

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 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 Services, then on the link to *Alumnus* in the third paragraph and follow the link for submitting news. We look forward to hearing from you!

## In Memoriam

Dr. John G. Hansen - 1950  
Dr. John J. Kelly - 1949  
Dr. Lothar Nafziger -1963

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8.5M/7/10

## Continuing Education Courses for August - October

## August 7 – 8

Advanced Acupuncture  
Differentiation of Syndromes II  
NUHS Campus / Lombard, Ill.

Clinical Orthopedics Module  
Lumbar Spine  
Disc, Stenosis – Clinical Evaluation  
NUHS Campus / Lombard, Ill.

## August 14 – 15

Electrodiagnosis: EMG / NCV Practicum,  
Repetitive Stim. Studies  
NUHS Campus / Lombard, Ill.

## August 21 – 22, August 28 – 29

No Continuing Education Programs  
Scheduled

## September 4 – 5

No classes – Labor Day Weekend

## \*September 10 – 12 (25-hour, 3 day program)

Acupuncture – 1st 100 Hours  
Introduction / Clean Needle Technique /  
Meridians I  
Columbus, Ohio

## September 11 – 12

Clinical Orthopedics Module:  
Lumbar Spine  
The Post-Surgical Spine – Clinical  
Considerations  
NUHS Campus / Lombard, Ill.

Electrodiagnosis  
Clinical Applications and Review  
NUHS Campus / Lombard, Ill.

## September 18 – 19

Acupuncture – 1st 100 Hours  
Introduction to Acupuncture  
NUHS Campus / Lombard, Ill.

Advanced Acupuncture: Pulse Diagnosis  
NUHS Campus / Lombard, Ill.

## September 25 – 26

Kinesio Taping: Session 1 (KT1 & KT2)  
NUHS Campus / Lombard, Ill.

## October 2 – 3

Functional Rehabilitation  
Module: Lumbar Spine & Pelvis  
Rehabilitation of the Lumbar Spine &  
Pelvis I  
NUHS Campus / Lombard, Ill.

## October 9 – 10

Clinical Orthopedics  
Module: Lumbar Spine  
Lumbo-Pelvic Rehab & Active Care  
Integration  
NUHS Campus / Lombard, Ill.

Limited Radiologic Technology Program  
(X-Ray Tech: LRT-2)  
NUHS Campus / Lombard, Ill.

## \*October 15 – 17 (25-hour, 3 day program)

Acupuncture – 1st 100 Hours  
Meridians II / Tongue Diagnosis  
The 8 Extraordinary Meridians  
Columbus, Ohio

## October 16 – 17

Myofascial Directional Therapy  
Session 1: Upper Body  
NUHS Campus / Lombard, Ill.

## October 23 – 24

Acupuncture – 1st 100 Hours  
Clean Needle Technique / Meridians I  
NUHS Campus / Lombard, Ill.

Advanced Acupuncture  
Microsystems of Acupuncture  
NUHS Campus / Lombard, Ill.

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

Limited Radiologic Technology Program  
(X-Ray Tech): LRT-3  
NUHS Campus / Lombard, Ill.

## October 30 – 31

Kinesio Taping: Session 2 (KT3)  
NUHS Campus / Lombard, Ill.

### Master of Science (MS) Advanced Clinical Practice

An Advanced Degree designed for the Chiropractic Profession

36 credits • 2 year program

Weekend & Distance Learning (DL) Courses  
Accepting applications through July 1, 2011

Program Begins Fall 2011

Course Descriptions & Application Information

is available at www.nuhs.edu (select "continuing education")  
or call 630-889-6622

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.

**N** National  
University of Health Sciences

# Outreach

VOL. XXVI, NO. 3

June - July 2010

## Coming Home!

James F. Winterstein, DC  
NUHS President



June 11, 12 and 13 were the days of National's homecoming and those of us who participated had a wonderful time. We began with a speaker, Todd Winegar, JD, who taught us how to interact with others, especially our patients and especially as it related to risk management and better results. We know a lot of this, but it was a great refresher and I thoroughly enjoyed it, as did most of the rest of you, if our post homecoming surveys are any indication.

We heard from Dave Seaman, DC, MS, on nutrition, and we all know that was a hit. In fact, I have not eaten any grains since that lecture! "Deflame," as he says so often!

David Barnes, PhD, from Standard Process took us through the details of Vitamin D and its vital nature in human physiology, Dr. Vincent DeBono presented a case for self-reflection as a component of ethical behavior, and Mr. Stanley Greenfield warned us that the "rules of money have changed."

Frank Yurasek, PhD, provided a good run down on Chinese Medicine with his lecture titled, "Myth or Miracle," and Drs. David Parish and Vincent DeBono taught an outstanding session on Kinesio Taping.

Homecoming was all of that — 20 hours of CME for the doctors and 12 hours for massage therapists — but that was just a part of the weekend. Equally as important was the opportunity for interaction between colleagues, for fun, fellowship and recognition.

This year we were privileged to recognize the contributions of various individuals in

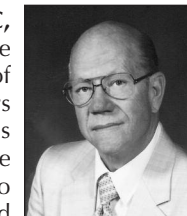
## National Inducts Two into Hall of Honor

National University of Health Sciences bestowed its prestigious Hall of Honor recognition on two new individuals during Homecoming 2010. This year, National inducted the late Gordon L. Holman, DC, and Terry Yochum, DC, who are each responsible for notable advancements in the chiropractic profession.

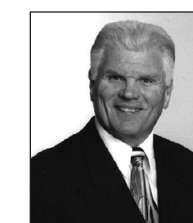
National established its Hall of Honor in 1999 to recognize individuals "whose impact on our lives has been so significant that they have changed the course of our lives forever."

## Gordon Holman, DC,

helped form the National Board of Chiropractic Examiners in 1963 and served as its first executive director from 1963 to 1981. He was dedicated to the advancement and standardization of chiropractic medicine and having his profession become the accepted medical entity that it is today. He also previously served as the president of the Wyoming Chiropractic Association and president of the National College of Chiropractic Alumni Association and was named a fellow of the International College of Chiropractors. His daughter, Pamela Felton, accepted the honor on his behalf at the Homecoming banquet.



Gordon Holman, DC



Terry Yochum DC

Terry R. Yochum, DC, is a second-generation chiropractor and a cum laude graduate of the National College of Chiropractic, where he also completed his radiology specialty. He is a diplomate of the American Chiropractic

Board of Radiology, serving as its vice president and president for seven years (1983-1990), and is a fellow of the American Chiropractic College of Radiology (ACCR).

Dr. Yochum is currently director of the Rocky Mountain Chiropractic Radiological Center in Denver, Colorado, and an adjunct professor of radiology at Southern California University of Health Sciences. The first edition of Dr. Yochum's textbook, *Essentials of Skeletal Radiology*, is a benchmark publication for the profession. It is a required text at chiropractic colleges worldwide and is used in over 100 medical schools around the world.

Dr. Yochum accepted his award at the Homecoming banquet, calling it probably the most important honor he will ever receive. In turn, he honored his wife Inge with a plaque in honor of her devotion and support of him through the years.

Hall of Honor recipients are individuals who are educated in chiropractic and who impact the lives of the ill and diseased. They stand out by the way they treat their patients or by the way they lead their colleagues in the profession. Recognized as associate members are those who are not doctors of chiropractic but who show exceptional dedication to National, the chiropractic profession, and the health sciences.

Previous honorees include:

**1999:** John Fitz Alan Howard, DC, MD (posthumous), William Charles Schulze, MD, DC (posthumous), Joseph Janse, DC (posthumous), Walter B. Wolf, DC, Orval

Hidde, DC, JD, Jacob Fisher, PhD (associate), Emory Giles, PhD (associate), Evelyn Buchholz Richie, LLD (Hon) (associate)

**2001:** Leonard Fay, DC, Melvin Collins, LLD (Hon) (associate)

**2006:** Herbert Lee, DC, Joseph Keating, PhD (associate), Louis Sportelli, DC, Chester Stowell, DC, Kazuyoshi Takeyachi, DC, James Winterstein, DC

**2008:** George J. Goodheart, DC (posthumous), James M. Cox, DC

Portraits of each inductee line the main corridor of Janse Hall on the National University of Health Sciences' Lombard campus.

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Coming Home... ...from page 1

the profession, one of whom, Dr. Anthony Lisi, is not an alumnus of National, but has been an outstanding leader in chiropractic involvement in the VA. Dr. Donald Owens, a National alumnus, was also given a presidential citation for his work with the VA at the Illiana VA center where, in addition to caring for veterans, he provides rotations for NUHS interns.

Dr. Randy Swenson was recognized for 32 years of service to NUHS, Dr. Robert Humphreys for 26 years, Dr. Robert Shiel for 29 years, and Ms. Joyce Whitehead for 27 years.

Dr. Frank Strehl, Honorary Chair of the President's Alumni Advisory Council, received the President's Medallion for his many years of service to the profession and to NUHS.

At the Saturday night banquet, we were privileged to recognize the work of Drs. Claire Johnson and Bart Green, who both received NUHS Distinguished Service Awards. Dr. Johnson is editor-in-chief of all three NUHS journals — *Journal of Manipulative and Physiological Therapeutics (JMPT)*, *Journal of Chiropractic Medicine (JCM)* and *Journal of Chiropractic Humanities (JCH)*. Dr. Green serves as assistant editor of our journals and is the chiropractor at the Naval Medical Center – San Diego, where he treats members of the military on a daily basis.

Capping the award ceremonies was the induction into the National University Hall of Honor of Dr. Gordon Holman (posthumously) for his long and dedicated service to National, the profession and the National Board of Chiropractic Examiners.

On this special evening, it was also a special privilege for me to induct into National's Hall of Honor one of my early radiology residents, Dr. Terry Yochum. Dr. Yochum has gone on to become widely known in the profession for his radiologic expertise and for the authorship of his outstanding two volume text on Skeletal Radiology, usually referred to as "Yochum and Rowe."

Following dinner and the awards, all enjoyed dancing and talking and general fun. Yes, this year we returned to the dance floor and thoroughly enjoyed ourselves.

Next year, will be our 105th year celebration and we hope to have an outstanding turnout. So for all who attended this year, please encourage your colleagues to plan to attend next year. It will be another outstanding event!

## Western States President Addresses Graduates

Preparing for the insecurity and uncertainty of the future was the theme of the address by Dr. Joseph Brimhall, DC, president of the University of Western States (formerly Western States Chiropractic College, at the April 22 College of Professional Studies Commencement Ceremony.



Joseph Brimhall DC

The 27 chiropractic, four naturopathic, two acupuncture, and one oriental medicine graduate heard Dr. Brimhall put a positive spin on that insecurity with a quote from Helen Keller: "Life is either a daring adventure or it's nothing." Having experienced the "daring adventure" of their professional degree studies, the speaker reflected on the graduates' current place in a transition zone of fear, anxiety and worry as they look forward to the future.

How should health care professionals prepare for the future? What will help them be effective and successful health care givers especially given the uncertainty of the times? Dr. Brimhall offered five traits and skills to help graduates move forward into the unknown:

1. Recognize change and adapt to it.
2. Learn to tolerate uncertainty.
3. Behave ethically and maintain integrity.
4. Demonstrate leadership.
5. Take care of yourself.

Following his speech, Dr. Brimhall was awarded the honorary Doctor of Laws Degree, LL.D.

Also at the Professional Studies ceremony, the Joseph Janse Award was presented to Adam Robert Habeck, DC, of Wisconsin.

DC valedictorian Kurt D. Hostnik of New Jersey reflected on the positive changes in his life since coming to National. "I arrived here an engaged pool cleaner from New Jersey and today I stand here as a father, husband and doctor — proof enough for me that the end does justify the means... and that I did make the right decision."

ND valedictorian Anissa Metzger Slusher, DC, focused on the importance of the clinical experience: bonding with fellow classmates; learning what professionalism was and wasn't; working closely with DC colleagues; and working with uninsured and underprivileged patients "who desperately needed our care."

At the College of Allied Health Sciences commencement on April 22, Bachelor of Science valedictorian Rex Allen Crites saluted the NUHS faculty for inspiring students to become **more** than what they are, which in turn, challenges the new graduates to inspire those around them "to become more than **they** are."

Massage therapy valedictorian Marlo Marie Oostmeyer reflected on their education, "The foundation is important, the skill and knowledge essential, but it's the compassion and caring that will make us great massage therapists." No matter where we practice or what modality we use, work from the heart, she said.

## Lab Renovated with Standard Process Donation

A top facility improvement goal for NUHS will become a reality as the biochemistry lab in Janse Hall is totally renovated, thanks to a generous donation from Standard Process, Inc.

The food supplement manufacturer has pledged a donation of \$500,000 to the university payable over the next five years. The funds will be used for significant upgrades to campus facilities.

The first \$265,000 will be used for the lab renovation, which is expected to be completed in time for fall classes. Included in the improvements are new plumbing, nine new lab tables that feature extra-large sinks, and moveable tabletops to accommodate different working heights.

The new lab will also have expanded electronic capabilities and built-in

network connections for educational computer programs. A document projector built in to the teaching station and a ceiling-mounted camera over the teaching area allow big-screen projection of lab demonstrations. The new lab also meets ADA accessibility guidelines for those with disabilities.

Standard Process, a long-time supporter of NUHS, worked with Vice President for Administrative Services Tracy McHugh in coordinating the donation. "A new biochemistry lab, being the primary wet lab for our basic science instruction, has been a top priority for the university for some time," says Ms. McHugh. "We are grateful to have the support of Standard Process so that we can continue providing high caliber basic science preparation for our students."

### Good Neighbor Award

National University received the "Good Neighbor" Award from the Village of Lombard at a village board meeting earlier this year. The mayor of Lombard presented the award to university officials in honor of NUHS' donation of the campus and contribution of volunteer efforts in a full-scale disaster drill in Fall 2009. "We're proud of this honor given by the village and will continue to work together with local government agencies to create a safer community," says NUHS President James F. Winterstein.



### Vitamin Supplement Donations

Standard Process and Anabolic Labs recently donated pallets of vitamins and supplements to the university to use in treating the homeless and medically underserved at two mission facilities in Chicago and the NUHS Whole Health Center – Aurora.

While NUHS clinicians and interns can offer free physical exams, diagnoses and a wide range of chiropractic treatment to these patients, getting them the proper nutritional supplements they need is difficult and costly, and often impossible.

That's why the two companies, long-time supporters of NUHS and chiropractic care, donated several thousand dollars worth of prescription-quality vitamin, herb and mineral supplements to the NUHS clinics. The donations will allow doctors to not only recommend specific vitamins but to give them a supply as well.

### Fresh Food Delivery

National University has made it easier for faculty, staff and students to enjoy healthy, fresh, local, food items by partnering with Irv & Shelly's Fresh Picks as a weekly delivery site for their local and organic produce, meat, dairy, and eggs.

## National News

Irv & Shelly's Fresh Picks offers year-round delivery of food sourced from local sustainable farms they know and trust, while supplementing local seasonable items with foods from their certified organic partners in other regions.

### On-the-Job Training

**NUHS interns**, under the supervision of their clinician, Thomas Solecki, DC, DACBSP, have been accompanying him on his regular visits to Northwestern and DePaul universities where he serves as a team physician for the schools' athletic teams. The experience enables the interns to apply their clinical training and problem solving skills with a different population from the campus clinic, and experience the advantage of working on a team of multi-disciplinary professionals.

### PTSD Campus Clinic

**At Ease**, a free Post Traumatic Stress Disorder (PTSD) Clinic, has been established for veterans and their families at the NUHS Whole Health Center – Lombard through the Department of Acupuncture and Oriental Medicine. The program includes undergoing treatment in the clinic as well as teaching patients therapies to address PTSD symptoms. The clinic is supervised by Frank Yurasek, LAc, Assistant Dean of Acupuncture and Oriental Medicine,

### Administrative Changes

**Frank Yurasek, PhD (China), MSOM, MA, LAc**, Interim Assistant Dean of Acupuncture and Oriental Medicine, has been promoted to Assistant Dean.

**Ms. Shawna McDonough** was promoted from Assistant Director of Alumni and Development to Director of Alumni and Development.

**Stephanie Fall, DC**, has been appointed clinician at the NUHS Whole Health Center – Chicago. A 2003 National graduate, she replaces Dr. Sam Battaglia and Dr. Brian Miller.

### Achievements

**Michael Cronin, NMD**, of Scottsdale, Arizona, a member of the NUHS Board of Trustees, was named a "2010 Top Doctor" by *Phoenix* magazine. One of the founders and first president of Southwest College of Naturopathic Medicine, Dr. Cronin has been practicing

for 27 years and specializes in prolotherapy (platelet therapy) and naturopathic medicine.

The American Massage Therapy Association (AMTA) honored **Jerrilyn Cambron, LMT, DC, MPH, PhD**, professor of research, during its National Volunteer Week in April, "Celebrating People in Action." Dr. Cambron was honored for her volunteer work, loyal dedication and unwavering commitment to the AMTA and its goals.

The third **Jerome F. McAndrews, DC, Memorial Research Award** was presented by the NCMIC Foundation at the Association of Chiropractic Colleges Educational Conference and Research Agenda Conference in March. This year's recipient was Deborah Kopansky-Giles, DC, a graduate of Canadian Memorial Chiropractic College, a clinician-scientist at St. Michael's Hospital, and a professor in the Department of Graduate Education and Research at CMCC. The McAndrews fund and award was created by the NCMIC Foundation to honor the doctor's longtime support of the scientific and practical study of chiropractic. Dr. McAndrews served National College as special assistant to the president for development from 1988 to 1991.

Dr. Nick Chancellor and interns at the **NUHS Whole Health Center – Aurora** received a plaque of appreciation from the Aurora Police Department for partnering with the department in the Law Enforcement Torch Run to benefit Special Olympics' athletes in Fall 2009.

**Robert Shiel, PhD**, chair of National's Department of Clinical Sciences, was featured in an article in the July 2010 issue of *ACA News* entitled "Are You Talkin' to Me?" The article deals with the importance of effective communication in providing patient care and achieving patient compliance.

**Dr. Christopher Wolcott**, a member of the Department of Research faculty and Journal Club teacher, has had an article on nephrolithiasis published in the *Journal of Chiropractic Medicine*, (2010) #9. The paper outlined an atypical case of nephrolithiasis that closely mimicked sacroiliac joint syndrome, and which produced only transient remission of symptoms with spinal manipulation. The report outlines the potential overlap of symptoms of visceral and somatic lesions in presentation and response to care.