



# NCNM NEWS

for the alumni and friends of NCNM



QUARTERLY NEWSLETTER

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE

PORTLAND, OREGON

SUMMER 2005

DR. WILLIAM J. KEPPLER, PRESIDENT

SUSAN K. HUNTER, DIR. OF ADVANCEMENT

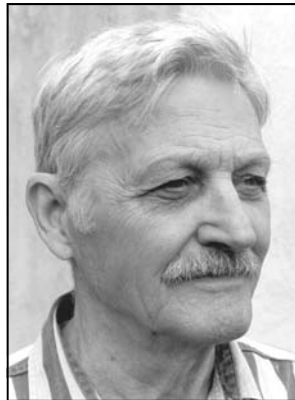
## 84 Students with Natural Medicine Degrees Graduate from NCNM

The National College of Naturopathic Medicine (NCNM), North America's oldest naturopathic four-year medical college, held its 48th commencement exercises on June 27, 2005, graduating 84 physicians and practitioners. Sixty students graduated with Naturopathic Doctoral (ND) degrees, eight with Master of Science in Oriental Medicine (MSOM) degrees, fifteen with dual degrees in classical Chinese and naturopathic medicine, and one Doctor of Laws *Honoris Causa*.

An NCNM alumnus, Dr. James Sensenig ('78), was the featured commencement speaker. He is an adjunct professor at Southwest College of Naturopathic Medicine where he teaches history and philosophy of naturopathic medicine. Dr. Sensenig is the founding President of the American Association of Naturopathic Physicians (AANP), founding President for the Institute of Natural Medicine (INM) and the founding Dean of the College of Naturopathic Medicine at the University of Bridgeport.

On the eve on NCNM's golden anniversary (1956-2006), the College honored one of its founders, Dr. Frank G. Spaulding of Fairbanks, Alaska. Along with W. Martin Bleything, ND and Charles R. Stone, ND, Dr. Spaulding signed the charter to create National College of Naturopathic Medicine on May 28, 1956 and went on to serve as NCNM's first Board Chair (1956-1960) and chief fundraiser. In recognition of his outstanding service to the College, the naturopathic medicine profession, and the community at large, he was honored with a Doctor of Laws degree.

Dr. Spaulding is the lead physician in a thriving private practice in Fairbanks, Alaska. Born in 1923, he has been a life long practitioner of naturopathic and chiropractic medicine in the Pacific Northwest, living and practicing medicine in Portland, Oregon, Seattle, Washington and Fairbanks, Alaska. Fairbanks has been his home more than three decades.



Dr. Frank G. Spaulding  
NCNM Co-Founder

NCNM was started on a shoe-string. There were no tuition or clinic revenues before it opened. Without pay, and taking time away from their practices and family, the founders of NCNM functioned as faculty, administrators and board members. To provide resources for the fledgling institution, Dr. Spaulding spearheaded an effort to solicit donations from naturopathic physicians throughout the country. He raised pledges of \$100,000 (in monthly installments) from physicians throughout the United States, from Chicago to North and South Carolina, Texas, Florida and Arizona.

When asked in November 2004 what propelled him to help found NCNM, he said, "The main thing that kept us going was the thought that the naturopathic profession would die if we didn't have a college to keep it alive. Everyone believed that the profession was on its way out. The only chance it had was if we started a school, because all other schools had closed. Western States Chiropractic College was the last one to offer the ND degree and it closed in 1955. Someone had to do it. I was anxious to do so, and if I were 50 years younger I would start another college for naturopathic medicine today, because there is a real need."

Dr. Spaulding is the last living remnant of the legacy which began NCNM. His bravery, sacrifice, and vision are staggering if viewed from the lens of 2005: his willingness to start a college from scratch when all 48 US naturopathic colleges had closed and his ability to fundraise and pull together the support to launch a national college are nothing short of phenomenal.

We are deeply indebted to Dr. Spaulding, who had not been recognized for his contribution to the founding of NCNM and his leadership through the early years. NCNM offered its heartfelt gratitude, in recognizing his heroic efforts, and treasures him for his valuable contribution to the founding of this College.

## Congratulations Class of 2005!!!

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!**



DOCTOR OF LAWS,  
*HONORIS CAUSA (LLD)*  
Frank G. Spaulding, ND

MASTER OF SCIENCE IN  
ORIENTAL MEDICINE  
(MSOM)  
Mark Harper Arouh  
Arden Caley Baker  
Joshua David Berka

B. Winston Cardwell  
Jennifer Chen  
Tracey Ellison, ND  
Mari Greenly  
Melanie Ann Henriksen  
Daniel Katz

Carla Yvette Kreft  
Pamela Ruth Law  
Paul Lewis  
Jessica Blaise Lipham  
Chiaoli Lu  
Jaymie F. Mackler

Cara Glynn Morgan, ND  
Sasha Rose  
Allison Siebecker  
Arthur Andre Swanson  
Maureen Tighe  
William Wan

Class of 2005 continued on page 2...

Class of 2005 continued...

**MSOM (CONT'D)**

Wendy Weintrob  
Meaghan Hall Woodruff

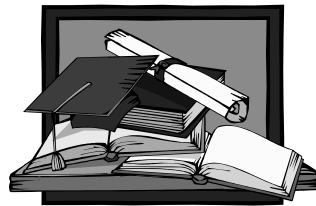
**DOCTOR OF NATURO-  
PATHIC MEDICINE (ND)**

Olanrewaju Adetula  
Maki Aoki  
Jennifer Ash  
Arden Caley Baker  
Allison Rae Becker  
Joshua David Berka  
Jessica Bramstedt  
Julie Brush  
Paulina Marie Caban  
B. Winston Cardwell  
Anthony Joseph Carvalho  
Jennifer Chen  
Diana Christoff Quinn  
Dana Churchill  
Nicole Converse  
Hilary Costello  
Jennifer Elizabeth Curtiss  
Danielle Dechenne  
Jennifer Leigh Dunn

Tracy Edinger  
Kara Noel Fitzgerald  
Diann Frease  
Brian Ginsburg  
Melanie Ann Henriksen  
Dianna Henson  
Jennifer Lee Hicks  
Amanda Hicks  
Anne Catherine Jacobs  
Carrie Elizabeth Jones  
Caroline Kaiser  
Charlene Kannankeril  
Kamilla Kerstenetsky  
Lisa Rae Kopp  
Richard Miller Krebs  
Carla Yvette Kreft  
Georgia E. Kyba

Pamela Ruth Law  
Katarzyna Leavitt  
Livia Lee  
Brett Lieberman  
Jessica Blaise Lipham  
Chiaoli Lu  
Jaymie F. Mackler  
Emily Mahar  
Teresita K. Martinez  
Jennifer Maurer  
Sarah McAllister  
Deborah Susanne McKay  
Elissa Mendenhall  
Margrit Mikulis  
Timothy Sean Murbach  
Sarah Murphy  
Valerie Netherland

Mia Peck  
Erica Elizabeth Peirson  
Katherine H. Pugh  
Cora Rivard  
Sasha Rose  
Angela Senders  
Amanda Jane Shallcross  
Allison Siebecker  
Juliette Soihl  
Alicia Anne Stiegler  
Arthur Andre Swanson  
Noel Thomas  
Judith Thompson  
Robin Thomson  
Maureen Tighe  
Krista Tricarico  
Trang Truong  
Shayla Marie Waddell  
Erica L Waters  
Carlotta Watson  
Wendy Weintrob  
Heidemarie Wittmann  
Meaghan Hall Woodruff



## 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.

Adopted by the American Association of Naturopathic Physicians (AANP) in 1992

# Bloom of Natural Health Auction a Big Success - Thank you!

On May 20th, NCNM held its third annual gala dinner auction, *The Bloom of Natural Health*, at the beautiful and historic Governor Hotel. When the party was over, lights turned off and the floor swept, we were simply thrilled to find a treasure trove for our efforts. Over \$125,000 was raised that night and the net proceeds will go toward NCNM's community clinics, scholarships, faculty and research. Over 420 people attended the gala; a good turnout for only the third auction in NCNM's 49-year history!

This year, 23 corporations stepped up to sponsor **Blue Ribbon Vendor** tables. We are most grateful to them. Please support the companies that support NCNM. They are:



*Bezwecken*  
*American Specialty Health*  
*Biogenesis Nutraceuticals, Inc. & Biocodex*  
*GMAC Mortgage, Inc.*  
*Integrative Therapeutics, Inc.*  
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*Thorne Research, Inc.*  
*Vital Nutrients*  
*Wellness Naturals*  
*ZRT Laboratory*



We are very grateful to three other donors who provided much needed support: **Biotics Research**, the **Wine Cellar** and the **Rite of Spring**. We are equally grateful to our Master of Ceremonies **Mr. Matt Zaffino**, KGW Meteorologist, for volunteering his time to entertain and delight us. Last, but not least, we are deeply appreciative of our auctioneer, **Mr. Steve Talbot** of **Talbot Auctions**, for his excellent auction planning advice. His playful, quick wit, provoked audience-friendly responses that helped us raise more money than we dreamed possible.

Auction net proceeds will be allocated to:

**Community Clinics – 30%** Quality primary health care to Multnomah County's underserved  
**Scholarships – 30%** Merit scholarships for students, our future physicians  
**Faculty Innovations – 20%** Faculty development and innovations  
**Research – 10%** Labs, equipment and staffing for breakthrough scientific research studies  
**President's Fund – 10%** Innovations to be decided by President Dr. William Keppler

**THANK YOU to all** who attended, all who donated items for us to sell, and to all who volunteered their time! Your support of our auction added the magic of making it come to life.

## In Memoriam

*"The soul would have no rainbow if the eyes had no tears."*

*~ Native American Wisdom ~*

**Dr. Erich Fleischman**, NCNM Class of 1983, died tragically in a river accident in May 2005. Dr. Fleischman was 50 years old and was married to Nancy Cunningham, a nutritionist. He was much beloved by his patients.

Dr. Fleischman was a member of **The Naturopathic Wheeling and Healing North American Bicycle Tour** that cycled across the USA in June 1983. In 11 months, the team of naturopathic physicians and family members, including Dr. Fleischman's wife, traveled over 12 mountain ranges from Oregon to Maine and back to Oregon, across 10,900 miles. They completed 100 lectures, distributed 20,000 NCNM brochures, had 36 TV/radio interviews, and had 13 news articles written about them. The Naturopathic Wheeling and Healing North American Bicycle Tour holds the distinction of the longest public relations campaign in NCNM's 49-year history.

His death is a huge loss to our community and to the profession. Dr. Fleischman practiced medicine for more than 20 years at his Naturopathic Medicine Clinic in Grants Pass, Oregon. His dedication and determination to naturopathic medicine will be treasured and his heroic public relations efforts will always be remembered.

# NCNM Awards Scholarships

## NCNM Founders Scholarships

The National College of Naturopathic Medicine awarded merit-based scholarships to 11 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 second year for these \$3,000 scholarships.

Also awarded this spring was the Fassler Leadership Scholarship given in memory of Mr. Wally Fassler, Chevron Executive, past NCNM Board chair, and proud parent of a naturopathic physician. This is the third year for the \$1,000 Fassler scholarship which was awarded to Jason Servatius, a 3rd year NCNM medical student, herbalist, and UC Berkeley and San Francisco State University graduate. Mr. Servatius was honored for his leadership as President of NCNM Student Government Association, his role in student recruitment, his public and written presentations on behalf of NCNM, his Spanish language tutoring, and his promotion of NCNM through the soccer team, **The Spirit Chasers**. He was founder and chair of the San Francisco Naturopathic Medicine Association in 2001. He plans to dedicate his practice to serving the Latino communities in California.

These scholarships would not have been possible without the generous contributions of NCNM supporters, including monies from Mrs. Vida Fassler and family and friends, monies earmarked for use by the NCNM Institutional Lending Program under the leadership of Laurie Radford, Director of Financial Aid, and the successful fundraising from the 2004 *Bloom of Natural Health* auction.

Founders Scholarship award winners are:



Tammy Ashney



Katrina Bogdon



Laura Enfield &  
Dr. Kepler



Leslie Fuller



Todd Maderis



Tristin Mock



Skye Nehs



Padma Raman-  
Caplan



Jason Servatius (with Dr. Kepler) – Founders Scholarship Fassler Leadership Award

Kelly Donohue, Deborah Nixdorf, and Katherine Peterson (not pictured) also received Founders Scholarships. These scholarship awards are significant and offer great encouragement to our students. ***Congratulations to all!***

## Incoming Student Scholarships

In June 2005, 22 Presidential Scholarships were awarded to incoming ND and MSOM students. The amounts of the scholarships awarded totaled \$39,500! Congratulations to these Presidential Scholarship award winners:

- ▶ **Kira Baum**, University of North Carolina, Chapel Hill
- ▶ **Jaie Bosse**, New York University
- ▶ **Anna Boyd**, University of Colorado
- ▶ **Nicole Calvano**, College of New Jersey
- ▶ **Cheryl Crowl**, Evergreen College
- ▶ **Haunani Chong**, Whitman College
- ▶ **Anneka Deacon**, Western Washington State University
- ▶ **Christine Edwards**, George Washington University
- ▶ **Erika Enos**, University of California, Berkeley
- ▶ **William Fiorella**, The New School
- ▶ **Melissa Henderson**, Princeton University
- ▶ **Orna Izakson**, University of Missouri
- ▶ **Liz Kaltman**, New College of California
- ▶ **Dana LaPointe**, Excelsior College
- ▶ **Kerri Meelia**, Colorado College
- ▶ **Sarah Ruppenthal**, University of Utah
- ▶ **Kathryn Taketa**, Brigham Young University
- ▶ **Hannah Thornton**, Florida International University
- ▶ **Jessica Van Dusen**, Alfred University
- ▶ **Abrienne Wiles**, University of Nevada
- ▶ **Katrina Wilhelm**, University of Utah
- ▶ **Kyla Zaro-Moore**, University of Minnesota

New student orientation is August 31<sup>st</sup> through September 2<sup>nd</sup>. Call NCNM's Office of Admissions: (503) 552-1660 for more information or go to our website [www.ncnm.edu](http://www.ncnm.edu)

## Contributors

A very special thank you to the contributors to NCNM News: Kelly Garey, LeeAnn Gauthier, Susan Hunter, Laurie McGrath, Scott Moore, Michael Owens, Charmaine Price, Laurie Radford, Melissa Stivers, Kate Williams

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# NCNM Bookstore Poised To Go Online

By Kate Williams



Hazel

Through its many iterations, the NCNM Bookstore surely conjures memories of exciting book titles, a drained wallet, or an enlightening conversation. Nearly two decades ago on the Market Street campus, two students gave birth to the then closet-sized repository for natural medicine texts. Not long after its inception, NCNM bought it and took over the operation. Until last fall, the NCNM Bookstore was developed and managed by Kathy Duerr. Last October, I took over the management along with Tania Wizotzke, bookstore assistant, and our most recent addition, Hazel, my animal companion and certified animal assisted activity dog.

We have rearranged textbooks by course number and labeled them by class—in college bookstore fashion. In the same inspired breath, we expanded the snack and beverage room, making more space for merchandise. We currently carry CD music, ND oath posters, and Wobble boards made by students. In the fall, we expect to expand student products with pottery, essential oils, and various herbal products.

The current project is getting the Bookstore online, making it simple for alumni and other physicians and healthcare practitioners to order and pay from anywhere in the world. The Bookstore page is expected go live this fall. Look for us online at [www.ncnm.edu/bookstore](http://www.ncnm.edu/bookstore). You will find images of book covers and merchandise, along with short descriptions. Credit card payment will be secure and your items will be shipped within two business days.

Our goal is to provide you with the full range of unique and common natural health care books—trade and technical—along with logo merchandise. Please keep us in mind when making your next book purchase. While you may be able to find what you are looking for elsewhere, your loyalty to NCNM's Bookstore is greatly appreciated. We depend on sales to fund this service, a service that goes beyond textbooks for students.

Until our online store is up and running, we encourage you to come in and shop, or if you are out of town, to call and order over the phone. The next time you shop with us, let us know that you are an alumnus/ae and we will give you a 10% discount. Thank you for your commitment to this medicine, to this way of life. You may contact me at (503) 552-1531 or [kwilliams@ncnm.edu](mailto:kwilliams@ncnm.edu).

## News Briefs...

### NCNM's Receives First NIH Grant

The National Institute of Health (NIH) awarded the Helfgott Research Institute at the National College of Naturopathic Medicine a \$400,000 grant to study the efficacy of the Anti-Inflammatory (AI) diet. The diet, which excludes dairy products, wheat and gluten, citrus, nightshade vegetables (such as tomato, potato, and eggplant), and meat, has been used by naturopathic physicians, and has been included in naturopathic texts for years. The results of the preliminary study is due in 2008. Visit [www.ncnm.edu/research](http://www.ncnm.edu/research) for more information.

### Dr. Wayne Centrone named Outstanding Caregiver

**Dr. Wayne Centrone**, NCNM alumnus ('00), was named the 2004 Outstanding Caregiver by Oregon Primary Care Association for his ongoing significant contribution to provide or improve services to homeless people. While completing the first ever Homeless Medicine Fellowship from NCNM through a two-year placement at Outside-In, Dr. Centrone piloted medical outreach to homeless and underserved populations in a number of offsite locations in Portland.

### NCNM Students Place 4th in Dragon Boat Races

Over the weekend of June 11th and 12th, NCNM's first-ever Dragon Boat Team powered through the Willamette River in Portland, Oregon with naturopathic medical students giving their all. Over two days and through three heats, NCNM's student team **The Phoenix** won their first race and placed third in their division.

### Idaho Becomes 14th State To License Naturopaths

We are thrilled to announce that in April, Idaho became the 14th state to license naturopathic medicine. After six years of very hard work, the bill passed the Idaho House and Senate and awaits the Governor's signature, which is expected to happen. Congratulations to Dr. Todd Schlapfer, NCNM alumnus ('83), and all of his Idaho colleagues on this enormous achievement. These naturopathic physicians, their talent, commitment, and passion exemplify the past and our future.

### NCNM Student to Open Business

This summer, 4th-year medical student, Jennifer J. Pursell, will launch **The Herb Shoppe**, an herbal dispensary in Portland, Oregon with a commitment to herbal medicine and alternative health education. She is a student representative for Douglas Laboratories and is in the fourth year of a six-year dual-degree at NCNM. Contact: [TheHerbShoppe@myway.com](mailto:TheHerbShoppe@myway.com).

### Golf Anyone?

On Saturday, August 6th, at the Reserve Vineyards and Gold Club, the **Clara Jean Foundation** invites you to *2005 Golf to Empower*, benefiting the Clara Jean Foundation. The Clara Jean Foundation brings all natural modalities of medicine together to educate the community about the benefits of natural medicine for the fight against breast cancer. Join a four-person scramble and double shotgun start. Cost: \$125 individual or \$500 team of four. Includes: 18 holes of golf, awards lunch, golf cart, tee gift bag and many chances to win prizes. For more information visit [www.clarajeon.org](http://www.clarajeon.org). For sponsorship opportunities contact **Travis Laible** at [tlabile@clarajeon.org](mailto:tlabile@clarajeon.org).

# Donors of 2004

## 12 Months of Giving to NCNM—Thank You, Kindly!

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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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## NCNM Calendar 2005

Jul	9-10	<i>Womens' Health: Psychological, Social and Medical Issues.</i> 12 CE credits. Contact Lindsay Sauve - (503) 552-1624
	15	<i>Student For a Day</i> , to attend or assist, contact our Office of Admissions, (503) 552-1660
Aug	24-27	AANP Annual Convention, Tempe, AZ
Sep	12	NCNM Fall term begins
	23	<i>Student For a Day</i> , to attend or assist, contact our Office of Admissions, (503) 552-1660
	30	NCNM Vendor Fair

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.

**Tuesdays** 5:30-6:45 PM, Beginning Qigong (Staudt), *Katherine Delleney 8/23, no class 8/30*

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

**Thursdays** 6:00-7:00 PM, Beginning Qigong (Ferruzza), *no class 7/7 and 7/14*

*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) 552-1511. 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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- Articles on growing your practice
- To write a short article

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