Feature: Parker, Health Care, & Athletics

pp. 10-13
To the Parker Community,

I am happy to be writing for the first 2016 issue of ParkerToday. Over the last year, Parker University celebrated: the 30th anniversary of its first graduating class; the first trimester of one of its largest cohorts in the doctor of chiropractic program; Parker’s fifth year as a sponsor for the Dallas Marathon; the third Parker Serves event as we continue to dedicate ourselves to loving service; and our latest, of many, wins at the Chiro Games. It has been a tremendous honor to celebrate both the races we continue to run and those we have just begun.

This issue of ParkerToday celebrates the way we take the spirit of determination and service that informs our whole approach to health care and live it in the field of athletics. From our founding to our present day, athletics has always served as a celebration of health and a way to prepare ourselves for the toughest challenges we may face in our lives. Many of our students here at Parker bring a sports background as part of their preparation for their training in health care, and many of our alumni, staff, and faculty provide athletes with the care they need to better prepare themselves and to meet challenges on and off the field. The resolve these athletes and healers display inspires us in our own work as educators, advocates, and health care professionals.

Of course, many of us are no-doubt feeling challenged by resolutions of a different sort. The new year is a time of discovery and aspiration. Parker University continues to be rated as one of the healthiest employers in the Dallas metroplex, but there are always further challenges of care and healthfulness to meet. Beyond athletics, you will see evidence of this drive to attain and pursue excellence in our efforts to update our technology, to support students, and to build stronger ties to our community. Just as the athletes among our students and patients are grateful for the care and companionship of the Parker community, so too, are we grateful for the role the alumni community plays in our work here at the university.

In loving service,

Brian McAulay, DC
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**Editor’s Note:**
Katelyn Holt, listed as a legacy student in our last issue, is the daughter of Charles Holt, DC ’93 and Tonya Holt, DC ’93.
For potential students, Parker Power Weekend is far beyond a simple visit to campus. The high-powered schedule shows the full world of healing and service open to Parker health care professionals.
Three events in the fall that provide the ultimate opportunity to discover Parker University and the Parker community:

Students and practitioners enjoy The Parker Experience in Parker University’s home town.

Alumni Weekend complements The Parker Experience Dallas by bringing alumni from across the nation the chance to see each other and renew their connection to Parker University.

For more pictures, head to parker.edu/alumni
Today’s health care landscape calls for its professionals to be well-versed and well-prepared for an interdisciplinary approach to serving patients. All patients.

Even the four-legged ones.

To that extent, Parker University’s Continuing Education (CE) program features one of the greatest animal chiropractic programs available in the world today, along with countless other programs geared toward enhancing chiropractic knowledge and strengthening your ability to serve patients—human and animal alike.

Earlier this year Jacqueline Johnsrud, Tri-10, was one of the many curious students who enrolled in animal chiropractic, primarily taught by Dr. Gene Giggleman, through the Parker University CE program. Jacqueline, who works alongside animals through serving in local shelters and rescue programs, joined the course in order to better understand how to work with animals in all capacities so that they can ultimately improve their health.

Dr. Giggleman adds: “The animal chiropractic program here at Parker trains licensed veterinarians and chiropractors in the science, art, and philosophy of animal chiropractic care. This care offers a drugless, non-surgical approach to the treatment of musculoskeletal and neurological diseases in animals.”

The course, which during Jacqueline’s tenure was comprised of about half chiropractors and half veterinarians, exemplifies the multidisciplinary approach increasingly present in health care today. “For me, it was great to be able to co-mingle with other professions and work alongside veterinarians in the course,” Jacqueline said. “In doing so, they were able to learn about chiropractic, and in turn, we chiropractors were able to learn from them and feed off their knowledge.”

Through empowering students and professionals to evolve alongside health care itself, Parker’s CE program is continually bringing about opportunities to take in new knowledge that is often beyond the scope of what is offered in a classroom. That’s not to say, however, that the knowledge these courses provide isn’t applicable in a classroom; it’s actually the opposite.

“Much of the neurology (between humans and animals) is very similar, and even the anatomy to a lesser extent,” Jacqueline said. “In looking back, some of the information I obtained in the animal chiropractic course could very well have applied to our human anatomy class.” It should be noted that Dr. Giggleman has a history of inviting animals into his Parker anatomy class for this very reason.

“I would suggest taking any CE course that would benefit your practice, or future practice, and allow you to further help your patients, whether they happen to be humans or animals,” Jacqueline said.

While you continue to educate yourself in practice each day, the Parker CE program is prepared to handle the administrative aspect of CE for you—keeping track of courses, issuing certifications, and providing services that help you grow.

Chiropractors—keep an eye out for upcoming courses through the Parker University Continuing Education program at parker.edu/ce.
Part of Parker’s commitment to expanding the opportunities available to aspiring health care professionals is to support students in their studies. For DC students, this support has long been provided by an onsite tutoring program staffed by experienced students. Students in newer programs and students with unusual schedules, however, lacked access to this resource.

With this in mind, Parker University has purchased Smart Thinking, an online tutoring and on-demand support system, from Pearson Education. This system employs degreed professionals and makes them available through services already used by Parker University at any time of day or night. These tutors provide support for newer programs like Parker’s undergrad courses, of course, but they also give students access to a writing center and support for foundational skills like mathematics and biochemistry.

According to Ashley Long, coordinator of learning resources, these features go beyond bridging gaps and enable faculty and staff to better tailor their resources to student needs. “Access to a writing center enables faculty to include more writing in their courses, confident students will get the support they need, and MBA and DC students can make better use of graduate tutors and faculty by having basic concerns addressed outside of office hours. In my case, I can see through reports what questions students are asking and assign tutors appropriately. We’ve even been able to make a specialized allied health tier available to aid students who need more practical assistance.”

All of these efforts are part of a trifold initiative by faculty, the Center for Teaching and Learning, and student affairs. As Parker expands, retention gains more, not less, of a focus and Parker faculty and staff increase their dedication to meeting student needs at every single stage of education.
PARKER PHOTO TOURS
The Occupational Therapy Lab

Parker University has some wonderful common spaces—the fountains; the Donovan Lounge; the Standard Process Student Activity Center; the clinics—but it also has some uncommon spaces, just as wonderful, that might only come up in the context of one program or even one class. In the last issue, we explored the adaptive learning classroom—a space for tailoring teaching to individual students. Here we are looking at a learning space used by the occupational therapy assistant program to tailor teaching to individual patients.

Bedroom Area – This section is for working on patient lifts and learning the ins and outs of hospital beds.

Mat Tables – These platforms enable students to train in patient handling and movement.

Fully Accessible Bathroom – An important training area for learning patient handling in one of the most difficult areas of the home.

Vestibular Swing – This device enables OTAs to help children with sensory issues by stimulating their vestibular system.

Exercise Area – For building strength, fine motor skills, and range of motion.

Kitchen Area – For retraining cooking skills and learning how to use adaptive utensils and equipment.

Pediatric Area – Child’s play can prove pivotal for both diagnosis and therapy.
As Parker University moves into a new year, it looks at which opportunities for giving will best inspire the Parker community. These development projects will each support Parker students and patients in a unique way. Watch for news of progress, partnerships, and generosity as the year develops.

**Teaching Technologies**

New modeling technologies, such as the Force Sensing Torso Technology and an Electronic Health Records System, enable students to hone in on basic and advanced clinical skills.

*Impact: Improves Readiness & Instruction; Updates Technology*

**Imaging Equipment**

New non-invasive equipment such as ultrasound imaging systems and dissection cameras expand our ability to see the human body and train health care professionals.

*Impact: Improves Instruction, Treatment, & Research*

**Specialty Scholarships**

- **Practice Readiness Scholarship Fund**
  - Provides grants for Foot Leveler’s Starting Practice Package
  - Targets improved board scores

- **Single Parent Scholarship Fund**
  - Provides relief for single parents in DC program
  - Targets non-traditional students and improves retention

- **Veterans Scholarship Fund**
  - Provides support for veterans in DC program
  - Improves recruitment & retention options

*Impact: Improves Retention & Recruitment; Builds Giving Culture; Provides Specific Student Support*

If you would like to make a donation, please visit parker.edu/give.
With the Texas Rangers once again reaching the post-season came an exciting opportunity for one of our own Parker University students. Baillie Trumble, Tri-3, recently completed her second season as a ball girl for the Texas Rangers ball club.

Baillie is no stranger to the game of baseball or softball for that matter. She played fast-pitch softball at Granbury High School and posted 20 wins over two seasons as a pitcher for Howard Payne University where she was named to the All-American Southwest Conference Academic Team and was a member of the 2014 Chiro Games softball team.

Baillie’s schedule when the Rangers are in town for home games is pretty full. She attends classes in the morning, works at the campus Fitness Center during the day and then has lab later in the afternoons. She has to be at Groomlfe Park in Arlington about an hour before the game, suited up and ready to go by first pitch. You can normally find Baillie perched upon her stool along the left field foul line during the game. One of her duties as a ball girl that she looks forward to the most is getting to play catch with whomever is playing leftfield. Although she enjoys playing catch with any Ranger who happens to be out there, she mostly gets a kick out of playing catch with former AL MVP Josh Hamilton. There are those rare times that the visiting team also sends a leftfielder out there that she admires as well, especially when the Anaheim Angels are in town. She describes them as her favorite players outside of the Rangers to play catch with. It doesn’t hurt that she gets to toss the ball to two-time AL MVP and centerfielder for the Angels, Mike Trout.

"You can normally find Baillie perched upon her stool along the left field foul line during the game."

Baillie has been a lifelong Rangers fan, so this could almost be considered a dream job. Her duties on game days don’t vary too much: play catch, field foul balls, and, her favorite, interacting with all of the great Rangers fans. She loves the moment she fields a foul ball and is able to hand it to a child in the stands, thus giving that fan a lifelong memory.

Currently in the DC program at Parker University, she plans on moving back to Granbury when she graduates and working with her current chiropractor. While she may not be able to show too much emotion on the field during the game, deep down she’s pulling for that chance to be able to field a few foul balls, play a little catch, and hand out a few more souvenirs.

“ She loves the moment she fields a foul ball and is able to hand it to a child in the stands, thus giving that fan a lifelong memory. "

“ With the Texas Rangers once again reaching the post-season came an exciting opportunity for one of our own Parker University students. Baillie Trumble, Tri-3, recently completed her second season as a ball girl for the Texas Rangers ball club. "

“ Baillie Trumble, Tri-3 (center) with her fellow ball girls "
MORGAN PARISEK AND MURRAY

Morgan Parisek has always loved horses. At the age of six she began what would become a lifelong passion. Her parents were always riding horses when she was a child, so it was only a matter of time before Morgan started riding as well. Growing up in Nashville, Tennessee she began to compete in local riding events and progressed on to National competitions.

Three years ago Morgan and her mom were watching a video provided by a local trainer of a horse they were considering for purchase. Morgan knew without question that this was the horse for her and they bought him before even seeing him in person. Murray is a 10-year-old Quarter Horse and the apple of Morgan’s eye. He is a sweet and gentle horse, almost like a big puppy. He is playful and great with people and on occasion will even seek out a treat. Morgan has had a lot of horses over the years but to her, “Murray is really something special.” When she first got Murray he wasn’t trained specifically to compete. He had to learn how to jump and be ridden for competitions—training that has certainly paid off for this dynamic duo.

Last year Morgan and Murray won the AQHA (American Quarter Horse Association) Championship. Morgan also won the All Around Amateur Championship, both titles she is extremely proud of.

At 24 years old, Morgan has already accomplished quite a bit. However, she’s not slowing down any time soon. She is a Tri-3 student at Parker University, having studied animal science at Murray State University in Kentucky. Morgan has seen firsthand how chiropractic has helped Murray and would like to specialize in animal chiropractic at Parker. She plans on competing in summer 2016 and hopes to bring home a few more championships with Murray by her side.
PARKER UNIVERSITY AT THE DALLAS MARATHON
Happy forever, the noble strong man Who could race like a god...

Where Robert Browning celebrated the dedication and endurance of the first marathon through verse, Parker University is celebrating its fifth marathon sponsorship through more direct commemorations:

- Participation at the Dallas Marathon Health and Wellness Expo
- Running a water station
- Presenting heat wraps at the finish line
- Sponsoring runners from a Dallas ISD school for the Mayor’s Race
- Providing more than:
  - 40 Volunteers
  - 13 Marathon Runners
  - 9 Half Marathon Runners
  - 15 Participants in the Mayor’s Race 5K
- Promoting the race through bracelets, t-shirts, lectures, adjustments, and cross-campus racing shoe day

This year as the official chiropractic sponsor of the Dallas Marathon, Parker University is very happy to honor Logan Sherman, DC ’13 as the winner of the marathon and to rejoice as the ancients did in the dedication of our runners and their teams on Dallas’ own glorious day.
One of the great privileges enjoyed by ParkerToday is access to interviews with alumni who work in sports health care. Gathered here are pearls of wisdom on the vocation of caring for athletes from prior ParkerToday articles, alumni newsletters, and other sources as a tribute to both those alumni who have spoken to us and those we have yet to interview.

We have...

...exhortations to participate:
Troy Van Biezen, DC ’97 – a former hockey player and current chiropractor who works with athletes from the NFL, AHL, NHL, NBA, MLB, PGA, and nationwide tour, such as Jordan Spieth and Matt Johnson calls for colleagues to:

“Do what you are passionate about doing; follow a good work ethic; and be really good at what you do.”

...stories from visits by Nastia Liukin, Olympic gymnast and competitive dancer, and Vince Scheffler, DC ’07 on the relationship between athletes and chiropractors.

...connections between coaches and chiropractors
Matthew Chalmers, DC ’07 – “What led you to chiropractic and to Parker?” In high school I hurt my back, I was told I was a liar and just didn’t want to play football anymore. My coach sent me to the team chiropractor and I was carried in, got adjusted, hobbled out, and was back in practice three days later.

...sports injuries leading to chiropractic
Sheila Bonnett, DC ’08 – I had a significant sports injury in high school and was told that I had reached maximum healing by other doctors, when I still had obvious limitations and issues. My grandma suggested that I go and see her chiropractor. Not only did he help my body completely heal and recover from my injury, he also shared very intriguing information with me about what was preventing my body from healing.

...the connection between sports, teaching, and chiropractic
Leon Tom, DC ’99- I’ve always had an affinity for teaching, whether mathematics, chess, hockey or chiropractic. My position in the clinic allows me to contribute to our profession on the front end by ensuring interns are adequately equipped to practice.

...sports making sense of wellness
Meredith Grady, DC ’02 – 21 years ago I was playing volleyball and forced to sit on the sidelines due to lower back pain. I was taking 16 Advil® a day just so I could step out on the court and try to compete again. After my parents learned of the harmful side effects of the drugs, they took me to a chiropractor. The chiropractor did an exam, took some x-rays, and explained to me what was causing the lower back pain. What the chiropractor did and said made so much sense that I decided to become a chiropractor.

...stories on the support Parker offers to local athletic events
- Walk for Arthritis
- Dallas Marathon
- Camp Summit Golf Charity and Byron Nelson

...news from chiropractors on their own athletic efforts
Logan Sherman, DC ‘13 winning the Dallas Marathon 2015
For the eighth time in the last 11 years, and a record-setting 13th time since the games began in 1992, Parker University has claimed the overall team championship at the Chiro Games. The 2015 edition of the Chiro Games, which matched student-athletes from every chiropractic school in the nation, as well as Canadian Memorial, featured 12 schools battling in 13 different sports October 31-November 1 in Cocoa Beach, Florida.

Parker, represented by 97 students, claimed gold medals in women's basketball, tennis, swimming, table tennis, and softball to outdistance New York Chiropractic 90-72 for top honors. Palmer-Florida (54), Palmer (26), and Canadian Memorial (22) rounded out the top five. Parker also claimed a silver medal in running as well as bronze medals in golf, flag football, men's soccer, and men's basketball. Fourth place honors for the Patriots went to beach volleyball and women's soccer. In all, Parker earned team points in every sport it entered and for just the third time in the history of the games, every student-athlete from Parker left the awards ceremony with a medal. Parker's five championships also outdistanced New York and Palmer-Florida by three titles.

The Patriots strongest challenge came from New York, which featured its best team since winning its only Chiro Games championship 12 years ago. NYCC claimed top honors in men's basketball and women's soccer, while Palmer-Florida topped the award stand in beach volleyball and golf. Palmer (men's soccer), Logan (flag football), CMCC (hockey), and National (running) claimed the other gold medals.

“We entered the 2015 Chiro Games as the favorite to win the overall championship,” said Director of Athletics and Recreation, Steve Weller, “and we didn’t disappoint. This was really a strong team from top to bottom. Our five championships equal a school record, but as important was the way our students represented Parker and chiropractic. We have a proud tradition at the games and we lived up to it again this year. You know, when you have won the title as often as Parker, every team is gunning for you, but our student-athletes welcomed the challenge.”
PARKER UNIVERSITY WINS

Parker University Wins Chiro Games for Record Setting 13th Time!

HAPPENINGS

from Parker

Mayor Pro-Tem, Monica Alonzo was at Parker University on Thursday, October 15 to present a Proclamation to University President, Dr. Brian J. McAulay and Interim Provost, Dr. Fred Zuker recognizing the month of October as National Chiropractic Health Month in the City of Dallas.

SCHOLARSHIP LUNCHEON HONORS BUMPER CROP OF WINNERS

The Presidential and Academic Achievement Scholarship programs inaugurated in 2014 have just had the privilege of honoring their first full class of winners. The Fall 2015 Tri-1 class was awarded all 15 Presidential Scholarships and 24 Academic Scholarships. These programs mesh with the named scholarships provided by alumni and donors to create incentives and support for Parker’s most exceptional and deserving students.

The luncheon honored these students and hopes to serve as an initial lesson for students in Parker University’s dedication to service and excellence.
HAPPENINGS

UPCOMING PARKER EXPERIENCES

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Download the The Parker Experience app to access:
- Podcasts
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- Seminars Info
- Parker Share Products
- Speaker Info
- Sponsor Info
- Exhibitor Info

Pittsburgh, PA
May 12-14, 2016

Las Vegas, NV
February 23-25, 2017

Dallas, TX
October 14-16, 2016

UPCOMING CE PROGRAMS

- Basic 100-Hour Acupuncture Program
  Continues with Module 4 February 6-7

- ICPA Pediatrics Certificate
  Series kicks off February 20-21

- Animal Chiropractic Program
  Begins March 11-13

We’ll be publishing our complete 2016 line-up soon! Be sure to check back often – you don’t want to miss a thing!
Steve Weller has held many titles throughout his life: Husband, father, friend, veteran, and the list goes on. But here at Parker University, Steve Weller is considered a winner. Steve first came to Parker in 2004 and is currently the director of athletics and recreation. He has been in the sports field his entire working life.

He began his career in sports in 1977 as the sports information director for Central Missouri State University in Warrensburg, MO. After four years at CMSU he moved on to the same position with Southern Illinois University where he stayed for almost a decade. He then became director of communications, international headquarters for Little League Baseball in Williamsport, PA.

“Husband, father, friend, veteran... but here at Parker University, Steve Weller is considered a winner.”

Steve moved to Texas in 1992 to take over as sports information director for the University of Texas in Arlington. He served almost 12 years at UTA before finally taking his place here at Parker. Along the way Steve has had many other interesting honors and offices during the course of his career. He has worked as a press officer for several USA Olympic teams and served as both president and vice-president of the National Collegiate Baseball Writers Association.

Steve has a strong passion for one sport in particular, baseball. A sport that he played competitively until the age of 43. Since 1995 Steve has been an official scorer for the Texas Rangers Baseball Club. This opportunity has given Steve the chance to experience some really cool moments. Steve was the official scorer for the World Series in 2010 and 2011 when it was played in Arlington, TX. He was the official scorer for the World Baseball Classic in Tokyo, Japan on 2013 and has represented the Texas Rangers at Major League Baseball’s Rules and Scorer’s Meeting in New York in 2012-13 and again in 2015.

“After being in his position at Parker for just a year he put together enough athletes to win the National Championship at the Chiro Games in New York in 2005.”

Parker University hadn’t really done well in the Chiro Games prior to 2004. The collective teams were on a five to six year losing streak. That was, until Steve came along. After being in his position at Parker for just a year he put together enough athletes to win the National Championship at the Chiro Games in New York in 2005. And the rest is history. Parker University went on to win four championships in a row. This year’s Chiro Games Championship was very unique. For the first time ever, every athlete that competed in the games took home a medal; an incredible feat to say the least. Steve and his teams have won eight championships in the last 11 years and the years they didn’t win it all, they came in second place. Steve said, “the caliber of athletes at Parker University is amazing.” There have been former Olympians, NFL, and MLB players, among other top athletes to come through Parker. Each of them has contributed in some way to a Chiro Games championship.

Steve doesn’t see any school that can dethrone our current Parker champions. Although the competition is there, Parker should expect to be champs for many years to come. His leadership and work ethic are exactly what the athletic program at Parker embody and we are certainly lucky to have him on our team.

The next time you see Steve and have a few minutes to spare, ask him to tell you the story of the “worst call ever made in baseball history.” You’ll be glad you did.
While Parker Serves is certainly the premiere service event at Parker University, the university also supports many faculty and staff in their individual initiatives. Donna Wald, director of alumni relations, is one of the more enthusiastic volunteers on campus. After working with the district on a number of other programs, this fall she participated in the Dallas Independent School District’s principal for a day program. Working at F. P. Caillet Elementary School with Principal Janeen Pantoja, Donna participated in morning announcements, observed classes, and met with student groups to connect them with the Parker experience.

Per Donna, “This program is a huge deal. It’s widely recognized, and it was an honor to be a part of everything from classroom visits to admissions meetings on the gifted and talented program. Parker has worked with this school before on a few programs—races, backpack drives, and as near neighbors, so it was exciting to accompany these smiling faces through a regular day of school.”

Principle Pantoja agrees, saying, “This program is for community and business partners to see what life is like at the school, and let me tell you she saw everything I would do in a day. A lot of that is what I call sense-making. The principal sees a lot of different perspectives on a student and needs to put together a complete picture that educators can take action on. Mondays are professional development so she saw that in action with students, teachers, and school activities. Donna, Parker’s Employee Council, and Parker students had given us 75 backpacks for a drive earlier in the year and it was wonderful to get to know each other better.”

Programs like this truly demonstrate that a Parker frame of mind makes a difference in the lives of our neighbors and neighborhoods. Here’s to taking that spirit of loving service forward throughout the year.
We have some BIG news to share. We are SUPER EXCITED to announce that Dr. Kristina Stitcher and her family are returning to Utah!

Her first official day back in the office will be December 23. Dr. Kristina has loved teaching, but Utah and this practice is her love. Please come CELEBRATE with us, we will have an open house on December 23, you do need an appointment for an adjustment.

A HUGE thank you to Dr. Jenni Schulz and Dr. Kim Glasgow for providing amazing care while Dr. Kristina has been teaching and sharing her passion with future chiropractors and creating more family wellness doctors.

Leigh Lenz, DC ’04 was voted as the 2015 Best Chiropractor by Oregon Healthy Living! Congratulations!

Beau Hightower, DC ’11 was very pleased to receive the following accolade from UFC World Champion Holly Holm:

“To Beau & Everyone @ E Life: Thank you for putting all of my broken pieces back together. Much Love, Holly Holm”
“Our chiropractic education and the success principles that we learned at Parker University gave us an opportunity to do what we love to do...take care of our patients. We feel that it is only right that we give back to the school and the students, who are the future of this great profession.”

The Byroad Chiropractic Scholarship has been active since 2011 in providing support and relief to Parker University DC students. Drs. Brenda and Clark Byroad established the scholarship to support established students with an interest in chiropractic philosophy.

Scholarships are a critical component of the support the Parker community offers to students and the future of chiropractic. Over the course of 2016, Parker University needs to meet the needs of students by doubling the donor scholarship resources available to current and future students.

Profiles in Generosity

Donors interested in supporting scholarships have the following options:

**Endowed Scholarships** – Built to last, these scholarships are funded by the interest generated by large donations.

**Named Scholarships** – Supported by committed donors these scholarships recognize the special efforts of donors and students to meet patients needs.

**Special Support** – Designed to match the group needs and expertise of students, alumni and staff. They can provide specific support for many groups such as single parents, veterans, students starting practices, or even alumni taking business courses for practice management.

**General Scholarship Fund** – Each year Parker University provides scholarships to students based on individual need, for this large scale fund every single dollar makes a difference.

Parker University is immensely lucky to enjoy the support of so many donors and scholarships, as our need increases we will be spotlighting more and more the good this work does for our community.

If you are interested in making a scholarship donation please visit [parker.edu/alumni-friends/give](http://parker.edu/alumni-friends/give)