



NCNM NEWS

FOR THE ALUMNI AND FRIENDS OF NCNM

Celebrating Fifty Years of Natural Medicine

QUARTERLY NEWSLETTER

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE

PORTLAND, OREGON

FALL 2005

DR. WILLIAM J. KEPPLER, PRESIDENT

SUSAN K. HUNTER, DIR. OF ADVANCEMENT

The Founding and Advancement of NCNM - A Family Affair

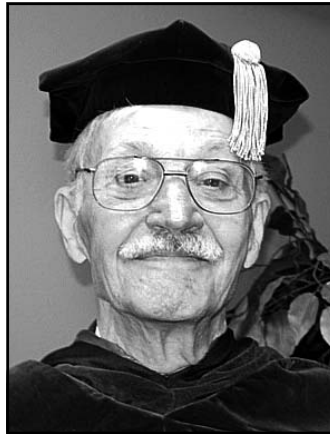
By Susan Kay Hunter

National College of Naturopathic Medicine will celebrate its Golden Anniversary, turning 50 years old, in 2006. Other than the deep reverence we all share for the three brave naturopaths—Drs. Bleything, Stone, and Spaulding—who on May 28, 1956 signed the articles of incorporation and formally established NCNM, the story of the college's beginning was one I never knew I had a connection to, until I serendipitously stumbled on the name Dr. Frank G. Spaulding in December of 2004.

It was in *The History of NCNM—The First 25 Years*, written by Dr. G.S.S. Khalsa, that I first encountered Dr. Spaulding's name. I paused and reread the passage: “[It was] Drs. Martin Bleything, Charles Stone, and Frank Spaulding who stepped forward on May 28, 1956 to sign the incorporation papers of NCNM. Dr. Spaulding went on to raise pledges of \$100,000 from naturopaths throughout the country with which to start NCNM.” As I said the name aloud, I thought with astonishment, “Spaulding! Isn't he my relative? How could I not know this when I came to NCNM?”

After contacting family members, I was able to locate and talk to Dr. Spaulding in Fairbanks, Alaska, and confirm that he is my cousin. His mother, Maude Stewart, was my grandmother Eleanor Stewart's younger sister. The Stewart girls met and married farmers in North Dakota: my grandmother married John Hunter in Binsmead in 1911, and Maude Stewart married Francis Homer Spaulding in 1919 in Cando, North Dakota.

The first time I spoke with Dr. Spaulding he said, “Little Susie?”



Dr. Frank G. Spaulding

The last time I saw you, you were three years old! How are you?” After we caught up on family matters, talk turned to NCNM. Thus began one of many conversations with my cousin that warmed my heart with pride as he told the story of the founding of NCNM.

Frank G. Spaulding was born March 29, 1922 in York, North Dakota, the second of nine children, was raised on the family farm. He was first introduced to natural medicine when he wrote to an herbalist in Canada and received help for his asthma. In January 1945 his older brother Glen was killed in action in the Battle of the Bulge in Belgium. Frank was also serving in the military then, but was sent stateside from France—*Saving Private Ryan* style—to finish out the war. The money his family received from the U.S. government as a death benefit sent Frank to college. He remembered the help he'd received from the herbalist and entered Western States College, receiving his DC and ND in 1955. He married Florence Jones and had four children between 1947 and 1952.

Dr. Spaulding joined the faculty of Western States College and introduced his sister, Joanne Spaulding, to his colleague, Dr. Kenneth Peterson. They married in 1950 and Dr. Peterson established a thriving practice in Hermiston, Oregon, for more than 30 years.

In 1955 the president of Western States gave notice that he was closing the naturopathic medicine program—the same fate met

A Family Affair continued on page 6...

Scott South Becomes NCNM Emeritus Board Member

By Sarah Spring

From the beginning, Scott South knew that serving on the NCNM Board of Directors would be a unique experience. He laughs now as he tells the story of attending his first meeting as a board nominee when “the first words out of the chairman's mouth were ‘we terminated the president today’”!

In the nine years since, Mr. South has seen the College through enormous growth, including establishment of the Master's of Science in Oriental Medicine program, development of a research department, expansion of clinics, recruitment and hiring of President Bill Keppler, accreditation, and even the move to the Ross Island campus. He praised the NCNM community for “its willingness to try new things and change.”

As he ended his third and final three-year term at the November meeting, fellow board members thanked Mr. South for his steadfast

Scott South continued on page 6...



During a break from the NCNM Board Annual Meeting are Scott South, John Campbell, Jacquelyn South, Jessica South, Joshua South, Susan Kay Hunter

A Dean's List: So Much To Do, So Little Time

By Kathleen Howlett



Dr. Rita Bettenburg ('89)

She sky dives, speed reads and rescues stray cats. She rides motorcycles and knits. She's been named Naturopathic Doctor of the Year and she's NCNM's Dean of Naturopathic Medicine, Dr. Rita Bettenburg.

Three illnesses when she was younger led to her interest in naturopathic medicine. After NDs helped her all three times, Dean Bettenburg decided, "Three strikes and I'm in." She first set foot in NCNM as a student in 1985 and has never looked back.

Upon graduation, she went into private practice after a residency at NCNM, then became adjunct and fulltime NCNM faculty, Community Clinic Director, interim Dean and finally permanent Dean. In addition, she has a part-time general naturopathic practice in Portland.

She has chaired and served on numerous committees, including the Curriculum Committee, Peer Review Committee, Safety Committee, numerous self study committees, Clinic Quality Assessment Committee and the OB Task Force. In 1994, the American Association of Naturopathic Physicians named her as its Physician of the Year for her work on the Dietary Supplement Act of 1993.

She enjoys teaching Clinical Diagnosis to second year ND students. "They don't yet know how to be a diagnostician and physician. I can help them realize their dream." She says graduation is like an "epiphany. They've progressed from dreamers to doctors." Dean Bettenburg loves it when, years later, graduates call her to talk, ask for advice on cases, or tell her how they're doing.

She says—no surprise here—it's hard for her to just sit and do nothing. In her free time, gardening is a "big, therapeutic hobby." Years of hard work have transformed her backyard to an English-style garden with fountains, flowers, benches and flowering cherry trees. Her backyard, which abuts a green space, is home to hummingbirds and mated pairs of mourning doves, and occasionally deer, raccoons, and coyotes.

She likes riding motorcycles and playing pool. Her home is full of embroidery, crocheting, sewing, and knitting projects. A speed-reader, Dr. Bettenburg finishes about four books a week—everything from classics to who-dunnits to fantasy fiction.

She skydives and on her third dive, when the main parachute malfunctioned, she learned an important lesson. In a terrifying situation, she can calm down, let her brain take over and take care of herself.

The dean is an avid traveler. She lived for four years in Australia, and has traveled in Germany, Austria, France, Switzerland,

Malaysia, Singapore, and Hong Kong. Future destinations include Scotland, Tuscany, Japan, and the Greek Islands.

Where does she get all her energy? "My husband gives me incredible help and total support. Michael [Peden] keeps me sane."

Her dreams for NCNM?

- More than 100 students in each ND class.
- A fully-funded, intensely interactive curriculum.
- An outcome-based curriculum so students would know their skill levels each year.
- Enough time for fulltime faculty to be on the cutting edge of ND disciplines.
- Students working at an integrated, in-patient facility associated with a hospital .

And despite all her accomplishments and activities, she insists she does, occasionally, slow down. "Michael and I are beach people. We love to go to the beach and be inert. We just sit on the balcony, look at the ocean and that's it."

Although Dr. Bettenburg doesn't plan on being dean forever, she hopes to always be involved in some way with NCNM. "Without question," she says, "this is the best naturopathic college in the country and it's getting better. NCNM has grown so much in the 20 years I've been here—not just in size, but in the depth of the curriculum and the dedication of the people. The faculty is experienced and well established. We've stayed true to our mission: educating good naturopathic doctors. These doctors are our future. The future is bright."

Two Ways you can help NCNM!

Fish Anyone? Alaska Smokehouse, part of the famous Pacific Dessert Company, is offering NCNM a 40% donation for purchases of gourmet food on their website. You'll pay the same price as you would at any retail gourmet store, but you will be raising additional money for NCNM. Keep NCNM in mind when you're thinking about online gifts!

www.gourmetfoodfundraiser.com

Planned Gifts Have you included NCNM in your will or trust? By simply naming NCNM as a beneficiary or partial beneficiary on your life insurance or IRA, for example, you could leave a lasting legacy that will empower naturopathic and Chinese medicine practitioners for generations.

Contributors

A very special thank-you to the contributors to NCNM News: Kathleen Howlett, Susan Hunter, Laurie McGrath, Melissa Messina, Tristan Mock, Michael Owens, Charmaine Price, Dr. Nancy Scarlett, Sarah Spring, Dr. Jill Stansbury, Kate Williams

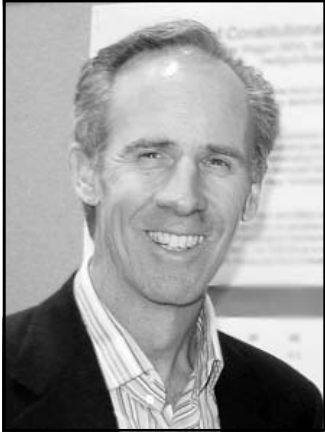
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NCNM Mission:

To educate and train physicians and practitioners in the art and science of natural medicine.

Michael Traub, ND: NCNM Alumni Leadership

By Dr. Nancy Scarlett ('97)



Dr. Michael Traub ('81)

Needing to fulfill the ND preceptorship requirement leads many students to combine vacation and travel with doctor connections in states far away from Oregon. I'm certain you recall that time off is rare while in the program. (Remember "summer vacation"? Sigh.) Since opportunities for preceptorship are somewhat limited during the school year, students tend to take advantage of breaks by taking "working" vacations either back home or in some sunnier climate. It necessitates taking a nice set of clothes on the adventure and

opting, on some days, for an office over the beach.

I took such an adventure to Hawaii when I was a student. Doctors on both Hawaii's Big Island and Kauai generously opened their practices for me to learn. I recall being impressed and wondering if I would ever be as comfortable or at ease as these doctors. Of course the entire experience was infused with the "aloha spirit," so being at ease was a given. On that trip I met several wonderful NCNM alumni: Dr. Michael Traub ('81), Dr. Steven Dubey ('80), Dr. Miles Greenberg ('89) and Dr. Catherine Downey ('79).

Visiting Dr. Traub's two clinic locations on the Big Island—his private office in Kona and at the North Hawaii Community Hospital (NHCH) in Kamuela—was a memorable experience. Little did I

know at the time how influential Dr. Traub has been in the naturopathic profession and what a pioneer he is. He's been President of the AANP, Chair of the ND task force for the White House Commission on CAM policy, Chair of the Hawaii Board of Naturopathic Examiners, President of the Homeopathic Academy of Naturopathic Physicians, and President of the North American Board of Naturopathic Examiners, to name a few of his leadership positions. He was also the first naturopathic physician in contemporary times to be appointed as hospital staff at NHCH.

Dr. Traub has contributed so much--and has undoubtedly crossed the Pacific Ocean countless times--to grow the profession. All the while he has maintained his commitment to patient care. The Hawaiian Island Journal's "Best of Hawaii Island 2005" named him the leeward "Best Alternative Medicine Practitioner." Additionally Dr. Traub has joined Balance Restored Center for Integrative Medicine in Greenbrae, California to the benefit of mainland patients.

His expertise, as well as his gentle and caring manner, was what struck me the most on that preceptorship several years ago. It was obvious that his patients loved and respected him. His disarming manner helped me to feel comfortable and allowed me the sense that I actually knew a couple of things--so important for a fledgling student-doctor.

It does in fact "take a village" to create a naturopathic doctor. We can all be grateful to our teachers, mentors, and preceptors who share their knowledge and sometimes their practices to help us in the process.

In Memoriam

"The soul would have no rainbow if the eyes had no tears." ~ Native American Wisdom ~



Deborah Peters Barrett, ND, NCNM Class of 1990, known also by her Sanskrit name, Diipali, died on Thursday, November 5, 2005 at her home in Portland. She was 53 years old and had been a Portland resident for the last 20 years.

She was born in Durham, North Carolina and was raised in Chapel Hill, where her parents were both physicians at the University of North Carolina. She moved to La Jolla, California with her family for her senior year of high school. In 1974 she received her bachelor's degree from University of California at Santa Cruz, with a double major in chemistry and biology. She worked for several years in Los Angeles as a chemist and there became involved in the Ananda Marga Church, an organization that continued to be a significant part of her community until her death.

In 1985, Diipali moved to Portland to enroll at National College of Naturopathic Medicine (NCNM). She earned her doctorate in 1990 and, following a residency in natural childbirth, had a private practice and served as a clinic physician with Planned Parenthood, before returning to the College to teach. Diipali served as an NCNM faculty member for more than 10 years. She served as the Chair of the NCNM Faculty Senate for four years. NCNM students repeatedly nominated her for faculty appreciation awards, including Docere, Leadership, Benedict Lust, Transformation, and Helping Hand, and she was a recipient of the Tender Heart Award. She was active in many community organizations as well as volunteering at Franklin High School and Mt. Tabor Middle School.

Diipali has been a strong, independent-minded, compassionate person and has cared deeply for her children and family as well as her friends and community. She has always shown a brilliance of energy, a vast "collection of light", as her Sanskrit name, Diipali, means.

Diipali is survived by her husband, Richard Barrett, ND and her sons, Harper and Alec Barrett of Portland, Oregon; her father, Richard M. Peters, MD; two sisters, Barbara Peters, MD, and Joan Peters; and a brother, Richard M. Peters, Jr., MD; all of California.

In recognition of her dedication to education and the pursuit of knowledge, a scholarship fund at NCNM has been established in Dr. Diipali Barrett's honor. Contact Susan Kay Hunter, Office of Advancement, shunter@ncnm.edu, (503) 552-1512 for more information.

Your Health Matters!

Seven Rules for Good Nutrition

Eating well is one of the keys to regaining and keeping optimal health. Below are seven rules to help guide individuals and families toward a healthier diet and better nutrition. These principles are excerpted from materials by two NCNM alumni, Dr. Vicky Crouse and Dr. James Reiley. *

The seven rules for good nutrition are:

- ◆ Eat to live, not live to eat; eat food to nourish your body.
- ◆ Eat foods grown locally and during the season they are most plentiful.
- ◆ Eat nothing that won't spoil, but eat it before it does.
- ◆ Eat a variety of foods, but not all during the same meal.
- ◆ Be moderate and temperate in everything you eat and how often you eat it.
- ◆ Eat and chew your food correctly, take your time and enjoy the meal.
- ◆ Avoid foods with high toxic contents and residue: beware of growth hormones and pesticides.

Sometimes, no matter how much care we take with our nutrition, we still come down with winter colds and flus. In case you do get a cold this winter, try this recipe for wellness:



Garlic Soup for Colds and Coughs



- 8 cups water
- 2-3 Tbsp miso paste (a salty fermented soybean product)
- 3 carrots, sliced
- 1 white onion, chopped
- 2 Tbsp grated gingerroot
- 1 bunch kale, washed and shredded
- 1 bulb of garlic (15 pieces) peeled and crushed

Place carrots, onion and miso in the water and bring to a slow simmer. Continue simmering until onions are translucent and carrots are beginning to get soft. Add the garlic and the kale, reduce heat to the lowest possible setting and keep soup warm for another full hour. Use the soup as the main source of nutrition for a day, eating very sparsely otherwise. Take vitamin C and several baths as hot as you can stand them. The sulfur compounds in garlic volatilize and are excreted through the lungs. Because of to garlic's expectorating and antimicrobial activity, it can help lung congestion and infections.

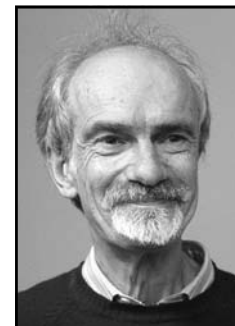
*Crouse, J. & Reiley, J. (1998-2005). Food & Nutrition Section. November 9, 2005, Natural Medical Protocols
 Recipe donated to National College of Naturopathic Medicine Cookbook by Dr. Jill Stansbury, Professor of Botanical Medicine at NCNM.
 Copies of the cookbook are available in the bookstore.

Librarian Friedhelm Kirchfeld Retires

By Michael Owens

Friedhelm Kirchfeld, NCNM Librarian of 27 years, retired September 30, 2005, while being celebrated by alumni, faculty, students and staff. Starting in 1978, he was the first librarian ever hired by a naturopathic college. During his tenure, he procured more than 1500 materials for the Rare Book Room, developed the heading system NASH for researchers and was the senior author of *Nature Doctors: Pioneers in Naturopathic Medicine*, co-written with Dr. Wade Boyle.

On October 24, 2003, the NCNM Board of Directors honored Friedhelm for his 25 years of service with the renaming of the Rare Books Room Collection to the Friedhelm Kirchfeld Rare Books Room Collection. A photograph of Friedhelm will hang in this room. On his last day at NCNM, Friedhelm was honored once again with a scholarship established in his name. As Dr. William Keppler, NCNM President, said at the ceremony, "Thank you from all the 1,500 plus graduates of NCNM, faculty, staff and students. We honor you, but you also honor us by what you have accomplished in your life and for making a difference in the professional and personal lives of our alumni." Congratulations, Friedhelm! We will miss you!



Friedhelm Kirchfeld

President's Corner: Gratitude for 1,000 Friends of NCNM



Dr. William Keppler, President

As NCNM nears its 50th birthday, the board, faculty, staff and I are working hard to make a reality of the vision we set out to accomplish when I first came to NCNM in January 2003. That vision is to have a fully accredited and fully funded institution by 2007. My friends, alumni and colleagues, accreditation is well in hand! NCNM has received five years of re-accreditation by the Accreditation Commission on Acupuncture & Oriental Medicine (ACOM), five years of institutional accreditation from the NW Commission on Colleges and Universities (NWCCU), and we are awaiting word from the Council on

Naturopathic Medical Education (CNME) with great hopes to again receive their award of five years of accreditation of our naturopathic medical education program.

We can now set our sights toward "fully funded institution." To that end, I'd like to report that student enrollment is up by 20% this fall, the NCNM budget is balanced and includes reserves. We have purchased the Natural Health Center at First Avenue for \$1.5 million. We are turning our attention to fund raising. We will again have our annual gala auction on Saturday, May 20 at the Governor Hotel. Right now we are undertaking a campaign for **1,000 Friends of NCNM**.

I want to personally thank the 63 donors who have already joined **1,000 Friends of NCNM** during this fall campaign. For many, this is their second year of membership in this campaign. Last year, 113 people joined **1,000 Friends of NCNM** and together invested nearly \$30,000 in NCNM. Well done! All monies are restricted for use by faculty and students to purchase an SIS system – software that will allow scheduling of classes and clinic shifts online, faculty will be able to post their class notes online, alumni will be able to find each other online and the system will allow the creation of common databases for all NCNM departments. Thanks again to the following members:

Hilary Back, ND, MSOM
Pauline Baumann, ND
John Bender, ND
Michael Bergkamp, ND, LAc
Kenneth & Jeanne Bergsma
Rita Bettenburg, ND
Chris Booren, ND
Gerald Bores
Prudence Broadwell, ND, LAc
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Alexandra Demetro, ND
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NCNM Research Moves Into the Spotlight

By Sarah Spring



With 22 funded projects involving 60 students and three post graduate fellows, plus 14 recent grant proposals, the Helfgott Research Institute at NCNM is at the forefront of naturopathic college research programs. In a survey of incoming students this year, 60% reported that their decision to enroll at NCNM was "strongly influenced" by the quality of the research department.

"We are training the natural medicine researchers of the future", says department director Dr. Heather Zwickey. She notes that doctoral students and post graduate fellows are conducting studies on a range of topics including metabolic syndrome, visualization and imagery as treatments for breast cancer, dementia, and uses of botanicals. Students and post graduates have received grants, presented their findings at meetings, and published papers on their projects.

- ◆ Two of the current studies, funded through the National Institutes of Health, are Metabolic Syndrome and Conditioned Healing.
- ◆ A new study, set to begin recruiting for subjects in January, involves use of an anti-inflammatory diet for treatment of Type II Diabetes.

Three years ago, the NCNM program had one part-time staff member, two assistants, and only a few projects underway. Now it's an official department of the college with three senior investigators, one investigator, three post doctoral fellows, several project coordinators, and a grants coordinator.

A Family Affair continued from page 1...

by the other 48 naturopathic colleges that had existed in the United States since the turn of the century. Although Western States kept its chiropractic program, canceling its naturopathic program meant the end of naturopathic medical education in North America.

Sensing the magnitude of the loss and refusing to accept the end of naturopathic medicine, because, as he told me, "Honey, the need for this medicine is too great for there not to be a college of naturopathic medicine," Dr. Spaulding borrowed a car from his brother-in-law Dr. Peterson and traveled from Portland to Chicago, to North Carolina, Florida, Georgia, Texas, New Mexico, Arizona, California, and back to Oregon. He collected money and pledges of support from naturopaths across the country—to the tune of \$100,000. Today that would be more than \$3 million!

Triumphantly, Dr. Spaulding returned to Western States to show the president the support for continuing the ND program, but to no avail. The president refused to accept the gift and ended the program. Within days, Dr. Spaulding contacted Drs. Bleything and Stone, who agreed to accompany him to Salem, Oregon. On May 28, as they were driving to Salem, the discussion in the car was not whether to start a college, but what to name it. National College or Northwest College of Naturopathic Medicine was the toss-up they discussed.

Once NCNM was established, Dr. Spaulding stayed on to serve as the first board chair, and purchased an office for the fledgling college near SE Hawthorne and 12th Avenue. His efforts had paid off and NCNM was launched, but his wife Florence had suffered from his absence and insisted the family move to Alaska.

They moved to Fairbanks where he started a practice, which is still going. They homesteaded 160 acres by themselves. After Florence died, Dr. Spaulding remarried and had another son, Frank Spaulding, Jr. Mr. Spaulding is an assistant district attorney in Fairbanks. Dr. Spaulding's other children also live in Alaska.

In June 2005, NCNM gave its first honorary degree to Dr. Frank Spaulding—Honoris Causa, Doctor of Laws—for his outstanding service to the profession. He became a member of the class of

2005. As we were walking to the stage in Arlene Schnitzer Concert Hall, he looked out and said, "Honey, I never knew there were this many naturopaths in the world!" I whispered back to him, "It would never have happened without you!"

Dr. Spaulding's vision of 50 years ago created NCNM—the flagship of naturopathic medicine. All other naturopathic schools have since been founded by NCNM alumni. NCNM alumni have gone on to write most of the major texts on naturopathic medicine and have distinguished themselves as faculty of other naturopathic colleges. More than 1,400 physicians have graduated from NCNM thanks to Dr. Frank Spaulding's boldness and determination.



l-r: Claudia Peterson, Ken Peterson, Susan Kay Hunter

Dr. Spaulding's nephew and his wife, Ken and Claudia Peterson—my cousins, too—generously stepped forward the morning of NCNM's graduation, June 28, 2005, to honor their uncle. They offered \$100,000 from the Peterson Family Foundation in honor of Dr. Spaulding's original fundraising efforts on behalf of NCNM in 1955–56. Mr.

Peterson, an attorney who graduated from Willamette University, lives with his wife and family in Vancouver, Washington, and is the CEO of Columbia Ventures Corporation. The \$100,000 is one of the largest gifts ever given to NCNM and will go into the NCNM endowment. In 20 years it will double, and by the time NCNM is 100 years old, the endowment gift will have grown to between \$750,000 and \$1 million.

My job at NCNM is to raise money. It's one I have done faithfully for three and a half years now. The first year I raised \$250,000, year two, \$350,000 and last year, \$390,000.

Though I didn't know it when I came here, raising money—asking people to invest in NCNM, advancing NCNM—is a family thing! Today and every day, I take up that task, gladly. I invite all of you to join me in thanking and honoring Dr. Spaulding for his dedication. Please thank the Petersons for their deeply kind contribution, and join me as we build the next 50 years of NCNM. Be as generous as you can and invest in NCNM through *1,000 Friends of NCNM* campaign, a scholarship or library donation, or an endowment gift.

Scott South continued from page 1...

Scott South

support and attention to detail during difficult times. Earlier in the day, the board joined with NCNM faculty, students, and staff for a ceremony to dedicate the Scott South Conference Room at the College in his honor. The board also named Mr. South as an emeritus board member and inaugural chair of the newly-established Board of Regents.

In accepting the new positions, Mr. South told the board that, "in 1995, I could not envision the success of NCNM, how much it would influence my life and how warmly the NCNM community would make me feel part of the NCNM family. I am honored to be able to continue helping NCNM by planning to start the NCNM Board of Regents, which will further promote the values NCNM has to offer to the individual and the community."

He noted that, "The College has made some marvelous changes. The executive leadership and the Board of Directors, especially with the new members, are strong and committed to future growth and successes of NCNM. I am glad to move on knowing that NCNM is healthy and well. I am deeply honored to be named Board Emeritus and for the recognition of naming a conference room in my honor."

In addition to serving as immediate past chair of the NCNM board, Mr. South previously served as board treasurer. He is the CEO of Stevens Water Monitoring Systems, Inc., a manufacturer of sensors, data loggers, and satellite communication instruments for the water and environmental monitoring market.



News Briefs...

CCM News

NCNM Classical Chinese Medicine Department has good news this fall! A new associate dean has been named: Laurie Regan PhD. Eight new faculty have been hired: Sheila Murphy, DC, Gary Weiner, ND, Ed Neal, MD, Pikshan Ko, John Koo, David Ford, LAc, Ann Holland, ND, and Bill Frazier, LAc. What is prompting so many new faculty you may ask? Well, the Classical Chinese Medicine Department is growing. Nineteen new MSOM-only students were enrolled in the program of study this past September. A total of 57 MSOM-only students are now enrolled in the Master's of Science in Oriental Medicine (MSOM) and 74 naturopathic medical students have been accepted into the MSOM program and will receive dual degrees.

AANP Names Physician of the Year: Dr. Todd Schlapfer

Dr. Todd Schlapfer, NCNM Class of 1983 and chief physician Coeur d'Alene Healing Arts, was named Physician of the Year by the American Association of Naturopathic Physicians (AANP) at their August 27, 2005 banquet dinner in Phoenix, Arizona. Dr. Schlapfer led the historic and successful battle for licensing of naturopathic physicians in the state of Idaho. In the spring of 2005, Idaho became the 14th state in the United States to license naturopathic medicine after six years of very hard work. Dr. Schlapfer said, "It is easy to express my gratitude and I was deeply touched by the award. Credit is due to my wife, Kate, my remarkable clinic staff and my Idaho colleagues. I joyfully accepted the award on behalf of our reliable and sage ethic of *vis medicatrix naturae*."

AANP President's Award: Dr. Don Warren

Dr. Don Warren, NCNM Class of 1984, immediate past President of the Council on Naturopathic Medical Education (CNME) and Canadian physician, was given the prestigious President's Award by the American Association of Naturopathic Physicians (AANP) at their August 27, 2005 banquet dinner in Phoenix, Arizona. According to Dr. Bill Keppler, NCNM President, "I served with Dr. Warren on CNME for four years and came to know and work with him. He is a superb leader, highly ethical, and a recognized leader in naturopathic medical education."

NCNM Gains New Board Members

Two new members joined the National College of Naturopathic Medicine (NCNM) Board of Directors at the quarterly meeting in Portland on November 4, 2005. At the same meeting, a longtime supporter of the College was honored as he ended his third and final term on the board.

Board Chair Dr. Pauline Baumann welcomed Mr. Randy Leavitt, and Dr. David Zava.

Mr. Randy Leavitt, MBA, is the founder and president of Bull Moose Development Company, with commercial, industrial and residential real estate properties in California, New York, Colorado, and Hawaii. His wife, Kasha recently completed her Doctor of Naturopathic Medicine (ND) degree at NCNM. They live in Santa Cruz, California.

Dr. David Zava, PhD, a frequent lecturer at NCNM, is the Chief Executive Officer of Zava Research and Technology (ZRT) in Beaverton. The company is involved in breast cancer research. Since its founding in 1998, ZRT has grown to more than 100 employees. The company uses robots to run lab tests on saliva and blood to determine hormone levels. ZRT helps fund a Women's Health Residency at NCNM.

The board's day on campus began with a breakfast attended by NCNM board and staff, followed by a ceremony in which the second floor conference room at NCNM was officially named after Scott South, in recognition of his nine years of dedicated board service and instrumental role in promoting improvements to the College. Fellow board members joined President Bill Keppler in thanking Mr. South for his commitment to the College and its mission.

Upon leaving the board as mandated at the end of this third three-year term, Mr. South was immediately inaugurated as a Board Member Emeritus of NCNM and inaugural member of the newly established NCNM Board of Regents.

The next NCNM board meeting is set for January 20, 2006.

nutraMetrix: A Blue Ribbon Business!

nutraMetrix, along with 22 other Blue Ribbon Businesses, proudly supported and sponsored the 2005 NCNM Auction. nutraMetrix is a new line of products for health professionals and offers a DNA Gene SNP. The genetic tests analyze DNA, diet, lifestyle and nutritional supplementation using a proprietary software program to generate a highly personalized report and an action plan that will help patients manage potential health risks associated with heart health, B vitamin use, bone health, antioxidant use, detoxification pathways, inflammation, and insulin resistance.

Nutrigenetics refers to the interaction between genes, diet and lifestyle. Individuals inherit genes which may put them at higher risk of negative health conditions, but may be able to alter diet or lifestyle to significantly reduce the risk of developing various common health conditions. nutraMetrix also offers a line of Isotonic products which allows for a delivery system that maximizes absorption.



For more information regarding nutraMetrix please contact Suzanne Stradley (503-702-0229) or Dr. Carl Bonofiglio (503-297-7959). Please support the businesses that support NCNM!

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NCNM Calendar 2005-2006

Dec	8	Breakfast with the President, 7:30am - 9:00am. For more information, contact Susan Kay Hunter, (503) 552-1512
Jan	2	NCNM Winter term begins
	6	<i>Student For a Day</i> , to attend or assist, contact our Office of Admissions, (503) 552-1660
	16	Martin Luther King holiday. Campus closed
	20	NCNM Vendor Fair
Feb	9	Breakfast with the President. 7:30am - 9:00am. For more information, contact Susan Kay Hunter, (503) 552-1512
	11	Specialty Clinic - Heart Health: Training in heart math, respiration, cardiology exams, (503) 552-1551
	25	Specialty Clinic - Heart Health: CCM Hypertension treatments, (503) 552-1552

Events

Qigong/Taiji

Community Classes are ongoing and can be joined at any time. Classes meet in the Qigong space upstairs at 2232 NW Pettygrove St. and are \$12 per drop-in class, or \$10 per class (4-10 classes) if **prepaid**. Please wear comfortable clothing.

- Mondays** 6:00-7:15 PM, Taiji chuan, Wan
- Tuesdays** 5:30-6:45 PM, Beginning Qigong, Staudt
- Wednesdays** 9:30-10:30 AM, Beginning Qigong, Carew
- Thursdays** 6:00-7:00 PM, Beginning Qigong, Ferruzza

Subject to change. Qigong information line: 503-552-1825

Keeping in Touch

Staying connected with our alumni and friends is one way we can inform you of upcoming events, NCNM news, naturopathic and Chinese medicine news, as well as our Continuing Education schedules. To inform NCNM of your **new** whereabouts, simply e-mail us at **AlumniAndFriends@ncnm.edu** or call (503) 552-1625. Also, if you're an alumni and would like to be listed as a practitioner referral on NCNM's website, a free service, we'll be glad to help you boost your business! You can now update your contact information using our online update form. Simply go to **www.ncnm.edu**, click on *Alumni & Donors* then *List My Practice Online*.



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In future newsletters, I would like:

- Alumni whereabouts/updates
- Articles about healing and health
- Articles on growing your practice
- To write a short article

I would like to be contacted as a referral for prospective students.
 I would like to be a practitioner referral on NCNM's website.

Business contact info:

Specialties: _____