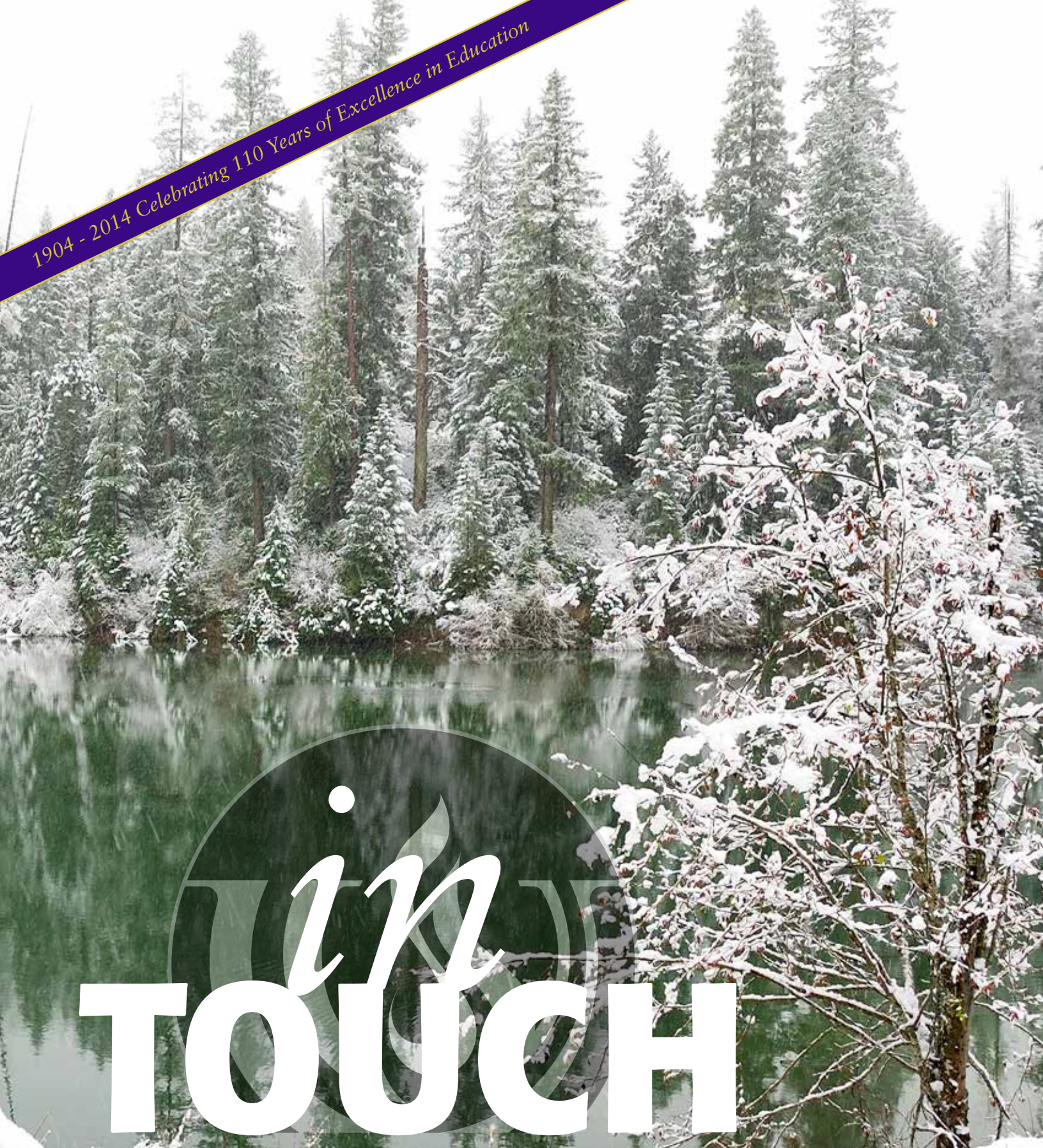


1904 - 2014 Celebrating 110 Years of Excellence in Education



*in*  
**TOUCH**



UNIVERSITY of WESTERN STATES  
*Integrating Health and Science*

Inside: Board of Trustees profiles | Alumni updates | Alumni profiles

Vol. 3 | Issue 7  
Winter 2014





## Congratulations to our 200th graduating class

### From the president

One of the most important core values of the University of Western States is the commitment to excellence in teaching. We promote and sustain an environment that advances innovative learning to guide, enhance and nurture student success. UWS faculty, staff and students work collaboratively and collectively to instill the practices of self-inquiry, discovery, sharing of knowledge, and self-directed learning that will guide a lifetime of increasing knowledge and skills.

As I reflect on the hundreds of meetings and conversations I've had with so many of you, I am thankful for and proud of your successes and accomplishments in helping to make the world a better and healthier place to live. Those achievements would not have been possible without the dedication and conviction of our faculty and staff members. Their shared commitment inspires our students and graduates to provide exceptional service to their profession, and to administer the highest quality of care to patients.

My best wishes to you and your family for a healthy and happy 2014.

*- Joseph Brimhall, DC, president*



Vol. 3 | Issue 7 | Winter 2014

**Content** | Jana Barnes, *Alumni Relations Officer*  
Brian Fawkes, *Director of PR, Communications and Marketing*

**Editing & design** | Nicole Miller, *Online Media Manager*

*Opinions expressed are those of the individual authors and do not necessarily reflect the views of the administration.*

#### Contents

President's message .....	2
Board of Trustees profiles .....	3
Center for Outcome Studies update .....	3
Alumni updates .....	4-5
Alumni spotlight .....	6
Building the labyrinth .....	6
Master's programs .....	7
Calendar of events .....	8

# Meet the Board of Trustees

The University of Western States Board of Trustees consists of individuals who volunteer time and expertise to the governance of the university. The board focuses on strategic planning and policy-making to ensure the continued growth and success of UWS.

**Dr. Shannon Gaertner-Ewing**  
Resides: Nampa, ID

Shannon Gaertner-Ewing, DC, graduated from Western States Chiropractic College in 1996. Dr. Gaertner was elected to the board in 2013. She has been in practice in Nampa, Idaho since 1996.

Dr. Gaertner has taught as an adjunct professor at College of Western Idaho and Northwest Nazarene University. She has been the Medicare clinical advisory chairman for 15 years and is a strong advocate for Medicare recipients. She received the chiropractor of the year award from the Idaho Chiropractor Association. She is a member of the American Chiropractic Association, a delegate for the Federation of Chiropractic Licensing boards, and has been involved in developing National Board examinations for the chiropractic profession.



**Dr. Edwin Weathersby**  
Resides: Glendale, Ariz.



Edwin Weathersby, DC, CCSP, DAAPM, FICC, FIACA, graduated from Western States Chiropractic College in 1986, following his undergraduate studies at Colorado State University. He was elected to the board in 2013. He opened his practice in Glendale in 1987 and in 2002 expanded the practice to include the multi-disciplinary focus it has today.

Dr. Weathersby served on the Arizona Board of Chiropractic Examiners for ten years, with the last eight years as chair. He has held every office in the Arizona Association of Chiropractic and served nationally as the Alternate Delegate to the American Chiropractic Association and District Director of the Congress of Chiropractic State Associations. He is the recipient of numerous awards, including 1993 Arizona Chiropractor of the Year. He is currently the vice president of the National Board of Chiropractic Examiners.

Dr. Weathersby enjoys an active life with his family and on horseback whenever he can find an opportunity to go team roping.

## UWS Center for Outcome Studies Update:

**Dose-response of spinal manipulation for chronic low back pain: Pain and disability outcomes from a randomized controlled trial (Preliminary publication in the Spine Journal available online)**

The purpose of this study was to identify the relationship between patient outcomes and the number of visits for spinal manipulative therapy (SMT) from a chiropractor for the care of chronic low back pain. We also determined the efficacy of SMT by comparison to a light-massage control. The study was a practice-based, randomized controlled trial with 400 participants. It was the first full-scale randomized trial to evaluate the optimal number of visits for the care of any condition with SMT.

All participants were scheduled for three visits per week for 6 weeks, and were randomized to receive a dose of 0, 6, 12, or 18 SMT sessions. SMT was performed at the assigned visit and light massage control was performed at non-SMT visits. The primary outcomes were low back pain and functional

disability on the 100-point modified Von Korff scales. Patients were followed up with for one year after enrollment.

Pain and disability improved by the end of treatment and was durable up to 52 weeks after randomization for all groups. Mean pain and disability reduction within groups reached over 20 points for the higher SMT dose groups. The main finding of the study was that pain and disability outcomes demonstrated a small but statistically significant increase in improvement with increasing dose. The greatest advantage for SMT over the control was for 12 SMT visits at the 12-week follow-up. Overall, twelve sessions of SMT yielded the best treatment effects with little or no additional benefit attributable to additional SMT visits.

- Written by Leslie Takaki, project manager



# Alumni Updates & Obituary Notices

## | 1970 |

**DR. SEAN MORONEY**, '77, recently finished a master's of education in educational technology.

**DR. VERN SABOE**, '79, is in his 32nd year of practice in Albany, Ore. As lobbyist and ACA delegate for Oregon, he currently battling to ensure his Oregon colleagues are not discriminated against in the coming health care system. He was recently appointed to the "Integrative Medical Advisory Group" of the Oregon Health Authority. He was honored to receive a National Leadership Award from the ACA in September and finds serving his colleagues and the profession to be extremely fulfilling.

**DR. HARVEY SCHWARTZ**, '79, is enrolled at Western Washington University in Bellingham, Wash., taking poetry and writing classes. His is putting together his memoirs. These include hitchhiking across Europe, Canada, the Yukon, Alaska, Woodstock and discovering chiropractic while living in a teepee.

## | 1980 |

**DR. ROBERT BACHER**, '80, lives in Pavones, Costa Rica. He is a village doctor when not practicing taichi or surfing. He is the owner of Taichi Longevity Center, where visitors come to enjoy Costa Rica's natural beauty and learn a healthy lifestyle based on whole foods diet, taichi and meditation.

**DRS. ALAN GOLDHAMER**, '83, and **JENNIFER MARANO**, '83, celebrated their 30th wedding anniversary and are the directors of the TrueNorth Health Center, a integrative health care facility with 45 in-patient rooms and a busy out-patient practice with nine doctors and a staff of 38. The TrueNorth Health Center specializes in the supervision of fasting. The November issue of GQ magazine included an article detailing the

reporters experience fasting at TNHC. Their internship program provides one- to three-month residency experience to more than 30 doctors a year.

**DR. JOAN SCHULTZE**, '83, has had her practice for 30 years now, with 20 years in downtown Lake Oswego. She offers non-force care using Myotonic Facilitation and Vector Point Cranial Therapy. Her work is energy based and focuses on obtaining optimal health in body, mind and spirit.

**DR. WILLIAM LEFF**, '84, has completed his 28th year in active solo practice and now works four days a week in El Paso, Texas. He also has built a property rental business and manages his 12 rental units as a part time occupation to help ease into retirement. He continues to do nasal specific treatment when needed, having learned from **DR. STEPHEN BERMAN**, '84, who lives in Austin, Texas. He has the joy of having a 6-year-old son, who keeps him busy.

**DR. PATRICK OWEN**, '85, is practicing in Salem, Ore. He still loves chiropractic and helping people get well. He is very busy with a great practice and seven grandchildren (six are age 5 and under). He says: "The 3 year old was over for the night and for two days he kept disappearing and I would find him on my adjusting table asking for an adjustment."

**DR. CHARLES LERNER**, '86, practices in Bantam, Conn. He earned a master in acupuncture from Pacific College of Oriental Medicine in NYC in 2007. His practice is a mixed bag of chiropractic care, acupuncture, spinal decompression therapy and chinese herbal consulting. He is a regular team member of a medical mission group that works in a small rural hospital in northwestern Guatemala. He has been on four missions so far and single handedly brought alternative medicine to this hospital known mostly for its eye care. He is divorced 15 years but has been

in a significant relationship for the past five years. He has two kids and recently welcomed his first grandchild.

**DR. ATHENA PARADISE**, '86, is the director at Portland Natural Health. Her youngest of four children just left home for University of Puget Sound pre-med program.

**DR. ELISE HEWITT**, '88, is the president of the ACA Pediatrics Council. In March, she received the 2013 Presidential Award for service above and beyond in leading the pediatrics council through difficult times. Her practice is limited to pediatrics. In the past few years, she has taught programs in pediatrics in South Africa for the Chiropractic Association of South Africa, at Feevale University and for WFC in Brazil, at Maria Cristina College of Chiropractic in Spain, as well as at chiropractic colleges and state associations across the United States.

## | 1990 |

**DR. EDDIE HANSEN**, '95, opened his fourth Natural Way Chiropractic location in Washington in January. With a staff of six DC's, 10 LMP's, and 10 support staff, his five-year plan is to open six more locations between Mt. Vernon and Seattle. He is happily married to his wonderful wife of 10 years and has three great kids ages 4, 6, and 8. He says: "Thank you WSCC!"

**DR. ERIC BRADY**, '97, shares an office with two other chiropractors in Provo, Utah. Since graduation, he has earned DACBSP and works with BYU athletics. He coaches club soccer and likes to run and golf.

**DR. LIBBY GUIMONT**, '98, has her own practice in Hillsboro, Ore. and enjoys a cash only practice with low overhead and low stress. She says: "I've been privileged to have worked on some amazing patients who bring joy to me daily." A couple of years ago, she became involved in a service dog

**Email updates: [alumni@uws.edu](mailto:alumni@uws.edu)** Submissions may be edited for length.

organization which works with autistic children. The service-dog-in-training works in the clinic getting socialized with people. Patients love having the service dog there and she enjoys the therapeutic benefits of having a dog with her. She is now on her third dog and has plans to continue with the program.

## | 2000 |

**DR. SHIREESH BHALERAO, '00**, was the first chiropractic physician to be awarded a Masters of Clinical Research (MCR) degree from Oregon Health and Science University (OHSU). The MCR degree training prepares physicians who are interested in conducting research and/or teaching research-related topics like evidence-based practice. His involvement as a chiropractor working alongside medical physicians at OHSU serves well for better integration with the medical profession as well as for collaborative opportunities between UWS and OHSU. The MCR was funded by the NIH-NCCAM R-25 grants awarded to the UWS department of research led by **DR. MITCH HAAS**.

**DR. JEFFREY VENTRE, '00**, has combined chiropractic with the medical specialty of physical medicine and rehabilitation and is working at a spine clinic in Yakima, Wash. Outside of medicine, he was honored to participate as a cast member in the feature film Blackfish.

**DR. CHRISTOPHER WELLWOOD, '01**, is happily married with four great kids (including a set of twins.) He graduated Cum Laude with a Master of Science in advanced clinical practice. He owns a multidisciplinary clinic in Medical Lake, Wash., and the North Idaho Pain Clinic in Post Falls, ID where he performs Prolozone injections and IV nutrition.

**DR. CRAIG PETERSON, '07**, works as the clinic manager and chiropractor in a multidiscipline pain management clinic in Mesa, Ariz. He sees about 90%

personal injury patients. It has been extremely fun to discuss and co-treat with MD's, DO's, anesthesiologists, surgeons and therapists as peers.

**DR. DAVID DEWAR, '08**, was part of a multinational team of chiropractors that worked at the 2013 World Games in Cali, Colombia. He worked with the following events: sumo wrestling, powerlifting, waterskiing, Korfbal, and inline speed skating. There were 31 chiropractors from 14 different countries.

**DR. NOAH EDVALSON, '09**, received the "Distinguished Service Award" from the American Chiropractic Association Sports Council in September.

## | 2010 |

**DR. HEATHER GREEN, '12**, is celebrating over one year at The Healing Arts Clinic in Multnomah Village, Ore. with Dr. Joyce McClure. Dr. Green opened a home massage studio over the summer. She works five to six days a week and is expecting her second son in February.

**DR. WILLA HENDRICKSON, '12**, opened a private practice in Portland, Ore. in February.

**TESSA MILLER, LMT, '12**, is a massage therapist working at the Allison Inn and Spa in Newberg, Ore.

**JEROMIE PREAS, LMT, '13**, opened his own business inside a gym: Unorthodox Massage, LLC. He is excited to help folks move better every day.

## | Staff |

**JANET TAPPER**, librarian, is excited to announce the addition of 22 study seats and updated tables and chairs in the UWS library.

## | Obituaries |

**DR. JOHN TAYLOR, '97**  
July 27, 1959 - September 23, 2013

**DR. DANIEL TYLER, '83**  
March 4, 1948 - October 1, 2013

## Student Referral Appreciation Program

As an alumnus or friend of UWS, each time you refer an individual who enrolls as a student in any of our programs, UWS will send you a business gift that you can use in your work environment.

Simply remind the applicant to include your name on the referral line on the application form. When the application is submitted, your name is entered into the program. Thank you for your continued support and keep sending us great students.



*Help shape the future of the University of Western States.*



## UNIVERSITY of WESTERN STATES *Massage Therapy Program*

*Jorge Kuri & Cindy Brehl, LMTs*

Class of 2011

Currently in: West Linn, Ore.

The 2008 economic collapse coupled with the career burn-out faced by Jorge Kuri after 20 years in banking and by Cindy Brehl after 12 years in international business, presented the perfect opportunity to redirect their careers. Jorge and Cindy met online and within six months, the couple enrolled at the University of Western States in the massage therapy program.

“It was a completely new field for us. It was very hard but we absolutely loved it. It was different than business school,” Cindy said.

“The faces on half the class during the first cadaver lab were priceless,” Jorge recalled.

“We really enjoyed the cadaver lab – seeing how muscles relate to the rest of the body,” Cindy added. “We really enjoyed the clinical time. It helped with the transition to professional life.”

After graduating in 2011, they started their own practice in West Linn, Ore. The duo is in the same office today, subleasing space from a chiropractor who was looking to add massage therapy



to his practice. Jorge and Cindy are proud to say that they have never used any type of credit when starting their business.

When asked about future plans, Jorge noted “There’s only so much massage you can do a week. We plan to grow within our limits and are currently looking into professional certifications for orthopedic massage and positional release.” The couple also plans on looking into offering massage therapy continuing education around the country.

“It’s important to keep studying. Learn new things. Try different techniques. School gives you enough of a foundation to get started. Keep going,” Jorge added.

In October, Jorge and Cindy got married. “We are proof that the e-harmony commercials are not lying.”



## Building the Labyrinth

Following completion of a new elective at UWS called ‘Mind-Body Medicine’ last March, a team of students and faculty designed and constructed a 42-foot-in-diameter labyrinth on the southeastern most corner of campus. The class was an introduction to multiple self-awareness and stress-reduction modalities, including meditation, guided imagery, biofeedback, and breathing techniques. This course fostered discussions of a dedicated meditation facility on campus, evolving ultimately into an amazing walking-meditation venue, funded almost entirely by donations, much of which came directly from UWS staff and faculty.

The design is calmingly simplistic, with a single winding path from the edge to the center. Unlike a maze, the walker has no choices to make or dead ends along the way. The same route is used on the way into and out of the center, representing an introspective journey within ourselves and back out to the world around us. Centered between an existing circle of boulders, the labyrinth offers a peaceful respite in a minimally utilized corner of campus. The result is a quiet sanctuary for the actively mindful, while also adding an aesthetic, mosaic-like touch to our grounds, from which we can appreciate our beautiful campus and the mighty Columbia’s Washington side beyond. The labyrinth is currently open for use, with the final touches completed in December.

- Photo and story by Adam Groch, DC student



## Exercise and sports science program adds new concentrations and new opportunities

The exercise and sports science (ESS) program now offers four additional concentrations designed to target a more diverse audience.

The new director of exercise and sports science, Sara Mathov, DC, DACBR, ATC, said her goal is to continue to expand upon the successful Master of Science in Exercise and Sports Science concurrent degree program and reach health care professionals of all fields.

“We’re looking for people who have a background in the health care field as well as coaches, teachers, or trainers who might want to further their education.”

The concentrations include MS in sports medicine, MS in fitness and wellness management, MA in sports and athletic administration, MS in sports performance and coaching and MS in sports and athletic counseling.



Dr. Mathov first considered chiropractic as a career after working in her father’s chiropractic office for a summer. She said she witnessed his work with athletes and decided it was the path for her. She attended Northwestern, where her father graduated from, and completed a residency in Diagnostic Imaging at the Southern California University of Health Sciences.



After her residency, she and her husband were anxious to leave Southern California and found a teaching position at UWS in the radiology program. Eventually, Dr. Mathov taught for the sports and exercise science program, having previously worked with Craig Kawaoka, DC, DACBSP, CSCS, who started the MS-ESS program at UWS. Soon she worked for the ESS program full time.

“This university is definitely in a great place to offer these programs and find people with expertise in these programs to deliver excellent education,” Dr. Mathov said. “The new programs will be 100% online, which will offer flexibility to the professionals out there who might be interested in this field.”



## From Malaysia to Oregon: Michael Haneline, DC, MPH joins UWS as dean of graduate studies

As a youth, Michael Haneline, DC, MPH, looked through his uncle’s chiropractic program textbooks and was fascinated. At age 14, he knew that chiropractic was the career he would pursue.

After nearly thirty years of practice, he entered into higher education teaching evidence-based practice and conducting research at Palmer College

of Chiropractic West. He then spent four years developing and running a doctor of chiropractic program at the International Medical University in Malaysia.

“The program was very successful and eventually was accredited

by CCE-Australasia,” Dr. Haneline said. “They are now getting multiple applicants for every seat and turning away two out of every three qualified applicants.”

After returning to the United States for family reasons, Dr. Haneline received a call from Will Evans, DC, PhD, who had just started working at the University of Western States.

“The rest is history,” Dr. Haneline said. He said he is looking forward to the continued growth of the human nutrition and functional medicine program and making it available to more practitioners who will benefit from this training.

“We want to continue to enhance the quality of the program by implementing better teaching and learning strategies and complying with the best practices of online education,” Dr. Haneline said. “The knowledge and skills gained from this program are valuable in assisting with the treatment of many conditions, as well as the maintenance of health.”



UNIVERSITY of WESTERN STATES

*Integrating Health and Science*

2900 NE 132nd Ave. Portland, OR 97230

1904 - 2014

*Celebrating 110 Years  
of Excellence in Education*

*in*  
**TOUCH**

University of Western States

Alumni & Friends Newsletter

Volume 3 | Issue 7 | Winter 2014

Make sure your information is  
up-to-date: [alumni@uws.edu](mailto:alumni@uws.edu)

*Alumni Meet-n-Greet and Events*

2/7-9	Oregon Chiropractic Association Convention	Portland, Ore.
2/21-23	Amplify: Professional Development Weekend	Portland, Ore.
3/29-30	UWS at the Mountain - Featured speaker: Dr. Mark Charrette	Sunriver, Ore.
10/10-11	Fall Symposium & Homecoming - Celebrating 110 Years	Portland, Ore.
12/12-14	Summer in December Continuing Education	Hawaii



Visit our redesigned website:  
Explore the student-written blogs,  
alumni profiles, videos, slideshows  
and more!

**The new  
[www.uws.edu](http://www.uws.edu)!**