

National Mourns... ...from page 3

terms. During his tenure, Dr. Trestrail oversaw an increased alumni association membership, enlargement of the Office of Development and Alumni Affairs, expanded functions and increased attendance at Homecoming, and more participation by state alumni chairmen and their members. He also instituted "Hands Across the Ocean" trips to extend NCC's outreach to its foreign alumni. Dr. Trestrail was elected to the NCC Board of Trustees for a three-year term in 1982 while continuing to serve the alumni association as executive secretary.

Dr. Trestrail's son, Jim, recalls driving his father

through campus a few years ago. "He took me to the steps by the pond where donors had bricks inscribed with their names. He showed me his brick. I was duly impressed! But he very seldom 'tooted' his own horn. He was more of a doer, not a talker. He kept many of his tributes and plaques marking his achievements in the closet of his home office. But he had his diploma and graduating class picture proudly displayed."

Dr. Trestrail is survived by his wife of 63 years, Sue; children, Karen (Robert) Black, Joanne, James (Susan), and Terri (Richard) Hogan; five grandchildren; and two great-grandchildren.

In Memoriam

Donald Garrett, DC - 1982
Gloria J. Janse - widow of Joseph Janse
Thomas Jourdan - father of
Dr. Michelle Jourdan
Jack R. Lane, DC - Lincoln 1948
Jack E. Mackey, DC - 1949
Jerry G. Martinez, DC - 1949
Martin P. Massa, DC - 1957
Victor J. Orsi, DC - 1952
Harry W. Trestrail, DC - 1942
Steven W. Yates, DC - 1977

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9M-02/12

Continuing Education Courses for March - April

March 3-4
Acupuncture
Adjunctive Patterns II
NUHS Campus / Lombard, Ill.

Clinical Nutrition & Wellness II
NUHS Campus / Lombard, IL

MOTUS Taping Methods
Advanced Clinical Applications
NUHS Campus / Lombard, IL

March 10-11
Clinical Orthopedics
Module: Wrist & Hand
Trauma - Imaging
NUHS Campus / Lombard, Ill.

Pediatric Rehabilitation
Session 1
Munich Functional
Developmental Diagnosis I -
Assessment
NUHS Campus / Lombard, Ill.

March 17-18
NBCE Exams
No CE Programs Scheduled

March 24-25
Acupuncture
Meridians II / Extra Ordinary
Meridians
NUHS Campus / Lombard, Ill.

Disability & Impairment - 6th
Edition
NUHS Campus / Lombard, Ill.

McKenzie Method Credentialing
Program
Part A: The Lumbar Spine -
Session I
NUHS Campus / Lombard, Ill.

Improving the Credibility of the
Massage Therapy Profession
NUHS Campus / Lombard, Ill.

March 31-April 1
Clinical Nutrition & Wellness II
NUHS Campus / Lombard, Ill.

Mastering the Neurologic Exam
& Interpreting the Findings
NUHS Campus / Lombard, Ill.

April 7-8
Easter Weekend
No CE Programs Scheduled

April 14-15
Clinical Orthopedics
Module: Wrist & Hand
Tendon, Disease, Ganglia, AVN,
Instability, Rheumatology, Misc.
NUHS Campus / Lombard, Ill.

Pediatric Rehabilitation
Session 2 - Prerequisite Session 1
Munich Functional

Developmental Diagnosis II -
Treatment
NUHS Campus / Lombard, Ill.

April 21-22
McKenzie Method Credentialing
Program
Part A: The Lumbar Spine - Session
II
NUHS Campus / Lombard, Ill.

Dysfunctional Breathing
(Hypocapnia) & Its Impact on
Patient Symptoms
NUHS Campus / Lombard, Ill.

April 28-29
Hot Stone Massage
Massage Therapy Program
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.

CCE – Past and Present

James F. Winterstein, DC
NUHS President



In my opinion, when Dr. Orval Hidde received notice in August 1974 from the United States Office of Education that the Council on Chiropractic Education (CCE) had received recognition by the Secretary of Education, the chiropractic profession experienced its greatest achievement, for without that recognition, the profession would have died on the vine.

Accreditation brought national recognition of the educational process for the chiropractic profession and made student loans available. The National College of Chiropractic had been accredited by the CCE of the American Chiropractic Association since 1966, but CCE was not then recognized by the United States Office of Education (USOE), now the United States Department of Education (USDE). By 1971, CCE had become autonomous from ACA and National was accredited then as well, along with Texas, Lincoln and Los Angeles. However, it was still the USOE recognition that made the difference.

It is important to realize that at that time no school offering the DC degree was "regionally" accredited, so CCE was an accrediting agency for both the "institution" and for the program. In 1981, however, National broke that barrier when it received full accreditation from the North Central Association of Colleges and Schools (NCA), now the Higher Learning Commission of the North Central Association of Colleges and Schools. National had been a Candidate for Accreditation with NCA for seven years by that time, however no other school offering the DC degree was regionally accredited.

Regional accrediting agencies accredit the "institution as a whole"; programmatic

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National Joins Childhood Obesity Fight

All across the country, from First Lady Michelle Obama's "Let's Move" initiative on down, communities, schools and families are uniting to attack the serious medical issue of child and adolescent obesity. (According to a survey by the National Center for Health Statistics, approximately 17% or 12.5 million of U.S. children and adolescents aged 2-19 years are obese.)

National University is no different and has joined with Healthy Lombard, a village-wide initiative of more than 20 similarly inspired community organizations and institutions, formed to combat childhood obesity, promote fitness and healthy living and establish health partnerships.

Gregory Cramer, DC, PhD, dean of research, is spearheading the NUHS group that has partnered with Healthy Lombard as well as organized its own programs aimed at developing "Healthy Children for a Healthy Life." Primary members of the committee include resident NUHS experts on health and nutrition: **Brian Anderson, DC, CCN, MPH; Kelly Baltazar, DC, ND, MS; and Anna Jurik, DC, MS, RD, LDN.**

Dr. Anderson earned a bachelor of science degree in public health with a minor in biology degree prior to receiving his chiropractic degree from National in 2004. He earned certification as a clinical nutritionist and followed with a master of public health degree with a concentration in community nutrition in 2008. He has been an instructor in diet and nutrition, clinical nutrition, and public health, among other courses at NUHS since 2005, and been a supervising clinician at the Whole Health Center - Lombard since 2011.

Dr. Baltazar earned her naturopathic medicine degree from Bastyr University in 2005, and followed with a chiropractic degree from National in 2006 and an MS in Advanced Clinical Practice in 2009. She has been a supervisor at National since 2007 and has been supervising naturopathic interns through their clinical training since 2008.

Dr. Jurik earned bachelor of science degrees in exercise physiology and dietetics before receiving her chiropractic degree from National in 2005. She also received an MS in Advanced Clinical Practice in 2011. In addition to teaching nutrition and biochemistry and supervising interns, Dr. Jurik serves as a clinical dietitian-nutritionist at the Whole Health Center - Lombard.

"The level of expertise on this issue on this campus is impressive," says Dr. Cramer, explaining National's ability to fight obesity from a multi-faceted approach.

NUHS' Healthy Children for a Healthy Life committee has planned three events aimed at children and family members as well as NUHS faculty and staff.



The first event, which was held along with other partners of the Healthy Lombard initiative, was a **February Fitness Health Fair** at the Lombard Village Hall. Dr. Anderson's group conducted Bioimpedance Analysis (BIA), a method of assessing "body composition," the measurement of body fat in relation to lean body mass, and an integral part of a health and nutrition assessment.

Dr. Baltazar and her interns held blood pressure screenings, just one of many diagnostic tests that can reveal underlying health conditions contributing to weight management issues.

Dr. Jurik's group utilized the Foot Levelers digital foot scanner to measure indicators of foot imbalances. Along with other health complications associated with being overweight, extra weight applies more pressure on the feet and can cause the arches to collapse, leading to joint and back pain.

Health Fair attendees were also presented with brochures on all clinic services as well

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creditors accredit specific programs. Over the subsequent years, all but Life West received regional accreditation, which meant that CCE, with the exception of its relationship to Life West was a programmatic accreditor for chiropractic schools.

As a programmatic accreditor, CCE has a set of standards regarding the details of what is taught in the chiropractic curriculum. Bear in mind that CCE is prescriptive, but it is not proscriptive. In other words, it can tell an institution what it must teach in its DC degree program, but it cannot preclude an institution from teaching beyond the prescribed standards.

CCE's educational standards were evaluated over the past five years and all institutions, organizations and individuals had a chance (several actually) to provide input. By 2014, under the new standards, incoming students must have 90 hours of undergraduate education and a GPA of 3.0. However, schools may accept students with a 2.75 but then must track the student's success and must provide special support for those students to improve probabilities for success. The specific courses mandated in the 90 hours have been dropped but must include 24 hours in "life and physical science" and at least half of these must have a substantive laboratory component.

Personally, we think those standards are "light," but the influence of some schools, organizations and individuals is quite strong. National University of Health Sciences has already mandated a minimum of 2.75 for September 2012, and of course, we also mandate the baccalaureate (since 1999), which is not done by any other school.

Still, with all of the opportunity for input, members of the profession who follow the "straight" tenets tried every trick in the book to sanction CCE when it appeared before the National Advisory Committee on Institutional Quality and Integrity (NACIQI) for its re-recognition hearing. The NACIQI makes recommendations to the Secretary of Education, who in turn approves or disapproves recognition of accrediting agencies. The straights tried, through the social media, to garner "one million" signatures against CCE. The Chronicle of Higher Education reported that this group had gleaned "nearly 3,400 signatures!" A lot of hype, but not much in the way of realism.

Well, to make matters worse, at the hearing, which usually should take about 15 to 20 minutes, the "straight individuals and organizations" signed up to testify and

basically made a circus out of the hearing with all kinds of derogatory comments and recommendations.

We need to understand that the USDE staff members recommended to NACIQI that CCE recognition be continued. Staff recognized, that because of the many new mandates of the 2008 Higher Education Reauthorization Act, CCE, along with most accrediting agencies, would have a number of deficiencies still to be met. It also recognized that many of the "straights" had written or would testify but still recommended continuation of recognition. What that means is that the USDE staff members who reviewed the CCE submission (much like the self studies submitted by colleges and universities) were recommending continuation of recognition by the Secretary of USDE.

In the final analysis, despite all the negative hoopla by the "straight" members of the profession, and with the positive support of the ACA and the Federation of Chiropractic Licensing Boards (FCLB), the NACIQI recommended continuation of USDE recognition and stipulated that within a year, CCE must correct the 42 deficiencies identified by staff (many of these are simple changes that will be corrected by the 2012 revision of CCE Standards and Policies) and that CCE take steps to be "better recognized" by the profession.

The mandates are relatively easy to meet but the shame for the profession is that we continue to provide such a disparate picture of who and what we are, and as far as I am concerned, it boils down to some people trying at any cost to make sure our profession remains firmly stuck in the late 1800s. My friends, we must stand up to this kind of zealotry. No profession can prevail if it refuses to advance and that includes the chiropractic profession. It is time for us to keep what was so valuable from our founders and move on into the world in which we live today. Those of us who understand this mandate should take every opportunity to make this "case" to the public and to the other professions. Our failure to do so amounts to agreement with the zealots. As my colleague Dr. Keith Charlton from Australia likes to say, "Silence is consent!"

Mea Culpa...

In my editorial in the 2011, #3 issue of *Alumnus*, I wrote that the Board of Trustees had said goodbye to Drs. Rick Dietzen, Audie Klinger and Dave Taylor. I was wrong. We said goodbye to Drs. Rick Dietzen, Herman Kathan and Dave Taylor. Dr. Klinger remains an active member of the board. To all our trustees, and especially to Dr. Klingler, please accept my apology!

JFW

National Joins... ...from **page 1**

as a new "Weight Management" flyer describing the integrated services available at the Whole Health Center – Lombard.

Other participants in the fair included the Lombard Park District, Tri-Town YMCA, Jewel Foods, Daniel Coffey, DC, a 1999 National graduate and owner of DC Spinal Wellness & Rehabilitation in Lombard, as well as sport and fitness facilities and martial arts studios.

Also participating was Rick Osbourne, founder of Operation Pull Your Own Weight, a "measurement that motivates" youth to use pullups as an exercise to prevent obesity. Osbourne challenges National alumni and faculty to utilize the exercise, one that President Winterstein enthusiastically embraces, to improve their physical well being.

The second project of the committee will involve a **Healthy Children for a Healthy Life** five-week summer session for children aged six and older and their parents in conjunction with the Lombard Park District. Separate programs for children and parents will be held simultaneously and cover nutrition, exercise, social components and other topics designed to help children (and parents) reach and maintain their optimum weight. The topics for each week include an introduction, nutrition, healthy shopping, healthy cooking, and exercise.

Drs. Anderson, Baltazar and Jurik will lead the team of experts with additional support from Dr. Cramer, Jerrilyn Cambron, DC, MPH, PhD, David Parish, DC, Robert Shiel, PhD, and Frank Yurasek, LAC, MSOM, PhD (China).

The committee's third event, a **Faculty/Staff Fitness Challenge**, will take place May through June. Participants will have Bioimpedance Analysis (BIA) at the start and finish of the challenge. The assessment will focus on: phase angle, lean body mass, fat mass, and body mass index (BMI). Prizes will be awarded to the overall winner (average % improvement); BMI category winner (point change); phase angle winner (increase in general tissue health); and lean body mass winner (increase in mass).

National Mourns Loss of Three Family Members

National University is mourning the deaths of three individuals who played significant roles in the school's history: Jacob Fisher, PhD, chancellor emeritus; Gloria Janse, the widow of Dr. Joseph Janse; and Harry Trestrail, DC, a longtime president of the National College Alumni Association and former trustee.

Jacob Fisher, PhD, died January 12 at the Memorial Hospital, Easton, Maryland, at the age of 86.



Jacob Fisher

Dr. Fisher is survived by Mary Louise, his wife of 66 years; four daughters, Mary L. Conley, Mary Phyllis Fisher, Emily A. Perry, and Martha E. McDowell; a grandson; and three great-grandchildren.

Dear Colleagues,
It occurred to me, after hearing of the passing of Dr. Fisher, that many of you have no knowledge of him and the role he played in the development of National.

Dr. Fisher came to The National College of Chiropractic in 1976 as the academic dean. He developed the first real faculty handbook and worked to expand the institutional sense of academic protocol. While National had been accredited by the (as yet unrecognized) CCE since 1966, it was Dr. Fisher who took over the self study and accreditation process, leading National to become the first institution offering the chiropractic degree to receive accreditation by a regional accrediting agency, the North Central Association of Colleges and Schools, in 1981. His influence was vital to institutional progress.

In 1985 upon my return to National as its "chief of staff" (now called dean of clinics), I began to develop a relationship with Dr. Fisher that lasted until his death.

In the winter of 1985, the Board of Trustees instituted a search for a new president. Dr. Janse had passed away on December 18 of that year and Dr. Lee Arnold, the interim president, was looking forward to returning to his home in Florida. Through a series of happenings, both Dr. Fisher and I became candidates for the presidency along with a host of others. In early May 1986, the Board met to make a final decision and the two final candidates (which I did not know until the morning of the final decision) turned out to be Dr. Fisher and me.

After I was told by the chair of the board of trustees that I had been chosen as the next president of National, he asked Dr. Fisher to come into the room and said, "Dr. Fisher, may I introduce your new president?" Dr. Fisher, came directly across the room to me with his hand out and said, "Mr. President, you have

my support 110% of the time," — and I did, from that day forward until his retirement in 1991.

I changed Dr. Fisher's title from academic dean to chancellor and he became the academic vice president to whom all the deans reported. In so many ways he led me and allowed me to learn from him during those next five years before he retired. I remember so clearly the day he came to me in 1988 and said, "Jim, I just want you to know that in three years I plan to retire." I said, "Jake, what will I do without you?" to which he replied, "If I have done my job, you won't need me in three years."

He did retire in 1991 and received the title "chancellor emeritus" and during the next five years he served as a consultant to me. In 1999, he was elected an associate member of the National Hall of Honor. His contributions to National are extensive but for me he was irreplaceable. In a nutshell, this was our "Dr. Fisher." I had the privilege of speaking with him as recently as two months ago and he still sounded as he always did. Now those opportunities are gone — but not forgotten.

Jim Winterstein

Gloria Julia Schade Janse, 98, passed away on January 11 of natural causes. Funeral services were held in Heber City, Utah, with interment in the Huntsville City Cemetery.



Gloria Janse

Mrs. Janse is survived by three children, Jan Janse, Julie Kimball and Gloria Jo Janse; her brother Fenno Schade; 11 grandchildren; and 24 great-grandchildren. She was preceded in death by Dr. Joseph Janse, her husband of 47 years, two brothers and a sister.

For almost a century she lived a life of unconditional love and service to those around her especially her family.

The First Lady of National College for 38 years, Mrs. Janse related highlights of her life, in "Gloria's Story," Chapter 5 of the book, *Joseph Janse, The Apostle of Chiropractic Education*, by Reed B. Phillips, DC, PhD. She and Dr. Janse grew up together in Huntsville, Utah, although she "was just a kid" and he was "a sophisticated college dude," 4-1/2 years older.

She attended Weber State College and worked in the cafeteria while Janse served in the Mormon's Swiss-German mission. Their courtship began in December 1934 after he returned from the three-year mission and asked Gloria to go to New Year's Eve Ball, the big

event of the year, "and a highlight of my life."

They courted mainly through letters and short vacation periods while Dr. Janse was attending National College in Chicago. Shortly after his graduation, they were married on June 24, 1938. They settled in Chicago where he took on a teaching role at National College, and at one time lived in an apartment above the dissection lab in the National College building. To supplement their income, Mrs. Janse found a job in a typing pool in the Union Railroad Station. Once the children began arriving, she assumed the role of dedicated mother and homemaker. According to "Gloria's Story," once the youngest child was in second or third grade, Mrs. Janse returned to the workforce in a unique role as a banana inspector.

She also recalled working near their home in Lincolnwood at Culligan Water for 20 years, first part-time then full-time when the children were in high school. Once they were in college, she was able to accompany Dr. Janse on many of his trips, to several European countries, as well as Africa, Japan, Hawaii, Philippines, and China.

The Janse's attended church at Logan Square Ward, North Shore I and II Wards and Chicago Inner City First Ward. She was Mutual Improvement Association president for young women, served as Junior Sunday School coordinator and member of the Junior Sunday School Mission Board. After Mormon Sunday Service, both Janse's were in charge of young adult firesides, and thoroughly enjoyed the opportunity to work together with youth.

Expressions of sympathy may be sent to Dr. Joey Janse, the Janse's youngest daughter, at 1615 E. 1350 North, Heber, UT 84032-3423.

Harry Willard Trestrail, 90, died December 29, 2011, at home in Sun City, Huntley, Illinois, after a long illness.



Harry Trestrail

He received his doctor of chiropractic degree from The National College of Chiropractic in 1942. He practiced in Chicago from 1948 until 1986, first on Oak Park Avenue on the northwest side of the city and later on Touhy Avenue in the Edison Park area. He was president of the Chicago Chiropractic Society from 1965 to 1967.

Dr. Trestrail served on the NCC Corporate Board of Members from 1975 to 1982. He served as a director of the NCC Alumni Association from 1964 until 1976 when he was elected president, a position he held for seven

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