

NCNM NEWS

for the alumni and friends of NCNM



QUARTERLY NEWSLETTER

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE

PORTLAND, OREGON

SUMMER 2004

DR. WILLIAM J. KEPPLER, PRESIDENT

SUSAN K. HUNTER, DIR. OF ADVANCEMENT



Sally LaMont, ND

121 Students Graduate from NCNM with Natural Medicine Degrees

The National College of Naturopathic Medicine (NCNM), North America's oldest naturopathic four-year medical college, held its 47th commencement exercises on June 28, 2004, graduating 121 physicians and practitioners. Seventy-four students graduated with Doctor of Naturopathic Medicine degrees (ND), 10 with Master of Science in Oriental Medicine (MSOM) degrees and 37 with dual degrees in classical Chinese and naturopathic medicine.

NCNM alumna, Dr. Sally LaMont ('81), was the featured commencement speaker. She is the former Executive Director of the California Association of Naturopathic Physicians and received the 2001 "Physician of the Year" award from the American Association of Naturopathic Physicians for her political advocacy work for the profession.

Last year, Dr. LaMont victoriously spearheaded the efforts to pass legislation in California -- known as the Naturopathic Act -- to extend licensure to clinically trained naturopathic doctors. Senate bill 907 was signed by Governor Gray Davis in September, 2003 and took effect in January, 2004. Her leadership in the passage of this legislation was crucial, pulling together a grass roots campaign, speakers, testimony, public relations, and funding. Her boldness and dedication to the naturopathic profession will allow countless individuals and families the opportunity to embrace natural approaches to health care in California.

Congratulations Class of 2004!!!

NCNM's heartfelt congratulations go out to each of our graduates. We are confident that you will bring healing and good health to thousands. The legacy and gifts of natural medicine are in good hands. *Congratulations and Best Wishes from NCNM!*

Masters of Science in Oriental Medicine (MSOM)

Anita Alkek
Martha Edmonds Allen
Lakshmi Susan Andersen
Aaron Annis
Jessica Leigh Atkins-Wheeler
Stephanie Bekooy
Eric Michael Blake
Anita B. Brown
Terry Lee Cookson
Patricia Jean Cushman
Dara Clair Daniels
Lynne Catherine David
Katherine Denise Delleney
Stacy Elizabeth Dunn
Tooba A. Durrani
Tracey Ellison

Tara Finley
Melanie Finnipot
Diana Gonzalez
Cristin C. Gregory
Catherine M. Gurski
Toby Kyle Hallowitz
Brenda Harris
Kimberly Hindman
Ann Marie Holland
Christopher E. Hollis
Keván Quoc Huynh
Justin Yohalem Ilsley
Evana Jo Katahdin
Jorge Kaufmann
Robert B. Kellum, PhD
Patricia Kim
Eliza Klearman
Angela Patricia Lambert, ND
Douglas A. Lavergne
Dale Kyu Lee
Alfred M. Lisanti

Robert T. Madda
Katina L. Martin
Christopher McMillan
Christopher Metro
Deirdre Orceyre
Cara Marie Phillippo
Rebecca Luna Provorse
Eliza Rowley
Lisa Louise Shaver
Erika Ballen Siegel
Amy Marie Voishan
Joanne Y. Wu

Doctor of Naturopathic Medicine (ND)

Rebecca Elizabeth Akin
Martha Edmonds Allen
Abdullah O. Alqshere
Rose Arouh
Adriana Azcarate Padilla
Aimee Bachelier

Carrie Baldwin-Sayre
Holly Beckwith
Alicia Bigelow
Eric Michael Blake
Gene Logan Bowman
Lorraine Caron
Leigh Ann Chapman
Laika Rodriguez Colón
Elizabeth H. Conway
Terry Lee Cookson
Jill D. Cooper
Matthew B. Cowan
Patricia Jean Cushman
Gail Daly
Lynne Catherine David
Jamie Michelle Davis
Amy T. Day
Michele Deisering
Joshua M. Donaldson
Stephanie Jo Draus
Stacy Elizabeth Dunn
Tooba A. Durrani

Rami H. El-Hussieny
Tracey Ellison
Jacqueline S. Engel
Joanne M. Feaster
Sara Featherstone
Alison J. Finger
Tara Finley
Leslie C. Fowler
Mary Fry
Dennis Godby
Susan Carol Godwin
Natalya Golovanov
Michael Gravett
Thomas Griffith
Catherine M. Gurski
Angela Hageman
Toby Kyle Hallowitz
Crystal Hannan
Cecilia Mamby Hart
Shawna L. Hasel
James Hermes

Please see "Graduates" page 2

Graduates continued - Doctor of Naturopathic Medicine (ND)...

Kimberly Hindman	Farah Matin, MD
Wendy Hodsdon	Jacqueline McGrath
Melissa Red Hoffman	Christopher McMillan
Ann Marie Holland	Christopher Metro
Christopher E. Hollis	Martha Muñoz Ferro
Keván Quoc Huynh	Rachel Roberts Oppitz
Justin Yohalem Ilsley	Deirdre Orceyre
Evana Jo Katahdin	Michael Wayne Owen
Jorge Kaufmann	Kelly Boyden Owens
Jessica L. Keeley	Tabatha Sue Parker
Derenda Wiemer Keller	Jessica A. Pecorino
Robert B. Kellum, PhD	Natalie Pedro
Eliza Klearman	Shawn Marie Peters
Roman Krupa	Cara Marie Phillippo
Arcoma L. Lambert	Cathy A. Picard
Douglas A. Lavergne	Mandy Bre' Powell
Dale Kyu Lee	Rebecca Luna Provorse
Paloma Leiderman, MD	Maria Louise Putney
Linne' T. Linder	Kelley Renee Reis
Alfred M. Lisanti	Meghan Richmond
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Vision

By 2006, our 50th anniversary, NCNM is a fully funded, accredited institution with the highest caliber programs and facilities.

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Oaths

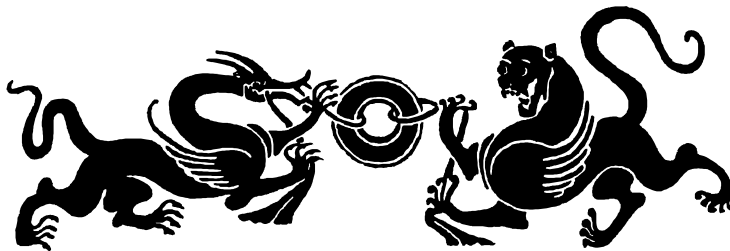
Classical Chinese Medicine Oath

I promise to follow the way of the great physician. I will serve to live in harmony with nature, and teach my patients to do the same.

I will stay calm and completely committed when treating disease. I will not give way to personal wishes and desires, but above all else hold and nurture a deep feeling of compassion. I will be devoted to the task of saving the sacred spark of life in every creature that still carries it.

I will strive to maintain a clear mind and be willing to hold myself to the highest standards. It will be my duty to diagnose sufferings and treat disease. I will not be boastful about my skills and not driven by the greed for material things. Above all, I will keep an open heart. As I move on the right path I will receive great happiness as a reward without asking for anything in return.

Adapted from The Great Physician
 By Sun Simiao (581-682)



Naturopathic Medicine Oath

I dedicate myself to the service of humanity as a practitioner of the art and science of naturopathic medicine.

I will honor my teachers and all who have preserved and developed this knowledge and dedicate myself to supporting the growth and evolution of naturopathic medicine. I will endeavor to continually improve my abilities as a healer through study, reflection, and genuine concern for humanity. I will impart knowledge of the advanced healing arts to dedicated colleagues and students.

Through precept, lecture, and example, I will assist and encourage others to strengthen their health, reduce risks for disease, and preserve the health of our planet for ourselves, our families, and future generations.

According to my best ability and judgment, I will use methods of treatment which follow the principals of naturopathic medicine:

First of all, to do no harm

To act in cooperation with the Healing Power of Nature

To address the fundamental causes of disease

To heal the whole person through individualized treatment

To teach the principles of healthy living and preventive medicine

I will conduct my life and the practice of naturopathic health care with vigilance, integrity, and freedom from prejudice. I will abstain from voluntary acts of injustice and corruption. I will keep confidential whatever I am privileged to witness, whether professionally or privately, that should not be divulged.

With my whole heart, before this gathering of witnesses, as a Doctor of Naturopathic Medicine, I pledge to remain true to this oath.

Contributors

A very special thank you to the contributors to NCNM News: LeAnna Covalt, Susan Hunter, Laurie McGrath, Michael Owens, Kate Williams

Where Are They Now?



From left to right: David Shefrin ('74), Richard Barrett ('86), Tamara Staudt ('98), Bozena Celnik ('98), Martin Milner ('83), Pamela Jeanne ('90)

Acquired from the 2003 AANP Convention, Alumni Reception August 14, 2003

Christine Girard ('97)

Director of Naturopathic Medicine, Cancer Treatment Centers of America and Southwestern Regional Medical Center, Tulsa, OK.

Scott Ferguson ('98)

I am enjoying a rewarding career with a private family practice and touring on a lecture circuit with Health Alliances International, an educational organization which I have co-founded with Dicken Weatherby, ND. I am also actively involved in writing naturopathic medical books and developing practice management tools.

Dicken Weatherby ('98)

Enjoying life on my organic farm in the wilds of Southern Oregon. Raising my 5-year-old son the naturopathic way – non-immunized, never had antibiotics, whole foods, and full of life and energy. Professionally, couldn't be better: writing, teaching, consulting, and spreading naturopathy and our philosophy worldwide. Had the opportunity to do a three-day training in London with my friend, colleague and business partner, Scott Ferguson, ND.

Jere High ('99)

Clinic Manager; part time practice at a community health center (FQHC).

Trevor Cates ('00)

Thad Jacobs, ND, LAc, and I recently opened the Santa Barbara Center for Natural Medicine.

Cynthia Bye ('01)

Cancer Treatment Centers of America Tulsa. Moving back to Portland in October 2003.

Mark Carney ('01)

I'm in southeast Denver, thoroughly enjoying my growing practice!

Mindy Cash ('01)

Love it! Busy practice and teaching some too. Gardens growing and Portland is working out great!

Raffaella Marcantonio ('01)

Marshall Lim and I moved to Buffalo, NY. We started our practice in October 2002, Natural Health Choices, and things are going pretty well. We offer family practice ND care and Chinese medicine. Currently, I'm the treasurer of the NYANP and Marshall is on the board of directors. We are trying to get the state licensed so keep us in your prayers! Our 4.5 year-old son, Antonio, is now over 50 lbs., 44" tall. We invite all our friends to come and see us. We live next to one of the seven wonders of the world – Niagara Falls. Love to all!

Jean McFadden-Layton ('01)

Currently in practice since 3-3-03 with my husband, Edward Peter Layton, LAc. The twins are 4.5 and getting bigger by the moment.

Mai Nguyen ('03)

Moving up to Washington to start a practice and a family.

Joyce Young ('03)

Most likely by October 3rd, I will be the 2nd ND in this country that will be certified as a lactation consultant working naturopathic miracles with breastfeeding moms.

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.

Fish Any One?

Alaska Smokehouse, 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

Bloom of Natural Health Auction a Big Success - Thank You!

On May 21st, NCNM held *The Bloom of Natural Health* at the beautiful and historic Governor Hotel. More than 230 revelers attended this second annual gala dinner auction. When the party was over, lights turned off, and the floor swept, we were simply thrilled to find a treasure trove for our efforts. More than \$180,000 was raised that night for NCNM including a matching gift from Don Helfgott for a special appeal for research. Not bad for only our second auction!

Call it beginners luck and **what good beginnings!** Of course, we are very grateful to the auction sponsors who provided much needed support: **Bezwecken, Biotics Research NW, Standard Process, Standard Homeopathic Company, and the Wine Cellar.** We are equally grateful to our Master of Ceremony, **Dr. Rick Kirschner**, for volunteering his time to entertain and enlighten us. Last, but not least, we are deeply appreciative of our auctioneer, **Steve Talbot** of Talbot Auctions, for his excellent auction planning advice and his playful, quick wit and audience friendly responses which helped us raise more money than we ever dreamed possible. We are also grateful to the **Rite of Spring** for their excellent acoustical music, which they generously supplied during the silent auction.

Auction net proceeds will be spent on:

Research – 51%

Labs, equipment and staffing for breakthrough scientific research studies

Scholarships – 17%

Merit scholarships for students, our future physicians

Faculty Innovations – 16%

Faculty development and innovations

Community Clinics – 6.5%

Quality primary health care to Multnomah County's underserved

President's Fund – 6.5%

Innovations to be decided by President Dr. William Keppler

THANK YOU to all who attended and donated items! Your support helped us grow in ways we had only dreamed of before now. Supporting our auction added the magic to make it come to life. Again, our sincerest thank you for your support of NCNM!

NCNM Founders Scholarships

The National College of Naturopathic Medicine awarded historic merit-based scholarships to 12 students this spring. The awards bear the name of Founders Scholarships, after the founders of NCNM, Dr. Frank Spaulding (first Chair of the Board), Dr. Martin Bleything, and Dr. Charles Stone, physicians who practiced naturopathic medicine in Oregon and signed the original charter establishing NCNM on May 28, 1956. This is the first year ever for such large scholarships - \$2,000 each. These scholarships were made possible through the generous contributions of NCNM supporters, including monies raised at the 2003 auction, *The Bloom of Natural Health*, and monies earmarked for use by the NCNM Institutional Lending Program under the leadership of Laurie Radford, Director of Financial Aid.

Also awarded this spring was the Fassler Leadership Scholarship given in memory of Wally Fassler, who was a Chevron executive, NCNM Board member, and proud parent of a naturopathic physician. The second year annual \$1,000 Fassler scholarship was awarded to Tabatha Parker.

Founders Scholarship award winners are:



Toby Hallowitz



Margaret
Hammit-McDonald



Robert Kellum



Elissa Mendenhall



Tabatha Parker
**Founders Scholarship
Fassler Leadership Award**



Terra Sowinski



Wendy Vannoy



Bradley West



Joanne Wu



Lori Young

Tom Griffith and Adriana Azcarate (not pictured) also received Founders Scholarships.

These awards are significant even for students who are graduating for they will use the money to buy equipment to help in setting up their practices as new physicians. Congratulations to all.

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*Kindness in words creates confidence. Kindness in thinking creates profoundness.
Kindness in giving creates love. ~ Lao-Tzu*

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Chris Thoman
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Art and Louise Torgerson
Rolf Torgerson
Joyce Tsongas
Mica Tsongas
Jennifer Tufenkian, ND
Dana Ullman
Arthur Vandembark
Karin Volkoff, ND, LMT
Shayla Waddell
Chad Wahjudi, MA, LMT
Mark Waller
William Wan
Susan Weakley
Kevin Westley
Zhongxian Wu
Susan Yirku
Carol Zamarra
Holly Zapf, ND

TOTAL IN-KIND GIFTS:
\$374,055

Not is it only more blessed to give than receive—it is also deductible.

~ Anonymous

2004 Making A Difference Awards

NCNM students began issuing *Making a Difference Awards* in 1998 to honor and acknowledge the extraordinary individuals in NCNM's community who have made a difference in the fields of naturopathic and Chinese medicine. In March of 2004, 20 Making a Difference awards were given to celebrate holistic medicine at NCNM and honor those efforts that have contributed significantly to the educational experience of students. The following are the categories and people receiving awards.

Leadership Award. This award is presented to individuals who have organized or initiated significant projects or developed their leadership to benefit NCNM.

Heather Zwickey, PhD, Director of Research
Wendy Vannoy - ND4

Tender Heart Award. This award is given to someone who shows great compassion or demonstrates a gentleness or sensitivity, which inspires others to do the same or someone who just makes being at NCNM a lot easier.

Brenda Lashbrook, Asst. to President
Lisa Shaver - Dual degree 6th year

Metamorphosis Award. This award honors those who have helped transform NCNM.

Heiner Fruehauf, PhD, LAc, Faculty
Tabatha Parker - ND4

Hua Tuo Award. This award is given in recognition of a famous Chinese physician of yore.

Rihui Long, MS, LAc, Faculty

Helping Hand Award. This award honors those who are always there when needed and ensure that whatever it is, it gets done.

Bethany Ebersole, Assistant to the Dean of Student Services
Joanne Wu - Dual degree 4th of 6 years

Inspiration Award. The award recognizes a great doctor, or someone who sets a strong example as an individual of how we would like to be someday.

Master Zhongxian Wu, Faculty
Robert Kellum, PhD - Dual degree 6th year

Zhang Zhongjing Award. The award recognizes a good Chinese scholar.

Youping Qin, PhD, LAc, Faculty



From L-R: Dr. Bob Kellum, Wendy Vannoy, Dr. Heiner Fruehauf, Tabatha Parker, Dr. Dick Tom

Limelight Award. This award recognizes someone who has been out in the community speaking on behalf of natural medicine, or in the public eye in the community or at school.

Susan Kay Hunter, Director of Advancement
Leigh Ann Chapman - ND4

Benedict Lust Award. This award is given to the enthusiastic person who embodies the principles of naturopathic medicine.

Dick Thom, DDS, ND, Faculty
Eric Blake, Dual degree 6th year

Doctor as Teacher Award. Reserved for one of the generous physicians who invites students into their practice

Satya Ambrose, ND, LAc, Faculty

Alumni Award. An alumna/us who has distinguished herself or himself in naturopathic medicine in some way.

Tori Hudson, ND, Faculty

Lifetime Achievement Award. This award is reserved for that member of our community who is literally a part of NCNM history, someone who has opened new ground and new opportunities for NCNM students.

Friedhelm Kirchfeld, Librarian

In-coming Student Scholarships Awarded

In June of 2004, 12 Presidential Scholarships were awarded to incoming ND and MSOM students. The amounts of the scholarships already awarded totaled \$30,500! NCNM's Office of Admissions has \$16,800 to give away by September to qualifying incoming students. These scholarships were made possible through the generous contributions of NCNM supporters, including monies raised at the 2003 auction, *The Bloom of Natural Health*, and monies earmarked for use by the NCNM Institutional Lending Program under the leadership of Laurie Radford, Director of Financial Aid. Congratulations to the Presidential Scholarship award winners:

- ▶ **Stefani Kovacovsky (\$3,000)**, Mount Holyoke College
- ▶ **Tammy Ashney (\$2,500)**, James Madison University
- ▶ **Amy Ginder (\$2,500)**, University of Nevada Reno
- ▶ **Christina King (\$2,500)**, Lewis and Clark College
- ▶ **Kelly Donohue (\$2,500)**, Boston College
- ▶ **Oksana Mulyukova (\$2,500)**, University of Georgia, Franklin College of Arts of Sciences
- ▶ **Laurie Larson (\$2,500)**, Goddard College
- ▶ **Nathan Garrettson (\$2,500)**, University of Oregon
- ▶ **Elle Kearns (\$2,500)**, College of St. Catherine
- ▶ **Holcomb Johnston (\$2,500)**, Middlebury College
- ▶ **Shani Ahronowitz (\$2,500)**, University of Maryland
- ▶ **Jennifer Karon-Flores (\$2,500)**, Smith College

**** NCNM is continuing to accept applications for fall 2004! Don't miss Student for a Day, July 16th! New student orientation is September 1-3. Contact our Office of Admissions, 503-552-1660.**



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NCNM Calendar 2004

Events

July 16 Student For a Day
Sept. 8-11 AANP Convention, Seattle, Washington
 13 First Day of Fall Term

NCNM is continuing to accept applications for fall 2004! Don't miss Student for a Day July 16th! New student orientation is September 1-3. Contact our Office of Admissions, 503-552-1660.

Qigong Classes

Community Classes - All qigong 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.

Tuesdays
 5:30-6:45 PM, Beginning Qigong (Staudt)

Wednesdays
 9:30-10:30 AM, Beginning Qigong (Carew)

No classes Monday, Thursday, Friday or Saturday

Subject to change, call for new summer term updates after July 1, 2004. 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 **AlumniAndFriends@ncnm.edu** or call 503-552-2002. Also, if you're an alumni and would like to be listed as a practitioner referral on NCNM's website, a free service, e-mail us and we'll be glad to help you boost your business! You can now update your contact information using our online update forms. Simply go to **www.ncnm.edu**, click on *Alumni & Friends* then *Alumni Information Update*.



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 Office of Advancement
 049 SW Porter St.
 Portland, Oregon 97201

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: _____