



President's Message



Joseph Brimhall, D.C.

Happy Holidays!

As 2012 draws to a close and we look forward to a new year, all of us at the University of Western States extend our warmest wishes to alumni and friends for a healthy and peaceful holiday season.

As we pause and reflect over the accomplishments of the past year, we also look forward to the challenges and opportunities on the horizon.

Health care policy changes will impact us all, and the transitions occurring in higher education will challenge us to find more useful and efficient ways to teach and learn. At the end of the day, people are still choosing conservative, safe and cost effective health care and our students are learning the most advanced methods to deliver such care.

We appreciate your continued support and invite your feedback and participation.

- Joseph Brimhall, D.C., president



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

Meet the board of trustees

The University of Western States Board of Trustees consists of distinguished individuals who volunteer time and an array of 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.

Leo Romero, D.C. | Chairman
Resides: Tacoma, Wash.



Elected to the board in 2005, Dr. Romero was appointed chairman of the board in August 2012. He graduated from Cleveland Chiropractic College, Los Angeles in 1992 and completed his post-graduate work in orthopedics at UWS. Dr. Romero is the owner and clinic director of four offices in Washington state.

Dr. Romero served on the Washington State Department of Health, Chiropractic Quality Assurance Commission for 12 years, first as a commissioner and later as chair and pro tempore member. He served two years as the Washington voting delegate for the FCLB Annual Congress. Dr. Romero spent three years on the advisory committee for the Chiropractic Technician Program at Highline Community College where he co-authored a manual for the development of a new college curriculum for chiropractic technicians.

He believes that his success is related to his ability to work with associates and develop them in a clinical chiropractic setting. He strives to support and develop the skill sets of chiropractic physicians by providing sustainable employment.



Mark Sutton, D.C. | Vice Chair
Resides: Tumwater, Wash.

Dr. Sutton has served on the board since 2006 and was appointed vice chair of the board effective August 2012. Dr. Sutton graduated from Western States Chiropractic College in 1985 and completed his post-graduate work in orthopedics. He is currently the owner of a clinic in Tumwater, Wash.

Appointed by Governor Gary Locke, Dr. Sutton serves on the Washington State Department of Health, Chiropractic Quality Assurance Committee and is an examiner for the National Board of Chiropractic Examiners. He is frequently asked to aid as an expert in legal cases involving chiropractic care.

Dr. Sutton was named "Doctor of the Year" for Central Valley in 1990.

Shirley Cyr | Treasurer
Resides: Lake Oswego, Ore.



Shirley Cyr has served on the board since 2007 and was appointed treasurer of the board in August 2010. Cyr graduated from Oregon State University with a bachelor of science in finance and marketing and has a post-baccalaureate certificate in accounting from Portland State University. She is currently the director of finance and administration for Clean Energy Works Oregon, a nonprofit organization that delivers high-quality job creation, energy savings and carbon reductions through energy-efficiency remodels in existing homes and commercial spaces.

As an active certified public accountant, Cyr has more than 30 years of professional experience in the financial institution, public accounting, and nonprofit financial management sectors. Cyr serves as treasurer for the Oregon & Southwest Washington Affiliate of Susan G. Komen for the Cure, and is an audit committee member for Central City Concern and the Energy Trust of Oregon.

Students: giving back



Yard work for Shepherd's Door

Cleaning up 122nd & Siskiyou St.

"Pink Day" for Breast Cancer Awareness

"Movember" for Prostate Cancer Awareness

The University of Western States Associated Student Body (ASB) has worked to give back to the local community throughout the year.

From partnering with Shepherd's Door (the Women and Children's division of the Portland Rescue Mission) to adopting the street corner of 122nd and Siskiyou, to raising awareness for breast cancer through our annual Pink Out Day, our students are continually looking beyond the campus for ways to have a positive impact on society.

Our 198th Commencement Ceremony

Congratulations to our newest alumni!

UWS graduated its 198th class of chiropractors on December 14, at the Oregon Convention Center in Portland, Ore. The graduates received their Doctor of Chiropractic degree.

The commencement address was given by Dr. James Winterstein, president of National University of Health Sciences who welcomed them to the professional world.



CE: Keeping You Informed

The Office of Continuing Education (CE) is thrilled to announce an assortment of informative clinical, ethical, risk management and practice continuing education courses. This offering is in conjunction with changes that give the chiropractor, massage therapist and chiropractic assistant CE flexibility and networking opportunities.

Symposium moved to the Fall!

Save the date for Fall Symposium & Homecoming on October 11-13! The Office of Alumni Relations and Continuing Education are planning a weekend filled with CE courses, panels and alumni events.

Please note: To take the place of the NW Symposium in June, we will now offer "UWS at the Mountain" on June 8-9, 2013 at the Sunriver Resort and Lodge in Sunriver, Ore.

New Appa Anderson Grand Rounds Radiology Series

On the second Wednesday of every month in 2013, UWS will host a Radiology Grand Round for Chiropractors from 6 -8 p.m. at Hampton Hall, worth two CE hours each. Topics will vary from month to month.

Set your own schedule with online courses!

Online at ce.uws.edu, you will find a variety of CE courses that are designed by professionals in their field on topics related to the art and science of chiropractic. These approved courses are available 24 hours a day, 7 days a week to fulfill each state's and province's specific requirements. If we don't meet your needs, let us know!

Alumni Discounts

Most of our courses offer a 10% discount to UWS alumni.

Informational courses at exciting places

Join us for a weekend getaway as we host CE seminars around the nation. More information and registration criteria is available on our website uws.edu. Click on the "Continuing Education" tab and you will find information for the live programs and the online course link as well.

SAVE THE DATE:

- May 17-18, 2013 Dr. Daniel Murphy: Whiplash & Spinal Trauma
University of Western States, Portland, Ore.
- June 8-9, 2013 UWS at the Mountain
Sunriver Resort & Lodge, Sunriver, Ore.
- October 11-13, 2013 Fall Symposium & Homecoming
University of Western States, Portland, Ore.
- December 14-15, 2013 Summer in December
JW Marriott Ihilani Resort & Spa, Oahu, Hawaii

Register & find more info:
ce.uws.edu
ce@uws.edu
503-251-5719

Meet the Director of Continuing Education: Marsha Peoples-Jack joined UWS in 2004 as the director of continuing education with more than 20 years' experience in the field. She earned her bachelor's in marketing from the University of Portland and an M.B.A. in healthcare administration from Marylhurst University. In her spare time, Marsha enjoys being with family and friends.



Marsha Peoples-Jack

Career Services: New Offerings

Career Services held its first workshop on October 6. The workshop, *Laying the Foundation: Habits of Successful Students and Prosperous Professionals*, drew in more than 80 student attendees and delivered a powerful message with a range of professional resources.



Kasey Higbee

The four-hour workshop was divided into sections, taught by university faculty members Bill Borman, D.C., James Strange, D.C., and alumnus Jorge Kuri, LMT. The event concluded with a panel discussion and response to questions.

On a review form, one student commented, "It has been refreshing to feel (the) overwhelming support and a desire to help me succeed right from day one! It was great to hear from professionals in the field and get their input on strategies to succeed."

The workshops were precipitated in part by the prompting of many alumni to increase the availability of business training and resources. Career Services is planning future business workshops that will be available for students and alumni, including the upcoming Amplify: Professional Advancement Weekend in March.

If you would like to suggest business-related resources or potential workshop topics for this event or others, please email Kasey Higbee at khigbee@uws.edu.



Q: What advice do you have for starting your own practice?

"Be a part of the community. Care and get involved in other activities. People will know about you through your interests and activities."

Sean Herrin, D.C., Class of '92

"Patients want results. When they get results, they're happy. When they're happy, they tell their doctor."

Randy Hewitt, D.C., Class of '87

"Keep your overhead low and your practice simple."

Andrew Alvis, D.C., Class of '08

Next Practice Notes:

Q: What is the best way to garner professional referrals?

Have advice? Email alumni@uws.edu



Join us for our first annual Professional Advancement Weekend March 1-3, 2013

your practice

12 hours of chiropractic CE credits & 3 hours of massage therapy CE credits will be made available throughout the event. Speakers include Alex Vasquez, D.C., N.D., D.O., David Corll, D.C., (who will teach a course that meets the Oregon Board of Chiropractic Examiners requirements for the 2013 mandatory course on documentation and record keeping), and Peter Szucs, MAW, LMT.

your business

Students, faculty, staff, alumni and friends are invited to attend free workshops that are designed to increase your business savvy and arsenal of professional tools. From marketing to self-awareness, there is something for everyone.

your network

Connect yourself to the cutting-edge resources, technology and services designed to help support and grow your business. A diverse selection of knowledgeable vendors will be available throughout the weekend.

more info: amplify@uws.edu | www.uws.edu





Practicing across the world and on equines

Michael Nunnally, D.C.
Class of 1980
Currently in: Sante Fe, N.M.

After beginning his undergraduate degree in fine arts, Dr. Michael Nunnally's interests in theatre, art and dance carried him to Amsterdam in 1973, where he joined a yoga ashram. At the studio, he did all of their graphic design work and picked up extra work teaching yoga, nutrition, exercise and Touch for Health. This provided his first glimpse into entering health care as a career.

His first experience with chiropractic care took place in Sweden. He had a rib out of place and within one visit, it was fixed.

Nunnally moved back to the United States to enroll at UWS, where he served as the student body vice president and worked as a teacher's assistant in anatomy classes.

During his last summer at Western States, the summer of 1980, Mt. St. Helens erupted. Nunnally knew that he wanted to live in a place with lots of culture and a deep interest in natural health, and nowhere near the predicted repeat eruption.

Upon graduation, he moved to Santa Fe, N.M. While starting up his own practice, he began teaching anatomy and physiology at the School of Natural Medicine. Over the years, he has taught at massage and naturopathic schools in the area.

Dr. Nunnally's practice quickly grew through referrals and his constant desire to increase his knowledge base. He obtained specialized degrees in homeopathy, orthopedics, addictionology and pain management.

"The more I have available to me to help them, the better job I do. I do not know what the next patient is going to need," Nunnally said.

The most recent specialization he has obtained is in veterinary chiropractic. One of his patients who owned an equestrian school asked if he could try to treat a horse that their vet was unable to get well. It was a success and he chose to specialize in this as well.

Every Wednesday, he travels to barns to treat horses.

"It has been extremely successful," Nunnally said. "They're very responsive. Horses are very attuned

to their bodies. They recognize when I have found where they need help."

Dr. Nunnally has begun writing a book that will assist other doctors as they start their own practice. He and his wife look forward to living in Europe part time within a couple of years.



Michael Nunnally, D.C.
photo courtesy of Michael Nunnally

"Horses are very attuned to their bodies. They recognize when I have found where they need help."

- Michael Nunnally, D.C.



Share your story with us!
email alumni@uws.edu



From hotel management to massage therapist

Molly Pearl, LMT
Class of Spring 2011
Currently in: Portland, Ore.

Before coming to UWS, Molly Pearl worked in hotel, restaurant and tourism management. She worked in the industry for three years but didn't like the stress or the lifestyle. She

After graduating in the spring of 2011, she set up her own practice right away, renting space from a naturopath. Because of her marketing and sales background, she had good connections to get started.

Having written a business plan at the end of the massage program, she said that forced her to think about the details of running a business and helped her narrow down what she really wanted to do. She utilized every connection she could, trading massages with her friends who were graphic designers and web developers in return for graphic design and website development work to help her develop a logo and launch her website.



Molly Pearl, LMT

wanted to do something to help people.

In 2008, knowing it was time for a career change, she began looking into massage therapy schools. She loved the clinical aspect of UWS and how it would set her apart from other massage therapists.

Since she did well in college, Pearl thought the massage therapy program would be a breeze. "I was surprised how difficult it was. It is still doable, but it really challenged me with the sciences, anatomy and kinesiology."

"... as UWS graduates, it is important to push the line of massage as a legitimate healthcare profession."

- Molly Pearl, LMT



She is building her client base slowly through word-of-mouth marketing and referrals.

She encourages new graduates to not be intimidated once they graduate. "It is amazing the amount of knowledge coming out of the program. Focus on how this program sets you apart. And as UWS graduates, it is important to push the line of massage as a legitimate healthcare profession."



Holiday Gala at the Oregon Zoo

Students, faculty and alumni gathered at the Oregon Zoo on Saturday, December 1, for the annual Holiday Gala.

Nearly three hundred guests enjoyed food, live music courtesy of the band, Homebrew, and a tour of Zoo Lights.





UNIVERSITY of WESTERN STATES
Integrating Health and Science
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in
TOUCH
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Have news to share?
Email: alumni@uws.edu

Alumni Meet-n-Greet and Events in 2013

- 2/8-2/10 Oregon Chiropractic Association Convention**
- 3/1-3/3 Amplify: Professional Advancement Weekend** at the UWS campus in Portland, Ore.
- 5/18 Business Bootcamp** at the UWS campus in Portland, Ore.
- 6/8-6/9 UWS at the Mountains** in Sunriver, Ore.
- 10/11-10/13 Fall Symposium & Homecoming** at the UWS campus in Portland, Ore.
- 12/14-12/15 Summer in December** Oahu, Hawaii

Want to see the latest happenings?

Follow University of Western States on Facebook for updates in between issues!

Visit <http://www.facebook.com/UniversityofWesternStates>

Keep up on CE events, contests, Alumni Meet-n-Greets and more!

PS: You don't need a Facebook account to see our page! Just take a look!



Keep Connected! Register for the Alumni Portal at www.uws.edu.