

Share your good news in the next issue of *Alumnus!*

We would love to share your good news in the next issue of *Alumnus* because the *Alumnus* newsletter is all about you! Have you been elected to any offices or committees, reached any professional or personal milestones, received any awards, or achieved any personal successes? Let us know and we'll share your news with your fellow alumni. We'll also accept good quality digital photos as well.

Email your news to molbrysh@nuhs.edu or mail to Marie Olbrysh, Office of Communications, NUHS, 200 E. Roosevelt Road, Lombard, IL 60148. You can also go to our website, www.nuhs.edu, click on *Alumni & Donors* at the top of the page next to the search box. Select the *Alumni Home Page* box, then *Publications/Alumnus Magazine* and click on the *Submit this form* link. We look forward to hearing from you!

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Publisher

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President

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9M-06/13

Continuing Education Courses for June - September**June 1 – 2**

McKenzie Method
Part A2 - Lumbar Spine
NUHS Campus / Lombard, Ill.

Mastering Resistance Training
Plus Kettle Bells
NUHS Campus / Lombard, Ill..

June 8 – 9

Functional Assessment
& Treatment of Golfers
NUHS Campus / Lombard, Ill.

Upper Quadrant
Functional Assessment & Treatment
NUHS Campus / Lombard, Ill.

June 15 – 16

Sports & Functional Rehabilitation
Strength & Conditioning
NUHS Campus / Lombard, Ill.

Pediatrics 100 – 6
Infant Assessment & Therapies II
NUHS Campus / Lombard, Ill.

June 20 – 22

Homecoming 2013
Dr. James Winterstein Farewell
Inauguration of Dr. Joseph Stiefel
6th President of NUHS

June 29 – 30

McKenzie Method
Part B1 - Cervical & Thoracic Spine
NUHS Campus / Lombard, Ill.

July 13 – 14

Clinical Orthopedics: Lumbar Spine
Intervertebral Disc/Stenosis/Disease
NUHS Campus / Lombard, Ill.

Sports & Functional Rehabilitation
Post Surgical Rehabilitation
NUHS Campus / Lombard, Ill.

July 20 – 21

Pediatrics 100 - 7
Infant Assessment & Therapies III
NUHS Campus / Lombard, Ill..

McKenzie Method
Part B2 – Cervical
& Thoracic Spine
NUHS Campus / Lombard, Ill.

July 27 – 28

Graston Technique
Module 1 / Module 2
NUHS Campus / Lombard, Ill.

August 3 – 4

Clinical Orthopedics: Lumbar Spine
IVD/Stenosis - Clinical Evaluation
NUHS Campus / Lombard, Ill.

Sports & Functional Rehabilitation
Emergency Procedures
NUHS Campus / Lombard, Ill.

August 10 – 11

Pediatrics 100 – 8
Infant Assessment & Therapies IV
NUHS Campus / Lombard, Ill.

August 17 – 18
Neurostructural Integration
Technique (NST)
MT Continuing Education
NUHS Campus / Lombard, Ill.

September 7 – 8

NBCE Examinations
NUHS Campus / Lombard, Ill.

Sports & Functional Rehabilitation
Team Physician & Sports Pre-Exam
/ Review
NUHS Campus / Lombard, Ill.

September 14 – 15
Clinical Orthopedics: Lumbar Spine
The Post Surgical Spine
NUHS Campus / Lombard, Ill.

September 21 – 22
Acupuncture
100 – 1 Introduction
NUHS Campus / Lombard, Ill.

McKenzie Method
Part C1 – Advanced Lumbar
Spine & Lower Limb
NUHS Campus / Lombard, Ill.

For location and registration information, contact:

NUHS/Lincoln College of
Postprofessional, Graduate &
Continuing Education
200 E. Roosevelt Road
Lombard, IL 60148-4583
630-889-6622
Fax: 630-889-6482
postgrad@nuhs.edu

Note: Dates and times are subject to change; please refer to the NUHS website for up-to-date information.

In Memoriam

Earl W. Daniel (LI) - 1939
John L. Davis (LI) - 1949
Mary Louise Fisher
(wife of Dr. Jacob Fisher)
George E. Goetschel - 1949
Richard R. Hasemeier (LI) - 1946
Eugene V. Hoffmann Jr. - 1962
Jeffrey Dean Kelley - 1982
Leonard W. Schroeder - 1949
Peter M. Showan - 1952

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Final Strains

James F. Winterstein, DC
NUHS President



Well, my friends, as I write this, the final strains of the opera are faint but persistent and by the time you receive this, I suspect the proverbial large lady will have completed her song. I am reminded of General Douglas MacArthur, who, upon giving his final address at West Point in 1962 said:

"The shadows are lengthening for me – the twilight is here. My days of old have vanished, tone and tint. They have gone glimmering through the dreams of things that were. Their memory is one of wondrous beauty, watered by tears and coaxed and caressed by the smiles of yesterday. I listen vainly but with thirsty ear for the witching sound of distant bugles playing revile, of far drums beating the long roll. In my dreams again I hear the crash of guns, the rattle of musketry, the strange mournful mutter of the battlefield, but in the evening of my memory I always return to West Point. Always there echoes and re-echoes Duty, Honor, Country. Today marks my final roll call with you and I want you to know that when I cross the river, my last conscious thoughts shall be of the Corps and of the Corps and of the Corps."

What a vivid word picture he provided to all of those young cadets, but long before he used these words as the end of his speech he said the following, right at the start of his presentation: "Duty, Honor, Country! Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying points: to build courage when courage seems to fail; to regain faith when there seems little cause for faith; to create hope when hope becomes forlorn!"

One cannot help but appreciate the imagery these words conjure, and while General MacArthur spoke to future soldiers,

See *Final Strains* ...on page 2

The End of an Era: President Retires

Some 27 years ago, The National College of Chiropractic was seeking a new leader. The Presidential Search Committee placed an advertisement in the *ACA Journal of Chiropractic* in February 1986 announcing the "unusual, exciting and rewarding opportunity for a person with a proven record of administration, financial management and community relations." They found that candidate in James F. Winterstein, DC, who now, in 2013, will relinquish that title and assume a new role as President Emeritus.



*Inauguration of James F. Winterstein, DC
5th President of The National College
May 19, 1987*

Looking back, as early as the age of four, little James Winterstein dreamed of becoming a doctor — and an allopathic one at that. But with very limited financial resources (his father was a Lutheran school principal), he knew he would have to become relatively self-sufficient in reaching that goal, so after his 1961 graduation from Carl Sandburg High School in Orland Park, Illinois, he joined the Army.

He chose the Medical Field Service School, Fort Sam Houston, Texas, believing that a background in X-ray technology would be helpful to him in some way. Little did he know then how helpful it would be.

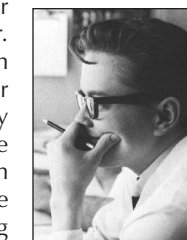
As his time in the Army was drawing to a close, Jim and his wife, Diane, (whom he had met in a church youth group in 1959 and married in 1963), began to talk of the future. The thought of a medical career was still in his mind, but Diane suggested that he consider chiropractic since her family

was treated by Gerard Achilly, DC, of Harvey, Illinois, as a family physician and not for musculoskeletal complaints alone. "I subsequently spoke to my parents whom I remembered also utilized the services of chiropractors and they encouraged me to consider the possibility."

On his next Army leave in 1963, Jim and Diane came home to Illinois and visited Dr. Achilly. Dr. Achilly took Jim aside and made him made him promise to visit National in Lombard, see the new campus, and visit Dr. Joseph Janse. He said, "If you want to study chiropractic medicine, there is only one place do do that. National!" Jim did, and said that five minutes later he knew he was coming to this school.

Afterwards, Jim went back to finish his tour of duty, and in the process discussed his interest with a number of medical doctors. "It amazed me that they were extremely antagonistic. That spurred me forward."

He completed his military service, June 7, 1964, and the Wintersteins returned to Illinois. In July, he passed the registry examination of the American Registry of Radiology Technologists and enrolled in The National College of Chiropractic in September 1964. At the same time, Jim took a job as an evening supervisor of the X-ray department at a local hospital and worked there for two years before Dr. Janse convinced him to come to work for National as an X-ray technician. So, while still a student, Jim began working in the clinic and teaching X-ray technology in the classroom.



X-ray Technician

In May 1968, Dr. Winterstein graduated cum laude from NCC and immediately began what was then the first residency in radiology. In addition, he served as assistant director of the Lombard Clinic and maintained a practice in his West

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Final Strains ...from page 1

his message is just as relevant to each of us today.

We are all members of professions that are not yet in the mainline of health care delivery. We have not gained the full respect and support of society despite the fact that we have so much to offer – in truth, a better sense of health than all of the dispensers of disease care to whom the American public routinely turns.

“My days of old have gone glimmering through the dreams of things that were,” but yours remain days of the future, days of courage and hope, and the duty to carry on in the war on disease and the struggle to make people so much more aware of their personal need to seek health and prevent disease!

It has been my very great pleasure to have led an institution that is the heart and soul of those who will dispense true health care – the education that is so necessary if people are to regain and maintain health rather than constantly struggling against the cables that bind so many to the disease state.

Yes, as the West Point is to MacArthur, National is to me. I became associated as

an employee first in 1966 when I took a cut in pay from \$2.50 an hour at Elmhurst Hospital to work for National College as a radiological technologist at the handsome wage of \$1.50 an hour. Why do we do such things? Because of commitment – the kind that causes us, even in the evening of our memories, to return to that which has become so much a part of our lives, and in my instance that is National.

On this particular morning, a week from the day Cynthia and I will be moving to our home in Southern Illinois, I arrived at my office earlier than usual at 6:15 a.m. I had time to sit down and reminisce a bit – to look around to remember those outstanding memories about this place – those watered by tears and those that were coaxed and caressed by the smiles of yesterday. All things considered, these memories felt good to me.

Now, as I enter the “evening of my memory,” I too always return to National – always there echoes and re-echoes “duty, honor, National!” Unlike MacArthur, however, I have the very great honor to continue my relationship with this great institution in my capacity as President Emeritus wherein I will work for our new President, Dr. Joseph Stiefel, whom I am confidant will take my beloved institution

to a far higher level and to greater accomplishments than I could ever achieve.

My personal thanks goes to so many people – those National alumni and alumnae who are so supportive, those who have been and continue to be faculty and staff, my former administrative colleagues, so many fine trustees and especially to my current vice presidents who carry the daily load of administration cheerfully and always with such a positive attitude. I have been blessed in so many ways.

Truly my wife, Diane, was such a fine partner for so many years, always supporting me in my efforts as a physician and then as president of National. My children who found a way to understand why “Dad was always away at work,” and then to Cynthia who became my partner three years ago and who gives so freely of her love and support. I have been blessed beyond compare and I am eternally grateful to every one of you.

This editorial, like the words of MacArthur, marks my final roll call with you and to all of you, my thanks. Any of my successes are also yours. With respect and gratitude, I bid you farewell!



Inaugural Address

“The vast majority of people in this country are suffering from chronic, persistent and non-life-threatening diseases. It’s a very small percentage of the population that benefits from the high technology. All of the rest of those people who suffer from headaches, the upper respiratory infections, the allergies, the milder viral diseases, the joint pains, sprains and strains and so forth – those are the kinds of people that can be taken care of by chiropractic physicians. We must see ourselves in that role...”

“I do believe that we need to integrate our services with those provided by the medical profession. But at the same time, we must maintain our autonomy, and we must maintain our right to treat people based upon our skill, knowledge and judgment, and that is the burden of the institutions. I am convinced that it is in the best interest of the public that we learn to work with the medical physicians at peer level — and not for medical physicians...”

“We must quadruple our efforts in research... There’s no doubt in my mind that the physiology of the human body is affected by the nervous system. There is no doubt in my mind that future researchers will explain the effectiveness of chiropractic treatment. However, it is my dream and my hope that the chiropractic profession, through its own legitimate research, will be the group that will be making that explanation to the public.”

Dr. Winterstein envisioned three long-term goals for National College: excellence in education, excellence in chiropractic practice, and excellence in research. “Excellence, that is the key word. When people think of chiropractic education — the best chiropractic education — I want them to think of National College. Yes, I like the challenge, and I am convinced that we have good people who will respond and help to meet that challenge.”

Dr. Winterstein says he has been blessed to work with many outstanding professional colleagues during his presidency and together they have achieved the following significant accomplishments among many:

- mandated a baccalaureate degree for entrance into the first professional doctoral program, joining the ranks of others who obtain first professional degrees;

- changed the structure of a fine chiropractic college into a fine university, encompassing three colleges and offering eight academic degree programs, a prerequisite program, two certificate programs, and many postprofessional certificate programs;

- developed a truly integrated academic system that helps students develop themselves as colleagues rather than competitors;

- developed a fully accredited chiropractic medicine program in Florida within a state-supported college;

- enlarged a young, spartan campus in Lombard from 20 to 37 acres and into a true university campus;

- obtained the same level of state funding provided other private medical schools in Illinois for a period of 20 years; and

- was privileged to serve in each office of the Council on Chiropractic Education over a period of eight years.



Since Dr. James Winterstein presented his first diploma in August 1986, he has presided at 114 commencement ceremonies and has seen 5,767 graduates cross the stage in the Earl G. Liss Auditorium.

Personally, the president has achieved numerous honors over the years, including:



Hall of Honor Inductee

- An original member of the editorial board of the Journal of Manipulative and Physiological Therapeutics, 1978
- Dynamic Chiropractic’s 1990 Chiropractic Researcher of the Year
- Illinois Chiropractic Society’s 2000

- Chiropractic Physician of the Year
- Alternative Medicine Incorporated’s 2000 Person of the Year
- National University of Health Sciences Hall of Honor 2006 Inductee
- American Chiropractic Association’s 2007 Academic of the Year
- American Chiropractic Association’s Presidential Award recipient
- Western States University, Honorary Doctor of Laws recipient, 2013

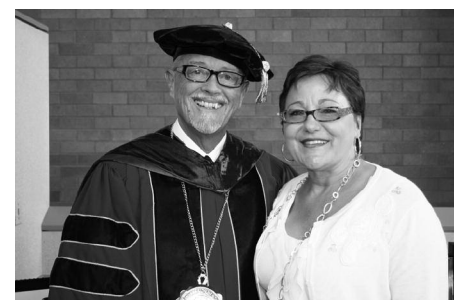
Planning ahead for the future, Dr. Winterstein informed the Board of Trustees several years ago that he felt he should not remain as president past his 70th year and that he would retire in May 2013. As a result, a succession plan was developed, which resulted in the selection of Joseph P.D. Stiefel, MS, EdD, DC, a 2004 National graduate and dean of the College of Professional Studies at the Florida campus, as the next president. Dr. Stiefel was thoroughly evaluated by an outside agency employed by the Board of Trustees and then subsequently by the full Board of Trustees. When Dr. Stiefel assumes the presidency, he will be approximately the same age as Dr. Winterstein when he became president 26 years ago.

At the direction of the Board of Trustees, Dr. Winterstein will be named President Emeritus effective on the date of his retirement and will be employed by Dr. Stiefel as an off-campus assistant on an as-needed basis. “I am pleased to be easing out and I have every confidence that Dr. Stiefel will do an excellent job as President. Meanwhile, we will move ahead as we always have. My thanks to each of you as we continue to keep National at the forefront of integrative medicine! Esse Quam Videri.”

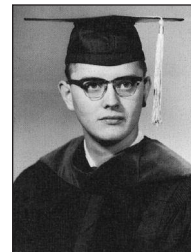
“Esse Quam Videri, to BE rather than to SEEM to be, is the century-old motto of National University of Health Sciences. It will always be my personal and professional goal to live up to that motto.”

Another of Dr. Winterstein’s favorite sayings is, “Take care of your patients and they will take care of you.” It’s a piece of advice given to him by President Joseph Janse and one to which he frequently refers in speeches and writings because it is based on the sound principles of ethics and hard work — his personal and professional credo.

Dr. Winterstein and his wife Cynthia Sportelli, whom he married on March 16, 2010, have moved to their farm in Southern Illinois, and will now have the freedom to travel the roads of America on their Harley and enjoy some relaxing motorcycle touring.



The Wintersteins

End of an Era ...from page 1

Graduation – 1968

Chicago home in the evening. He practiced there at night while doing his residency during the day.

In 1970, Dr. Winterstein took the board exam, earned his diplomate in radiology, and became assistant director of the

Department of Roentgenology along with Dr. Don Tomkins. In 1971, Dr. Tomkins moved to South Dakota and Dr. Winterstein was named chair of the Department of Roentgenology. At the same time, he continued as assistant director of the Lombard clinic while maintaining a private practice. As his practice continued to grow, Dr. Winterstein had to consistently cut his hours at the college. By 1973, he was working three mornings a week at the college and practicing until about 10 p.m. every night in his home office. It was at that time he and Diane decided they would like to live in a warmer climate.

Dr. Winterstein received an offer to work primarily as a radiologist for a group of chiropractors in Florida, so in November 1973, the couple sold everything and went

to Florida. Very quickly, Dr. Winterstein discovered the group was engaging in practices he believed were questionable, and was back in practice for himself by July 1974, maintaining a private practice, combined with radiology services.



Colleagues: Don Tomkins, Joseph Janse, Leonard Richie, James Winterstein

Around December 1984, Dr. Winterstein had a conversation with NCC President Lee Arnold, a friend for many years, and President Joseph Janse’s successor. Dr. Arnold asked him to come back to National as the Chief of Staff of the College Clinics. (He and Diane had previously discussed their involvement with the college many times in the interceding years and had thought they would probably want to return to the academic setting as Dr. Winterstein

always had an interest in chiropractic education and had remained a part of NCC’s postgraduate faculty.) “When the question was asked by Dr. Arnold, we considered it and once again decided to move back to Illinois to take up this new challenge.”

The Wintersteins returned in May 1985 and just one short year later, on May 15, 1986, at the age of 44, Dr. Winterstein was chosen to guide his alma mater into the future as the fifth president of The National College. (Diane, his devoted wife and partner, stood by his side for the next 16 years until her passing in 2002 after a valiant fight against cancer. They were married 39 years.)

In his inaugural address on May 16, 1987, President Winterstein set forth his philosophy of chiropractic education and the chiropractic profession, one that he followed religiously for the next 27 years.

“We of the educational institutions in the profession must graduate chiropractic physicians who, in addition to their humanness, really have the capacity to receive patients, to determine the status of their health, and then to provide the necessary care for those patients or refer them to the appropriate doctor when that is