NORTHWESTERN CHIROPRACTIC COLLEGE OF CHIROPRACTIC
1999
Northwestern College of Chiropractic serves to nurture the spirit of individuals devoted to the healing arts. It is here that the foundations of knowledge, truth, and the art of chiropractic are laid, and healing is achieved. As we set our sites on becoming Doctors of Chiropractic, NWCC provides each of us with the skills to enrich the mind, body and spirit of each of our patients.
The 1999 Yearbook theme is leadership. Attaining the highest level of success in most endeavors requires a diligence in carrying out our specific responsibilities along with the leadership qualities of excellence-seeking, defining vision, urgency, passion and persistence. Much of the above was seen at Northwestern during this academic year. I want to mention just a few examples that I am aware of.

- Northwestern students attained very exceptional National Board test scores. I have seen none better, and they may have led all chiropractic colleges.

- Beyond what they are responsible for in meeting the challenge of this difficult Doctor of Chiropractic curriculum, many students helped make student life, career preparation, and their profession better through leadership in student organizations and organization services.

- The Faculty persisted in the long effort to improve the curriculum through defining learning objectives, integrating coursework, and increasingly utilizing technology-mediated instruction.

- The J. Lamoine De Rusha Clinical Education Center was opened to house the Student Health Service, to increasingly function as a clinical learning laboratory for lower level students, for clinical case study presentations and as a Center for public clinic patient education.

- Through legislative lobbying efforts, the College gained eligibility to begin obtaining clinical education funding from the State of Minnesota through the Minnesota Medical Education and Research Trust Fund.

- The Northwestern Board of Trustees directed a transition to Northwestern Health Sciences University and the broadening of educational programs in the areas of natural, integrated and wellness approaches to health care, to include a master of science degree program in integrated health and wellness, a college of oriental medicine and a school of professional massage. With the college of chiropractic as its major and cornerstone educational program, Northwestern will become a state and national leader in education, research and patient care in the field of natural health.

Earlier I mentioned passion as a key value in the search for excellence. For me, nothing about Northwestern generates more passion than every day in College corridors passing students who have chosen a chiropractic career for their life’s work and who represent the profession’s future.
Student Leadership Dinner

1999

Maverick Award Winners

Dr. James Amundson
Teacher of the Year
The Northwestern College of Chiropractic Alumni Association is an important part of the life of the College. We are in a unique position to provide advice and counsel to strengthen Northwestern’s mission of excellence in education, research and service. Through the association, alumni are encouraged to support Northwestern and join in building a greater College for its student body.

The Northwestern Alumni Association provides the College with:
• Funding of major building renovations, including the J. Lamoine De Rusha Clinical Education Center, the Greenawalt Library, and the auditorium.
• Support of the Career Services Center.
• Student Emergency Loan Program.
• Student scholarships.
• And of course, the annual Spaghetti Feed, hosted each December by the Alumni Association for students.

We plan to continue providing service to the College and its students and we hope you will join us upon graduation and become a member of the Alumni Association. No matter where your career in chiropractic takes you through the years, you will always be a part of the Northwestern family.

For more information, contact Debbie Peterson, director of Alumni and Career Services, at x.412. Or stop by Room 11 on the lower level.
NWCC CLINICAL EXPERIENCE

The College maintains five health care centers open to the public in the Twin Cities area. Located in Minneapolis, Bloomington, Burnsville and St. Paul, these clinics serve as primary sites for patient care by faculty clinicians and upper-trimester Northwestern students and provide a rich experience for the intern in caring for patients who are suffering from a great variety of health problems. The number and diversity of patient populations of the public clinics are a unique strength of the college. The student-to-faculty ratio is small enough to allow for close faculty guidance in developing clinical practice skills. Northwestern's health care centers provide a variety of conservative health care services ranging from diagnosis to corrective and mobilizing adjustments to health practice promotion to referral and co-management. The college also maintains relations with more than 100 private chiropractic clinics at off campus sites as part of its pioneering community based internship program.

Minneapolis Clinic
2800 Chicago Ave S
Minneapolis, MN 55407
(612) 870-7770

Dr. Zachary Zachman

Dr. Anne Packard-Spicer

Bloomington Clinic
2501 W 84th St
Bloomington, MN 55431
(612) 885-5444

Dr. David Stude

Burnsville Clinic
12445 River Ridge Blvd
Burnsville, MN 55337
(612) 894-7620

Dr. Becky Mjøen

Dr. David Smith

St. Paul Clinic
612 S Cleveland Ave
St. Paul, MN 55116
(651) 690-1788

Dr. Daniel Conway

Doctors not pictured: Dr. Sanya Mortenson, Dr. Richard Hills, Dr. Rebecca Allen, Dr. Jeffrey Ewald, Dr. Kevin Kalb, Dr. Rachael Franklin
Nora Aanensen
Bobbi Jo Aden
Ida Allen
Ryan Altenburg
Jill Althoff
Craig Anderson

Kyle Anderson
Craig Angell
Jamy Antoine
Jennifer Argraves
Laura Ashford
Jason Avelar

Andrea Ayres
Thomas Ayres
Jason Baker
Jonathan Beck
Dana Benassi
Jerod Bergman

Cale Berry
Michelle Beyer
Shaun Bezak
Alejandro Bochm
Lisa Boeser
Shane Bradley

Tiffany Bruhn
James Buesgens
Alex Chernyavsky

Matthew Christiansen
Eric Clausen
Christopher Clifford
David Cord
Leila Coulter
Steven Crotteau
Jon Davis
Michael Dixon
Morgan Dorsett

Justin Elder
Heidi Erickson
Molly Etnier
Rory Faherty
Joel Fenske
Quentin Fixen

Brian Flemming
Stephen Flikke
Todd Florm
Wade Folske
Steven Fonso
Jody Freedman

Aleisha Frohlich
Matthew Gallagher
Gayle Gilmore
Jessica Goessl
Nicole Grundman
Amy Gunderson

Angela Hagel
Eric Hahn

Gary Hahn
Angela Hall
Travis Roedocker
Jason Rosenbush
Michael Sabaz
Wendy Samuelson
Heidi Schaaf
Keith Schaller

Laura Schwartz
Jennifer Seidl
John Shanley
Sean Shapiro
Alexander Sheppard
Jeffrey Shetler

Benjamin Simonson
Bethany Sleight
Marsha Smirnov
Brandon Smith
Casey Smith
Hugh Soules

Sarah Sterzinger
Heidi Swoope
Eric Tessmer
Laura Thompson
Jacob Thone
Chelsea Toothe

Brandon Traudt
Carlos Villarello
Michele Vincent
Ko Vue
David Wick
Grant Winter

Jared Winters
Pierre Morice  
Sherri Mosley  
Michael Murray  
Mark Obrecht  
Jennifer Pedley  
Kevin Petersen

Carrie Richter  
Clarence Robinson  
Scott Schuler  
Michael Sontheimer  
Michael Sulack  
Daniel Tarnowski

Troy Tvedt  
Mitchell Uecker  
Christopher Wilkening  
Neil Zimmer
Rodney Puumala
Dustin Riddle
David Roth
Jason Rudelich
Joshua Rutzick
Jason Sabo

Scott Salita
Cynthia Shepard
Victoria Smith
Channara So

Anne Stephanson
Carol Stoutland
Heather Thom
Jay Uecker

Michael Weide
Tonnie Wulff
David Yaeger
Danny Yang

Not Pictured:
Blong Vang
Matthew Amman
Christopher Anderson
Naqibullah Ashraf
Jason Barnes
Jamie Bartells
Janet Bernstrom

LeeAnn Bertrand
Bradley Bosma
Justin Brandau
Christopher Braun
Kurt Brausen
Robert Bruley

James Ciavarella
Jaclyn Cost
Kelly Cripe
Jeffrey Davis
Daron De Jong
Megan Dennis

Joseph Dik
Serena Elhard
Steven Fidely
Amy Foell
Mark Garnett
Daniel Gaustad

Christopher Gilge
Leo Gonsowski
Nicole Graue
Richard Guild
Jill Hammes
Jason Harris

Karna Hein
Jason Henry
Jamie Hollis
Heather Horstman
Neil Hutchinson
Benjamin Jansky
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Jonathan Schneider  
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Andrew Schueler  
Tricia Schwartz Kloth  
Brandon Sechrist  
Martin Sich  
Kanyon Smith  
Tracy Smith  
Anthony Sramek  
Jeremiah Staples  
Janell Stier  
Edward Szklarczuk  
Theodore Szymanski  
Daniel Talley  
Brent Thompson  
John Toth  
Daniel Upton  
Brent VanDenBussche  
Amy Vindeen  
Heather Vinje  
Sandra Whalen  
Amy Wiese  
Jessica Wille  
Susanne Williams-Frey  
Kevin Wilmot  
Warren Zook  

Not Pictured:  
Steve Guell, Patrick Harrington, John Hassam, Lynn Miller, Doi Nguyen, Kevin Ritzenthaler, and Kou Vang
Paul Abosh
Carson Benjamin
Laura Boyle
Robert Brown
Craig Couillard
Sharena Deonarain

Karin Derauf
Aaron Wade Dixon
David Dow
Jamison Englund
Michael Fagan
Alan Frankel

Cory Gosso
Kara Henning
Mindy Hoefs
Steven Huberty
Kerry Iselin
Richard Jensen

Erik Johnson
Michael Johnson
Jon Junkermeier
Phillip Kamps
Patrick Kolashinski
Richard Lorenat

Genevieve Manzo
Engelbert Miranda

Bradley Molskness
James Mosley
Troy Bjorklund
Benjamin Breidenbach
Sharon Carruthers
Carrie Clark
Suzanne Collins
John Daniels

Nathan DeLorey
Nicholas Devich
James Dobson
Zsolt Egey-Samu
Anthony Fast
Kristopher Gage

Carrie Getzmier
Troy Greenquist
Marc Hope
Kory Isley
Nathan Jackson
Christopher Jo

Randall Klein
Kyle Kelbert

Mee Kyung Kim
James Kreibich

Dana Landin
Maudie Louisiana
Ruben Manz
John McKittrick
Brian Michaelis
Margret Mitchell
Michael Mortenson  
Einar Nielsen  
Michael Novak  
Chad Peckels  
Paul Puetz  
Jason Pulczinski  

Ian Quist  
Sara Rubert  
Peter Scornaiencki  
Brian Senoraske  
Jason Stadther  
Mark Suter  

Heather Whitney  
Kao Xiong  

Not Pictured:  
Byung Kwon Cha, Ricky Curtis, Angela Gear, Daniel Hagen, Amy Lee, Stacie Macari, Yer Moua, Michael Nelson, John Schneider, Michael Schweitzer, Gebhard Sproll, Tchuneng Vu, & Shane Williams-Frey
Graduates
1999
April Graduates

Daniel Arne  Lisa Baleisis  Daniel Belde  Sarah Bittell  Jeffry Bowers  Dennis Brummond

Matthew Collins  Cory Emberland  Teri Fleming  Brenda Foxhaven  Chad Gaskell  Scott Halida

Katsuyoshi Hatanaka  Cari Hebert  Miriam Hegler  Kevin Herrie  Justin Hoff  Seth Isaacson

Trenton Iverson  Constance Jacoby  Tanya Kahl  Steven Karg  Alvin Kaskie  Shayla Kennedy
April Graduates

Graduates Not Pictured:
Kari Allen, Jason Bramstedt, Susan Ferguson, Dawn Fredrick, Jay Hafner, Robert Kallio, Deverick Morgan, Ryan Ortman, Leif Schley, Brent Stanley, Chadwick Tieszen, Jennifer Vondrak, and Mark Young
August Graduates

Nicole Arnold  Dean Blazek  Willem Bos  Benjamin Clark  Chad Clemenson  Jesse Crane
Jonathon Dietz  Holly Feil  Lisa Hawkins  Wayne Huber  Kristan Jonasson  Barb Lahr
Cassandra Loeffler  Scott Meyer  Terry Poe  Christoph Quack  Candace Salmi  Tracy Stromgren
Kevin Swanson  Hugh Wegwerth  Joelle White

Graduates Not Pictured:
Brian Devitt, Amy Endru, Kevin Hlckie, Christopher Larson, Sean Marcella, Paula McKinnon, Thuc Nguyen, Tyler Parham, Jennifer Schroeder, Nathan Schulz, Samantha Scuro, Joseph Scuro, John Steen, and Marlin Vandermeulen
November Graduates

Jena Anderson  John Anderson  Renata Anderson  Bryce Armstrong  Dustin Arndt  Tayna Averill

Caroline Belton  Barbara Bjerken  Ron Blacketer  Shannon Blumhardt  Clinton Bonn  Eron Bordson

David Bougie  Kerri Brooker  Renae Bussmus  Hans Castro  Sheri Cook  Kelly Dawson

Matthew DeRosier  Lori Dokulil  Jason Drake  Duane Drobot  Bryan Edwards  Ryan Elton
November Graduates

Thea Fagerholt  Corey Finan  Thomas Gauderman  Kyle Goltz  Shawn Guse  Julia Harrison  
Daniel Headington  Chad Hill  James Hoeffling  Jon-Erik Holm-Johansen  Benjamin Hurner  Ryan Jenkins  
Thomas Jensen  Karl Jeske  Terah Jesson  Christopher Johnson  Susan Jorde  Cory Kenyon  
Kelly Knewtson  Troy Knewtson  Bryon Knewtson  Gregory Kueny  Stuart Lamp  Donald Lettner
November Graduates

Philip Mahan  Michael Mai  Paul-Antonio Martinez  Andrew McCaulley  Michael McClain  Melissa Mechtenberg

Rob Michaluk  Aaron Miller  Dang Ngo  Karen Norris  Randall Norsby  Carolyn O'Hara

Mason Orth  Kevin Otheim  Michael Ouellette  Kyle Pankonin  Craig Pickart  Scott Poeschel

Paula Prybylla  Robin Quist  Kelly Remillard  Matthew Romanie  Cheree Sandness  David Schornstein
November Graduates

Craig Schulz  Jason Sherman  Thomas Siegel  Amy Slettedahl  Kristen Smith  Chad Spillers

James Stafford  Nathan Statz  Jason Strandberg  Erick Swenson  Derek Teets  Jesse Ternus

Vincent Tester  Tammy Tremmel  Shelly Van Meeteren  David Wages  Carolyn Wanken  Jay Wanken

Debra Ward  Anne Werner  Lori Winger  Chad Zimmerman

Graduates Not Pictured: Kahled Abuwandi, Michael Bishop, Michael Croteau, Keith DeFries, Linda Dobberstein, Douglas Hester, David Jenkins, Michael Johnston, John Kimbrell, David Leske, Michelle McIntrr, Gereony Merth, Kelly Nadelhoffer, Phillip Outhier, Kara Pa Leslie Poland, Aimee Smith, Lee Thelen, and Amy Michelle Willcocks
Halloween
SUMMER JAM 99
Before they were doctors...
Can You Guess Who is Who?
STUDENT SENATE SPONSORS MANY ACTIVITIES AND CLUBS ON CAMPUS. APPROXIMATELY 35 STUDENTS SERVE ON SENATE FOR TERMS OF ONE YEAR. WE MEET EVERY THURSDAY OVER THE NOON HOUR TO DISCUSS UPCOMING EVENTS, PROJECTS, AND CONCERNS AND TO WORK WITHIN COMMITTEES. THERE ARE SEVEN COMMITTEES: SOCIAL, ATHLETIC, SEMINAR, HOUSE, EDUCATION, CULTURE AND ARTS, AND VOLUNTEER. THE MAJOR EVENTS WE SPONSOR INCLUDE CHIROGAMES, SCHOOL PARTIES, FITNESS CENTER, T-10 PARTY, MASH NOTES, BLOODDRIVES, INTRAMURAL SPORTS, STUDENT LOUNGE NEEDS, PLEXUS, YEARBOOK, WCCS, AND BUDGET DISPERSAL TO MANY OTHER CLUBS ON CAMPUS. HIGHLIGHTS OF THE PAST YEAR INCLUDED OUR FIRST EVER WOODSTOCK SUMMER JAM, SEMINARS BY JOE BATTEN AND LA VONN STEINER, TAKING THE TROOPS TO TEXAS FOR CHIROGAMES, AND SPONSORING NEW FITNESS CENTER EQUIPMENT.
SACA, or the Student American Chiropractic Association, provides many services to the students at Northwestern. This organization makes appointments with and lobbies US Senators and Representatives for the National Chiropractic Legislative Conference (NCLC) in Washington, DC. SACA also lobbies at the state level in Minnesota, Wisconsin, South Dakota, and North Dakota. Our Local SACA chapter keeps us up to date with the latest legislative issues important to the chiropractic profession, acts as a liaison to the ACA, and brings students the brown bag lunch series.

SMCA

The Student Minnesota Chiropractic Association (SMCA) is making a comeback. We grew as an outgrowth of SACA because we wanted to deal with local issues involving chiropractic. We work with the MCA. Our goal is to inform students and faculty of legislative issues which affect us as chiropractors in MN. We have participated in a number of fund raisers with SACA to raise funds for our trip to NCLC in Washington DC in March 2000. To learn more about SMCA watch for publications the Communicator or check the SMCA board.

SABCA

The purpose of the Student American Black Chiropractic Association (SABCA) is to facilitate the exchange of knowledge, experience, and research among Doctors of Chiropractic and chiropractic students, to assist NWCC and the national ABCA in recruiting qualified minority students into the profession, and to perform community education and donate time and service to community based programs.

BABY KEY:

a. babyElkington b. babyMick c. babyZachman d. babyDeVries e. notquiteababyTErickson f. babyPins g. babyBergmann h. babyDrA i. babyAllengurg j. babyRich k. babyKuusisto l. babySeelinger m. babyLarson n. babyBruley o. babyStude p. babySwineheart q. babyFridinger
Canadian Club
Flexion Distraction

Flexion Distraction Club provides students the opportunity to gain hands on experience in improving their palpation skills while practicing how this technique can be used to treat a variety of different conditions including mechanical low back pain, disc protrusions, sciatica, and scoliosis. The club has welcomed many new faces this year, and attendance at weekly meetings has greatly increased. Thank you to all of the students and faculty who have helped to make this possible. FDC sponsored a student seminar offered by Dr. Davis and Dr. Williams that was a tremendous success! A special thank you to Dr. Davis who has donated so much of his time to share his knowledge and experience to help put Flexion Distraction Club on the map.

GONSTEAD

The GONSTEAD methodology is a means of gently & thoroughly detecting subluxations in the spine and extremities and then fixing them through the application of a specific, accurate, and precise chiropractic adjustment by hand only. To find the subluxation, a Gonstead practitioner uses a complete history, visualization, instrumentation, static palpation, motion palpation, x-ray analysis, lab work, and other tests as necessary.
Motion Palpation Club

*Motion Palpation Club (MPC) is focused on improving the psychomotor skills and clinical awareness that define a great chiropractor. In the last year we’ve seen a large increase in the attendance, due to enthusiastic early trimester students. MPC has also been invited to methods faculty meetings and hosted several seminars with professions’ top Doctors. MPC is so exciting even co-author of THE BOOK stopped in to help us teach one Wed; thanks Dr Bergmann. A special thanks to the elite group of future physicians, my team of officers.*

Sports Council

The primary objective of the Sports Council is to advance in every way, the prevention, chiropractic management, and rehabilitation of athletic injuries by the chiropractic profession. This past year, on field qualified members had the privilege to treat athletes at events such as Ironman Triathlons, AVP Pro beach Volleyball, MFL semipro football, local high school wrestling tournaments, and various Tae Kwon Do tournaments to name just a few. The NWCC sports council is now regarded by many in the sports chiropractic community as one of, if not the best Student Sports Councils in the country.
The Plexus

The NWCC Student newspaper, the Plexus, is printed tri-annually. The Plexus is a compilation of Student Club articles and editorials by various students and teachers. The Plexus is open to anyone who would like to submit an article.

WCCS

The World Congress of Chiropractic Students is an international forum open to the students of all affiliated colleges. The objectives of the Congress are to unify the chiropractic profession from within and unify the health care community in the interest of contributing to world health, well-being, and to promote the exchange of new ideas from a student level. This year the NWCC WCCS attended the Annual World Congress held in Bournemouth, England at the Anglo-European Chiropractic College.
This year NWCC was slated not to have a student yearbook. Due to funding problems and the apparent lack of student desire for the yearbook, the entire project was cancelled. When we heard that this was the case, we took up the yearbook cause and began a fight for a yearbook revival. The quest for money and advertisers began, and continues as this year’s book goes to press. To date, we have called or sent letters to at least 150 businesses, with most of the contacts requiring many follow up calls and faxes. In the two short months that followed, we bought a computer, scanner, burner, software, and began experimenting with the new system. In the past, the yearbook was published by an external company and the photos just had to be taken and submitted. In the past two months not only did we take the pictures, but we created a template for their placement, scanned the pictures, sized the pictures, placed the pictures, burned CDs of the information, imported all art, and did every other aspect of yearbook production except for the actual printing. It was a HUGE undertaking, and everyone said that it was impossible, but the 1999 yearbook is finally here.

The completion of this yearbook would not have been possible without assistance from many people to whom we would like to extend our most gracious thanks. Don Yerhot, without you our system would be constantly crashing and we would probably still be locked; thank you for everything. Terry Hart, not only did you inspire us to make this project a go, but you supplied us with all of the software and knowledge necessary to complete this huge undertaking. John Healy, thank you for all of your printing and technical support. Dr. Larry Kuusisto, you have helped us at every hurdle, from increasing our computer memory to just listening to us complain, we know that we could not have completed this yearbook without your assistance.

Thanks also go out to Bill Ormiston, the Alumni Association, Dr. Gabrielson, Ruth Ann Marks, Andrea Kodner-Wenzel, the Plexus staff, Dawn Epps, Tim Clanton, Tiffany Burckhard, and to all those who submitted pictures and allowed their pictures to be taken. Additionally, thanks to all of our families and friends who have put up with all of our stress and absenteeism during the completion of this book.
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aching knees,

and sore feet,

we want to be in their shoes.

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Made for the feet. Designed for the body.
It Takes More Than A Good Diet To Achieve Good Health

An alarming trend has developed in the last two decades; people may not be adequately nourished by the average American diet. After analyzing over 15,000 people, one study reported that “84% of the subjects were consuming suboptimal diets with regard to one or more of the 17 nutrients evaluated.” As a healthcare professional, you’ll want to help your patients supplement their diets.

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