden Achievement Award for Chiropractic Research at the fifth annual achievement awards ceremony in January. Dr. Johnson was recognized for her vision and focus, which have led her to excel in chiropractic research and education. In addition to editing the *Journal of Manipulative and Physiological Therapeutics*, *Journal of Chiropractic Medicine*, and *Journal of Chiropractic Humanities*, she is also a clinical professor at Southern California University of Health Sciences, and chair of the Chiropractic Research Journal Editors' Council.

Two new faces have joined the administrative staff at NUHS in recent weeks. **Stephen Johnson** has come on board as the new director of financial services and **Keith Werosh** as the registrar.

Also brand new at National is **Kenneth Young, DC, DACBR**, who joins us as director of diagnostic imaging. He comes to us from the University of Glamorgan in Pontypridd, Wales, where he was senior lecturer in the Department of Applied Sciences and supervised the radiography module.

National University faculty and staff are embarking on a six-month Wellness Challenge under the direction of **Vincent DeBono, DC, CSCS**, dean of clinics. From February through the end of July, participants will track their healthy habits, make healthier choices and earn points for their efforts. The more wellness points individuals earn, the more raffle tickets they will receive toward a final prize drawing. Wellness points can be earned as simply as trying out a new sport or switching from drinking soda pop to drinking water. Dr. DeBono also plans a series of informative lectures throughout the challenge.

**Robert Shiel, PhD**, associate professor in the discipline of diagnosis (psychology), represented NUHS at the National Board of Chiropractic Examiners in October 2005 in Greeley, Colo., as a member of the Part II Test Committee in

Associated Clinical Sciences. The test committee selected items and questions for the 2006 spring and fall exam administrations.

**Christopher Wolcott, DC**, a 2003 National graduate, has returned to his alma mater to serve as adjunct faculty in the research department for the Curriculum Development for Evidence Based Practice R25 grant. He will focus on developing journal clubs and the Trimester 9 and 10 case report and case study courses, and lend his skills to the development and delivery of the Trimester 8 course on clinical research. Dr. Wolcott's interest in research stems from his student days when he was the research fellow.

The Department of Research's Z-joint study (see page 1) will bring some familiar and new faces to campus. Returning to National as project members are **Douglas Gregerson, DC, DACBR**, former Lombard clinic clinician, who will serve as research clinician, and **Michael Fergus, DC, DACBR**, a past radiology resident who will serve as scanning radiologist. New to National is **Ray McKinnis, PhD**, a biostatistician who will serve as data manager for the project.

## Graduates Receive Sound Advice from Attorney Robert P. Sherman

Speaking as one professional to another, Attorney Robert P. Sherman counseled the 58 new chiropractic physicians at National University's December 2005 commencement ceremonies to think of themselves as leaders, not just practitioners.

Reflecting on his graduation from law school and what message would have been helpful to him, the general counsel for the Ohio State Chiropractic Association said it would have been leadership. "The essence of leadership is influence and you will have tremendous influence over people's lives ... The quality of your leadership — how you exercise that influence — will affect the quality of your professional and personal lives."

Sherman cited three ways the new graduates can influence lives. First, get out of the office and develop relationships — this is pivotal for chiropractors in the fight against discrimination. Second, be a problem

## Radiology Pioneer Joseph W. Howe To Be Honored

Chiropractic radiology pioneer Joseph W. Howe, DC, DACBR, will be honored by Southern California School of Health Sciences at a luncheon, March 25, on the SCUHS campus in Whittier.

Dr. Howe will receive the school's J.G. Anderson Award and the radiology building will be dedicated to Dr. Howe and his parents.

Friends, colleagues and former students are invited to the celebration. Cost is \$75. For details, contact Sheila Hanes, DC, at [SheilaHanes@scuhs.edu](mailto:SheilaHanes@scuhs.edu).

Dr. Howe served as chair of National's Department of Radiology from 1972 to 1978, succeeding Dr. James Winterstein. "I believe that this honor is well-deserved and earned through great personal dedication and commitment," said President Winterstein.

NUHS is supporting this event by sponsoring a table at the luncheon.



Robert Sherman is congratulated by President Winterstein upon receipt of his Honorary LLD degree.

solver, whether dealing with attorneys or insurance companies — leaders look at problems as inconveniences. Third, exercise influence with your values — let those values in your heart and soul guide your decision-making. "Listen to your gut, that's your values talking," he said.

Following his address, Mr. Sherman was presented with the honorary doctor of laws (LLD) in recognition of his service to the chiropractic profession and mankind.