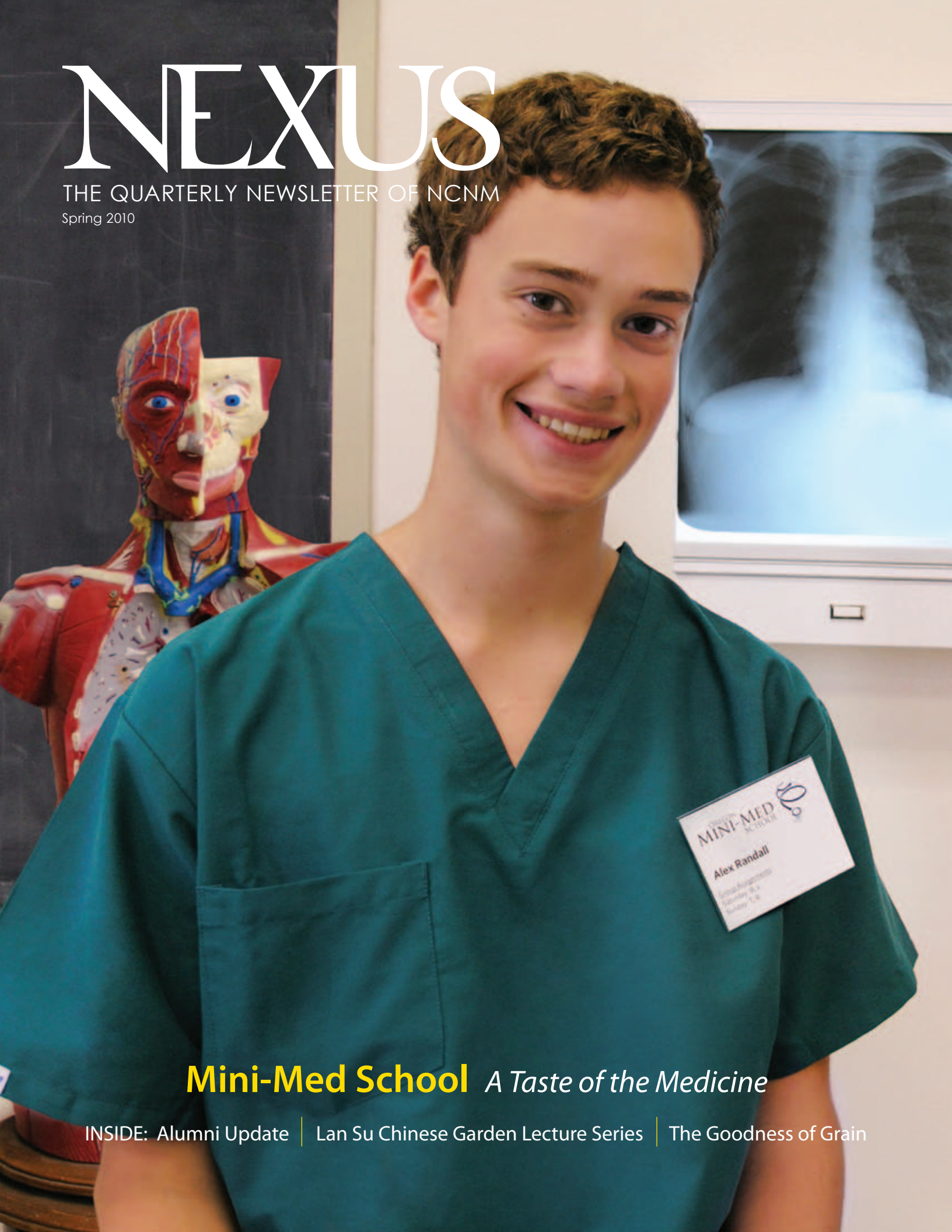


NEXUS

THE QUARTERLY NEWSLETTER OF NCNM

Spring 2010



Mini-Med School *A Taste of the Medicine*

INSIDE: Alumni Update | Lan Su Chinese Garden Lecture Series | The Goodness of Grain

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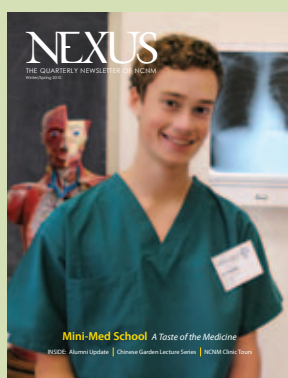
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High school student Alex Randall gearing up for Mini-Med School.



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ADVANCEMENT



BOB'S RED MILL SPONSORS SCHOLARSHIP CUP

The goodness of grain

You just never know when that life-changing moment will arrive. For Bob Moore, the owner and life force behind Bob's Red Mill, a longtime Portland institution and a pioneer in the natural foods movement, lightning struck twice.

In the 1950s his mother-in-law gave him a groundbreaking book by pioneer nutritionist Adelle Davis, *Let's Eat Right to Keep Fit*. "I took the book to my car and read it smoking a cigarette," Moore said, laughing. But something really ignited for him in 1968 when he read another book, *John Goffe's Mill*, about a man who painstakingly restored an old grist mill.

An idea took hold. Moore started his traditional milling operation of organic whole grains by purchasing old millstones for his new mill business, which was launched in 1972 in Redding, Calif. Luckily it was moved several years later to Portland, where his dream of "nurturing the world with whole grain goodness," grew...and grew.

Moore's love for his business and his product is all-consuming. At age 81, he shows no signs of stopping. At a time when many other companies are folding, Bob's Red Mill's revenues have increased by nearly 30% since last year. His success rests, among other things, on his belief in his products. Moore is passionate about what he does: He loves grains and he loves to talk about the health benefits of his grain products.

Thus, it absolutely makes sense that Bob Moore, an Oregon industry leader and natural foods icon, celebrated on Oprah and the Today Show, would find a way to spread his evangelism about grain by rewarding naturopathic students for touting "the goodness of grains."

Moore has joined forces with NCNM and the Naturopathic Medical Student Association (NMSA) to create an intercollegiate speech contest, the Bob's Red Mill Scholarship Cup. The winners will be decided at the Northwest Naturopathic Physicians Convention (NWNPC), to be held in Portland from May 7–9.

The scholarship speech contest is open to students from all seven accredited naturopathic colleges in the U.S. and Canada. **Contenders have a chance to win major educational prizes: The first-place winner will receive a \$5,000 scholarship; second and third place scholarships are \$2,000 and \$1,000, respectively.**

You just never know when lightning will strike and that life-changing moment will arrive. For some lucky students, that moment will come on May 9.

Rules of the contest are simple:

- 1) Pick a grain or a seed from the many products found on bobsredmill.com and deliver a three-minute speech about it; send it to your local NMSA chapter president before March 16. Malea Glick MacOdrum is the NMSA chapter president at NCNM. She will post NCNM's student speeches on YouTube for others to see.
- 2) Each college will select their winner and announce it to NMSA by March 23.
- 3) A select group of judges will view all seven speeches and pick three finalists.
- 4) The three finalists will receive free airfare and entrance to the NWNPC Convention.
- 5) The three finalists will each give a 10-minute speech on "Food as Medicine." Judges Bob Moore, Dr. Gerry Farnsworth and delegate attendees will pick the winners.
- 6) The Bob's Red Mill Scholarship Cup winners will be announced at the NWNPC at 11 a.m. on May 9. ♦

HELPING NCNM

NCNM gratefully acknowledges the financial and in-kind support it receives from its Program Partners and generous individual contributors. Your generosity helps advance the practice and profession of natural medicine.

The enclosed envelope allows you to earmark your tax-deductible gift by supporting a specific area of the college. Donations to NCNM can also be made at www.ncnm.edu.

On behalf of NCNM students, faculty, staff and patients, we thank you for your support.

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Mark your calendars: Spring is in the air... and SPARC is just around the corner. The 2010 Symposium for Portland Area Research on Complementary and Alternative Medicine (SPARC) is set to take place Saturday, April 17, in the OHSU auditorium.

This year's symposium will focus on "Research in Clinical Practice," offering presentations on recent studies, as well as special sessions addressing the challenges of designing research for clinical practice.

SPARC highlights current Complementary and Alternative Medical (CAM) research from local investigators and promotes scientific collaboration and knowledge-sharing. In a city that's home to Chinese and naturopathic medicine, as well as chiropractic and Western medical schools, CAM is thriving in Portland. SPARC is a venue that promotes the important research being done in Portland.

The brainchild of Dr. Heather Zwickey, NCNM's dean of research and director of Helfgott Research Institute, SPARC is growing. It has developed in just four years from an idea to a major annual event for the CAM community.

Heather Schiffke, SPARC coordinator, says SPARC 2010 will include Seattle researchers and others in the Northwest who will join Portland's CAM community in sharing the latest findings. Keynote speakers this year are both from the Group Health Research Institute (and the University of Washington) in Seattle:

- Karen Sherman, PhD, MPH, on how to harness the mind-body connection to enhance healing; investigating this question using epidemiological methods to test therapies
- Dan Cherkin, PhD, on finding new inroads to healing; with chronic illness on the rise, he aims to show how primary care can more effectively deal with health problems that don't respond well to conventional therapies.

► **For updates about the event or to register, go to <http://helfgott.org>.**

RESEARCH

MINI-MED SCHOOL:

A taste of the medicine

The next session of Oregon Mini-Med School, geared toward high school and college students, is scheduled on May 1-2, 2010. The topics for the weekend are:

Saturday:
"The Brain: Memory and Alzheimer's"

Sunday:
"Neurology: Pain and Inflammation"

For more information, or to register, go to www.helfgott.org or call Erin Connelly at 503.552.1744.

Sitting forward eagerly in their seats in an NCNM classroom on a Saturday morning last year, a small gathering of students listened with rapt attention as Dr. Heather Zwickey and Dr. Marnie Loomis welcomed them to med school—Oregon Mini-Med School. The 21 students came from high schools all over the country to experience NCNM's innovative pilot program.

The weekend immersion program is designed to give participants a taste of what it's like to become a doctor—in just one weekend. The hands-on, participatory learning curriculum particularly appealed to NCNM's introductory class. Identified as potential pre-med undergrads by school counselors and others, the young scholars arrived ready to learn.

Dr. Zwickey, NCNM's dean of research, has been incubating the idea of creating Mini-Med School for awhile, she said. "The idea came from a combination of things I've done in the past. We organized Min-Med programs when I was studying immunology at the University of Colorado, and again when I was at Yale," Zwickey said. The classes were designed for adults who wanted to know more about med school, or for patients who wanted in-depth education about specific diseases, like cancer. Zwickey noted that both types of Mini-Med programs were popular—classrooms were always filled to capacity with long waiting lists of people who wanted to attend.

She hit on the idea of making the experience hands-on as a grad student when she designed a high school student outreach program that focused on immunology and mouse dissection.

"When Helfgott Research Institute was awarded a National Institutes of Health educational research grant, our NCNM Vanguard faculty told us that while they were completely comfortable teaching medicine, they wanted more experience teaching research concepts. Teaching Mini-Med School gave them the opportunity to hone their skills teaching medical research concepts to young students."

Zwickey and her Mini-Med planning team (Helfgott's Erin Connelly, Kimberly Brown and Kevin Marsman), organized the weekend around two disease topics, cancer and the H1N1 flu virus. The students were split into small study groups that rotated through the building blocks of medical science in the morning: lessons in gross anatomy, pathology and immunology. In the afternoon, teachers from NCNM and OHSU taught classes on diagnostics and disease treatment, offering students the unique perspectives of naturopathic, Chinese and conventional approaches to medicine.

The experiential curriculum was far and away the most compelling feature of the course for the students—particularly having an opportunity to participate in cadaver lab. "Human gross anatomy is the main reason people come to Mini-Med," Zwickey said. "We have NCNM preceptors surgically dissect the cadavers in advance so that students can explore the structure of organs and tissues during the cadaver lab. The students loved being able to hold a human heart or to palpate a tumor; it brings immediacy and excitement to the learning experience."

The excitement was evident in unexpected ways. Zwickey said that when the kids went into the cadaver lab, "Everyone immediately whipped out their cell phones to text their friends. We had to confiscate the cell phones until the end of each day," Zwickey added, "One student had a blog for classmates and said she needed to share the experience with her school newspaper. We said, sorry, no tweeting in class!"

Cell phones notwithstanding, the students were uniformly enthusiastic in their review of the program. Zwickey laughed, "The only negative comment we received when we asked what they would change about Mini-Med School was that we needed bigger plates for the nachos!"

Zwickey observed that the kids weren't the only ones enthusiastic about the experience. She received thank you letters and e-mails from their parents, who noted that the Mini-Med experience helped their children decide about the future directions their lives would take. Not a bad way to spend a weekend. ♦



"We wanted to develop a series of presentations that would appeal to a general, nonacademic audience, so we focused on the foundational philosophy of the ancient texts. People are familiar with the Year of the Rat or the Year of the Tiger, but they associate it with superficial descriptions of horoscopes found on placemats in restaurants," Parramore said.

She added that the animal imagery associated with each month holds much deeper significance in classical Chinese medicine due to its corresponding relationship to our human organs. She said that, "This little understood area gave us a perfect platform to share our knowledge of the medicine, in a way that would be both interesting and informative. We hope the presentations will open a window on the mindset and world view of the ancient Chinese, and how it informs our unique practice of Chinese medicine."

And who better to kick-off the series, a new relationship with a respected Portland organization, as well as the Chinese New Year, than Professor Fruehauf?

In the inaugural presentation of the series, "As Above, So Below: Symbolism of the First Month of the Chinese Calendar," Dr. Fruehauf discussed how the Tiger symbolically represents the energy of the first month of the year in the Chinese calendar—observed this year on February 15—as well as the Tiger's relationship to the human lung in Chinese medicine theory.

The 11 remaining lectures, scheduled to take place at Lan Su Garden in Portland on the third Wednesday of the month, will be presented by CCM faculty and senior students. All the lectures will focus on the significance of the different animals associated with the ancient Chinese calendar, and their corresponding relationships, according to the foundational philosophy found in the ancient Chinese texts. ♦



NCNM LAUNCHES PUBLIC LECTURE SERIES AT CHINESE GARDEN

Karin Parramore had an idea. She also had a well-placed contact at a celebrated Portland landmark. The third year classical Chinese medicine student, already juggling a full course load, wondered why NCNM wasn't giving presentations to the public held at Portland's Chinese Garden (recently renamed Lan Su Chinese Garden, now celebrating its 10th anniversary). She began talking with her associates at the Garden to see what was possible. Many discussions and one proposal later, Parramore helped develop a year-long series of NCNM presentations, which was launched Feb. 17 to kick-off the Chinese New Year.

The series, "Ancient Chinese Cosmology: The Grand Cycle of Nature," will focus on traditional Chinese symbolism, how it reflects the energy associated with each month of the year, and its deeper significance to human physiology and health. Dr. Heiner Fruehauf, founding professor of NCNM's School of Classical Chinese Medicine, gave the first of the monthly lectures to a capacity crowd in the Scholar's Study, a Garden pavilion.

SPRING CLEANING

Ah, Spring! As buds push through the hardened earth, we breathe a sigh of relief that the dormancy of winter is behind us. The budding flowers are just one sign that spring is a time of new awakenings. We begin to sense the rejuvenation of life all around us. Sleepy-eyed animals emerge from a long, deserved rest; the scent of fragrances from new shoots waft through the air, while the warmth of the sun greets us with brighter and longer days.

To help prepare you to make optimal use of the transition from winter to spring, we offer a simple cleansing routine for body, mind and spirit.

For your body, try a simple cleansing diet. Sprout mung beans and cook them with rice to a soupy consistency. Steam beets and ginger, and add them to the rice.

In his landmark book, *Healing with Whole Foods—Asian Traditions and Modern Nutrition*, nutritional researcher Paul Pitchford says of mung beans, "One of the most important beans therapeutically, (mung beans) are particularly useful because of their capacity to cleanse the heart and vascular system, and reduce toxicity."

If you really want to cleanse, consider eating this exclusively for one to two weeks or even longer, as a way of cleansing the liver and fortifying your digestion. (As always, check with your doctor to make sure this cleanse is right for you.)

Another routine you might try is to rouse yourself with a cold, bracing shower in the morning. Become aware of the feeling of power within you as your body is warmed by the pumping of your own heart. If this holds little appeal for you, try instead to alternate between hot and cold water, but be sure to finish the rotation with cold water.

For your mind, try a simple breathing technique to settle your thoughts. Sit in a quiet place and take a deep breath in. Exhale fully. Do this three times. Then inhale and exhale again, except this time, hold the out-breath for as long as possible. Inhale again and repeat.

For your spirit, read a little poetry first thing in the morning. Mary Oliver is a Pulitzer Prize winning American poet who is celebrated for her observances of the natural world. ♦

Wild Geese

*You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting--
over and over announcing your place
in the family of things.*

~ Mary Oliver

CONTINUING EDUCATION

For the first time in its 120 year history, the Oregon Medical Board has instituted a requirement for continuing medical education for Oregon Medical Doctors, Doctors of Osteopathy, Doctors of Podiatric Medicine and Acupuncturists. The Oregon Medical Board is implementing this change to assure the public that Oregon physicians and other licensees stay current with ongoing changes and updates in medicine.

To meet certification requirements, acupuncturists must take 30 hours of National Certification Commission for Acupuncture and Oriental Medicine-approved Continuing Medical Education (CME) courses every two years. MDs, DOs and DPMs must have 60 hours every two years of Category 1 CME to be in compliance.

These CME requirements will not take effect until the 2011 license renewal.

NCNM will continue to provide CE courses to help its alumni meet the requirements for renewal in the next few months. Go to: www.ncnm.edu/continuing-education.php.

Online Continuing Education at NCNM

NCNM's ever-evolving Web site includes a flourishing section devoted to Continuing Education—specifically our new online offerings. As a result, NCNM CE is fast becoming a leader in online continuing natural medical education. We upload all of the NCNM Grand Rounds and the majority of our in-house CE presentations.

Check this out: Did you know that beginning this year, the Oregon Board of Naturopathic Examiners requirements for licensure renewal have been amended to allow all CE credits to be obtained online? NCNM's Continuing Education department has a variety of topics for your naturopathic licensure requirements as well as clinical innovative techniques to enhance your practice.

► Visit our site at <http://www.ncnm.edu/ce>

ALUMNI UPDATE

- **Kenneth Harmon, ND** (1964), is still flourishing in the Seattle area with a strong practice and continues to enjoy his annual horseback hunting excursions in Montana. He estimates he has treated “a small city of patients” since his graduation. He’s still giving back to the profession, for example, helping to plan the Northwest Naturopathic Physicians Convention, to be held in Portland on May 7–9.
- **Michael Traub, ND** (1981), who served as the task force chairman to the White House Commission on CAM Policy, continues as director of an integrated health care center, Ho’o Lokahi in Kailua Kona, Hawaii. A specialist in dermatology, Dr. Traub flew in from Hawaii in January to teach a CE class on dermatology.
- **Hope Wing, ND** (1984), has been living and practicing in Anchorage, Alaska, and is planning retirement within the next few years. “Thirty years is a good long time,” she said recently, “so I’m planning now to travel and have even more fun!”
- **Mitch Stargrove, ND, LAc** (1988), who practices at A Wellspring of Natural Health, his clinic in Beaverton, Ore., and is co-author of the textbook, *Herb, Nutrient and Drug Interactions: Clinical Implications and Therapeutic Strategies* (Mosby/Elsevier), will soon launch a new Web site, adding a valuable reference point for NDs and Chinese medical practitioners for current information on drug/herb interactions.
- **Les Moore, ND, LAc** (1999), currently serves as the director of integrative medicine at Clifton Springs Hospital and Clinic in Clifton Springs, New York. He has authored two leading books on healing and continues to write and lecture internationally.
- **Cindy Reuter, ND, LAc** (2001), and **Loch Chandler, ND, LAc** (2001), are members of Providence St. Vincent Medical Center’s Integrative Medicine program in Portland. The program provides evidence-based and complementary therapies in partnership with conventional treatments using a compassionate, whole-person approach.

FOCUS ON ALUMNI

Betty Radelet, DC, ND (1968)



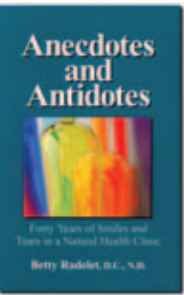
Dr. Betty—as she prefers to be called—continues to break barriers as she approaches her ninth decade. Having just published her life story as a naturopathic physician, in December NCNM’s first female graduate announced her retirement as “the oldest practicing naturopath in Oregon.”

Her wonderful new book, *Anecdotes and Antidotes: Forty Years of Smiles and Tears in a Natural Health Clinic*, (BJ Publishing), is a must-read for naturopathic students and practicing NDs everywhere. Many things have changed since Dr. Betty graduated from NCNM. Until the late 1970s it was still uncommon to see a woman in

an NCNM classroom. Today women outnumber our male students by a ratio of 4:1. All of our students owe a debt of gratitude to the pioneering spirit that Dr. Betty exemplifies—a hardiness of spirit tempered with compassion and love of service.

Dr. Betty came to her calling later in life. Widowed at age 41 with seven children, she earned her chiropractic degree from Western States Chiropractic College. Soon after, a combination of events led her to NCNM, where her love and affinity for practicing naturopathic medicine deepened—benefiting thousands who have been touched by her wisdom, medical interventions and love through her many years of practice.

Her book captures the poignancy of real patients, their health struggles and successes. The book is full of practical advice on how to remain healthy in an increasingly toxic and stressful world.



In an introduction to her book, Dr. Jared Zeff, professor and former NCNM academic dean, says, “Reading through this book was delightful. For me, the book is an inspiration. It reminded me why I became a naturopath...Dr. Betty has had a positive impact upon thousands of lives...This book will ensure that she will have an impact upon many more, and especially, I hope, upon the students of the medicine...who will be guided by her straightforward approach to healing...”

The NCNM bookstore will have copies of Dr. Betty’s book, *Anecdotes and Antidotes*, in stock this spring; it can also be ordered directly from BJ Publishing at 503.646.8707.

NCNM thanks Dr. Betty for her dedicated service to her patients and her exemplary contributions to the profession; we congratulate her upon her well-deserved retirement! ♦

Jeff Clark, ND (2007)



Dr. Jeff Clark left a mid-life career as a design engineer and manager for a Fortune 500 high-tech company to follow his calling as a physician. Dr. Clark opened his group practice clinic, True Health Medicine, P.C., in Tualatin, Ore. last summer.

NCNM’s manager of Alumni Affairs and Continuing Education, Dr. Vanessa Esteves, spoke recently about the grand opening of Dr. Clark’s clinic. “After all those years of study and sweat equity, opening your own clinic is the fulfillment of a dream. It’s so great to see our practitioners successfully opening practices—and helping

people stay healthy,” she says.

About Dr. Clark: He continues to exercise his passion and well-developed skill for problem solving to benefit his patients. Dr. Clark has a special interest in helping adults with chronic conditions to maximize their health potential. He can help in the health care of a wide range of conditions. ♦

WE WANT TO HEAR FROM YOU!

NCNM hopes all our former grads will stay in touch with us through Nexus and NCNM’s Alumni Association. We love to know when our former students are opening clinics or initiating other health projects—whether it’s the launch of a new publication, an invitation as a conference keynote speaker, or volunteer outreach that is changing a community.

Whatever benchmark you achieve in your practice of Chinese or naturopathic medicine, please let us know so we can celebrate your ongoing success with the NCNM community.

Send us your professional updates: [Nexus \(mconsidine@ncnm.edu\);](mailto:Nexus(mconsidine@ncnm.edu);) [NCNM Alumni Affairs \(alumni@ncnm.edu\);](mailto:NCNM Alumni Affairs (alumni@ncnm.edu);) or [NCNM’s Alumni Facebook page.](#)



ALUMNI UPDATE CONTINUED

- **Jean McFadden Layton, ND** (2001), moved her clinic to a larger space and renamed the clinic (previously known as Natural Health Bellingham) to Layton Health Clinic. The clinic is located in Bellingham, Wash.
- **Heather Manley, ND** (2001), is living in Kamuela, Hawaii, and winning awards, specifically, the Mom’s Choice Award®. They named Dr. Manley’s book, *Human Body Detectives: The Lucky Escape* among the best in family friendly media, products and services by awarding her a silver medal in Juvenile Books (Level 1: Ages 5 to 8) in Multimedia Experiences. Her Web site is www.drheathermanleynd.com.
- **Adam Maddox, ND** (2002), is continuing to “Thrive.” His aesthetic and anti-aging center, Thrive, is moving to a beautiful new Portland location on March 1.
- **Justin Hoffman, ND** (2004), has opened the Natural Path Clinic in Portland, Ore.
- **Eric Grey, LAc** (2009), and **Michael Givens, LAc** (2009), have joined the faculty of NCNM as adjuncts. Eric teaches the Herbs Labs series; Michael teaches Herbs Review and Medicinary Practicum. Their new clinic, Watershed Community Wellness, is multi-disciplinary with various areas of focus: massage therapy, acupuncture, Chinese herbal medicine, Qigong and dietary counseling.
- **David Martin, LAc** (2009), recently moved to Husum, Wash., where he’ll begin private practice in the Columbia River Gorge area in April. As he prepares to launch his practice, he’s spending time studying kung fu, training horses and kayaking. Last spring, David gave a presentation on NCNM’s Classical Chinese Medicine program at his alma mater, St. John’s College in Santa Fe, New Mexico.

CALENDAR – NCNM IN THE COMMUNITY

NCNM Clinic Tours First Friday of the Month	4 – 6 p.m.
8th Annual Pacific NW Brain Injury Conference Hosted by Brain Injury Association of Oregon (BIAOR) Sheraton Portland Airport Hotel	March 5–6
Portland International Women's Day Portland State University	March 7
Susan G. Komen Breast Cancer Issues Conference Oregon Convention Center	March 13
Dr. Betty Radelet, Grand Rounds NCNM Great Hall	April 5
Virginia Garcia's Second Annual Healthcare Symposium "A Community Conversation about our Changing Healthcare Climate" Keynote Speaker: John Kitzhaber, MD, Governor 1995–2003 Oregon Zoo Vista Room	April 7
Health Biz Expo NCNM Great Hall	April 10
SPARC Conference OHSU Auditorium	April 17
Oregon Association of Acupuncture and Oriental Medicine Conference Abernethy Center, Oregon City	April 24–25
Northwest Naturopathic Physicians Conference Marriott, Downtown Portland Waterfront	May 7–9
Bob's Red Mill Scholarship Finals NWNPC Conference	May 8
Natural Health Week Portland City Hall	May TBA
AsiaFest Oregon Convention Center	May 15
Clara Jean Health Expo Esther Short Park, Vancouver	May 22
Pride Northwest Festival Tom McCall Waterfront Park, Portland	June 19–20
NCNM Graduation Gala The Governor Hotel	June 25
NCNM Graduation Mark Building, downtown Portland	June 26
AANP Annual Conference Oregon Convention Center	August 11–14
ZRT Cup Challenge AANP Annual Conference	August 12

Friday Tours @ the NCNM Clinic

Curious about the new NCNM Clinic? We are so proud of it that we can't wait to show you around. You are cordially invited to tour the NCNM Clinic on a First Friday Tour. Learn more about naturopathic medicine and classical Chinese medicine, and how our clinic can serve your needs. With many sustainable and "green" features, the NCNM Clinic is the largest natural medicine clinic in Oregon. Tours are led by NCNM students and overseen by Director of Clinical Operations, Dr. Jill Stanard.

- ▶ **First Friday tours are available anytime between 4:00 – 6:00 p.m. and last 30-45 minutes. We look forward to meeting you. Tour Schedule: March 5, April 2, May 1, June 4 and July 2. ♦**



Special NCNM Clinic Event: Women's Health

Optimize your health with a check-up at the NCNM Clinic. Our students and doctors will provide an exam and evaluation FREE of charge at our Women's Health event, Saturday, June 5, from 1–4 p.m. Our clinicians can help women of all ages with gynecological, hormonal or general health problems. Our students are ready and eager to help new patients and make recommendations on nutrition, exercise and supplements to help you feel your very best. Lectures on health topics are scheduled throughout the day.

- ▶ **This event is open to the public by appointment only; call 503.552.1551 today! The NCNM Clinic is located at 3025 SW Corbett Ave., Portland, OR 97201. ♦**



Rhonda Combs

Community Clinics Evening of Celebration

The NCNM Board of Directors is paying tribute to NCNM's community clinics by hosting an evening of recognition and celebration on Tuesday, April 6, starting at 5 p.m. in the Great Hall. Hors d'oeuvres will be served as members of our clinics are honored and acknowledged for their outstanding service to the community. Special tribute will be given to former Community Clinics Supervisor, Rhonda Combs, for her many years of service.

Attendees will include community clinic staff, doctors, residents, students, site directors, clinic board members, city and county representatives, generous medicinary donors; as well as NCNM staff, faculty and board members.

Jill Ewanchuk, assistant manager of NCNM Community Clinics, says, "This evening of celebration gives us a way to say thank you for giving NCNM this amazing opportunity to teach our students through service to our community." Ewanchuk notes that the celebration also allows NCNM and our clinic partners, their friends and guests, to help further awareness about the services provided through the community clinics. A slide show will highlight each community clinic and their future plans. ♦

Coalition of Community Clinics Win \$40K Grant

The Coalition of Community Clinics announced recently that it was the recipient of a \$40,000 United Way grant, which will be used to assess IT needs and upgrades for all its clinics. NCNM's Jill Ewanchuk is thrilled. As NCNM's assistant manager of community clinics, she is hopeful that this is just the first step toward much needed technology improvements for the community clinics that NCNM helps serve.

The grant will fund a professional review and evaluation of all the IT needs for the clinics, including patient management software, electronic medical records, accounting and insurance billing. The evaluation will provide software and equipment recommendations to equip the clinics—greatly increasing clinic efficiency and reducing burdensome paperwork. In addition, management software options will be investigated to better track chronic diseases like diabetes and hypertension. ♦



IN MEMORIAM

Dr. Suzanne C. Lawton
8/25/1955—1/26/2010



Dr. Suzanne C. Lawton, class of 1998, died peacefully January 26 from uterine cancer in Wynnewood, Pa. After graduation, Dr. Lawton opened a practice in Tigard, Ore., where she treated both children and adults with Asperger Syndrome. She continued to study and practice classical homeopathy, leading study groups and workshops on practical home applications. Dr. Lawton wrote and lectured extensively on a number of topics, with a particular focus on autism spectrum disorders. In Aug. 2007, she published *Asperger Syndrome: Natural Steps Toward A Better Life*, (Praeger Publishers). Dr. Lawton joined NCNM's faculty in 2005, where she taught about mental health conditions and treatments, and the connection of mind and body to disease.

She is survived by her husband, Jeff Lawton, and their three children, Maryam, Ben and Matt, as well as six siblings. Memorial donations can be made in her honor to the Oregon Food Bank, P.O. Box 55370, Portland, Ore., 97238 or by phone at 503.282.0555.



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