



TRANSITIONS

Summer/Fall 2001

Chiropractic Pediatrics -2001-



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D. J. J. J.
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An advertisement for Chiro < Match. It features a background image of a hand pointing at a laptop screen. The text reads: 'We Match Doctors for Associateships and Practice Buy-in/Buy-out. REGISTER NOW!' Below this, the logo 'CHIRO < MATCH' is displayed, followed by the phone number '800.545.5241' and the email address 'chiromatch@aol.com'.

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a message from THE CHAIRMAN OF THE BOARD of trustees

The Importance of Chiropractic In Children's Lives

This issue of Transitions features chiropractic pediatrics. The public is increasingly aware that chiropractic offers benefits to children as well as adults. Parents' efforts regarding their children's health have profoundly impacted today's healthcare professions. Parents no longer acquiesce to doctors who, upon targeting a symptom, habitually dole out antibiotics.

Introducing children to chiropractic's benefits will enable us to bring relief to millions of young people who might otherwise have gone untreated, while at the same time cultivating favorable market opportunities for the pro-

feSSION. Research has firmly established a place for chiropractic in the treatment of asthma and otitis media, sprains and strains, colic and general health. By adjusting today's youth, we assist in their health regimen and demonstrate chiropractic's effectiveness.

As we expand our offerings and broaden our patient base, we will find increasing numbers of chiropractors working in our local school systems and teaching our children about health, nutrition and fitness. I encourage our alumni to coach sports, to provide school physicals, to offer spinal screenings at the local schools, and to work with school nutritionists in an



Dr. Peter Ferguson
Chairman of the
Board of Trustees

effort to improve lunch menus.

I am pleased to assume the chair of New York Chiropractic College's board of trustees. Both thrilled with the College's progress and excited for its prospects, I will continue to share my thoughts with you in Transitions and invite our many alumni to make every effort to "re-connect" with their highly regarded alma mater.

Danish Chiropractic Faculty Visit NYCC

The NYCC Technique and Principles Department played host to chiropractic faculty from the University of Southern Denmark in June. The visiting scholars attended a number of classes at the Seneca Falls campus, gathering ideas they may take home and use in the technique classes in their institution. The Danish chiropractic program began five years ago and is taught in the native tongue, though some lectures are given in

English. Many early classes in the curriculum are taught with students from such majors as biomechanics or exercise physiology. As a result, some of the "chiropractic culture" never evolves according to the Danes, and issues related to the effective integration of both knowledge and manual skills arise from time to time.

The visit was prompted by conversations between Niels Grunnet-Nilsson, D.C., M.D.,

Ph.D., and Christopher Good, D.C., M.A.(Ed), at the Association of Chiropractic Colleges' conference in March where Dr. Good spoke about NYCC's new faculty evaluation system. Dr. Nilsson is Director of Studies of the Faculty of Health Science at the University of Southern Denmark and was former Dean of Academic Affairs at the Anglo-European College of Chiropractic, where Dr. Good previously taught. Dr. Nilsson commented about difficulties he observed with their technique curriculum, as Dr. Good related NYCC's favorable experience with its technique program. Shortly thereafter a visit was arranged.

The guests were impressed with a number of aspects at NYCC including the organization and delivery of the NYCC core curriculum, the opportunity for electives and, of course, the College's impressive facilities. Both schools intend to explore the possibility of future academic exchanges that would include both faculty and students.



Drs. Anders Tromholt, Charlotte Gregersen, Christopher Good (NYCC) and Henrik Lauridsen

President's Council 2001

This esteemed fellowship is composed of persons and organizations who provide gifts of \$1,000 and more each year to assist the College in continuing the school's leadership as the premier Chiropractic College. Their contributions establish them as outstanding leaders, not only in chiropractic education, but in the healthcare realm as well.

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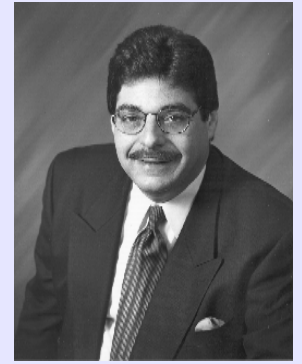
Hitch Your Success To Ours

It is no accident. Whenever I am given the opportunity to reveal the many things we at the College undertake to make our graduates successful, I do so eagerly. Clearly, the successes of the College and those of our alumni are inextricably intertwined. We rely upon you. We look to you for student referrals. Your many contributions, both within your communities and to your patients' comfort, reflect favorably upon the College and the profession at large. This is nothing new — Colleges have long piggybacked on the successes of their graduates.

Conversely, relationships realize their full potential only when their benefits cut both ways. Just as the College is raised by its graduates, it similarly makes every effort to help them succeed, and is uniquely positioned to do this. Our research department's

scientific findings appear in newspapers, magazines and textbooks, confirming and publicizing the marvelous results chiropractors observe daily in their practices. We all rode the coattails of NYCC's Dr. Donald Dishman when he achieved first place for his research presentation to The World Federation of Chiropractic's 6th Biennial Congress held in Paris and earned the coveted Scott Haldeman Award! The newly established Public Education Committee successfully communicates the chiropractic message, informing everyone about chiropractic's ability to improve the quality of their lives. College-sponsored television commercials currently air throughout New York State, as well as in Ohio, Boston, Pittsburgh and Canada. We recently completed production of a marketing video and CD-ROM that

showcases NYCC's outstanding features, and we just finished production of a series of 30-minute public television episodes of Chiropractic Today. The episodes form an educational program that discusses chiropractic's relevance in a variety of healthcare aspects (Philosophy & Wellness, Geriatrics & Anti-Aging, Nutrition, Pediatrics, Headache, and more). The programs are earmarked to air on New York State cable and public access television stations, and thereafter in other regions of the country. These CDs and videotapes can also be used as waiting room and patient education media by our practicing alumni. We are not only communicating better, but are also developing noteworthy programs worthy of publication. Our interns can now fulfill their clinic experience requirements at the Bethesda Naval Hospital and conduct rounds



Dr. Frank Nicchi,
President

with doctors from a variety of medical and healthcare disciplines. Our Career Development Center Internet Database continues to provide our graduates with the latest business opportunities and important career tools.

In short, our respective successes benefit one another. We look to you for the means to continue doing what we do best — assisting you. We have made great strides and are committed to ongoing progress. Your financial support and referral of prospective students remains vital to the College's successful initiatives. Please, hitch your success to ours. Thank you and God bless.

NYCC Builds Bridges With Area Colleges



Drs. Robert Walker and David Baumgartner

David Baumgartner, Ph.D., Associate Dean of Students and Director of Hobart and William Smith Colleges' Center for Career Strategies and Experiential Education, visited NYCC's campus and enjoyed a welcome consistent with the close relationship currently shared by the two colleges. Dr. Baumgartner, who coordinates and promotes experience-based learning at Hobart and William Smith Colleges, values internships and community-based learning. He assists his students with career development and job placement. During his visit he met with Anatomy Department head Dr. Robert Walker. He indicated to Dr. Walker that Hobart's pre-professional advisors and pre-med students would enjoy visiting NYCC to observe the dissection and prosection laboratories, as well as an NYCC faculty member lecture. The visit was an eye-opener for Dr. Baumgartner. At the close of his visit he commented that he never realized how extensive the curriculum was for matriculating chiropractic doctoral candidates.

NYCC Bids Farewell to Associate Provost

Glenn Fried, Associate Provost for Academic Affairs, will be leaving NYCC at the end of August to become Director of Community Education and Outreach Services at Onondaga Community College near Syracuse, NY. Glenn joined NYCC in 1992, as the Registrar and in 1997 assumed the Associate Provost's position. He has played a key role at the College in curriculum, clinic and faculty development during the past four and a half years. His service has been invaluable to NYCC, and he will be sorely missed. Glenn's views regarding chiropractic and chiropractic education, particularly in the context of the NYCC environment, merit sharing with our readership. The following are excerpts from one of our recent conversations.

GLB: Your "first professional degree" is Master of Divinity, and I know you spent the early years of your career in the Methodist ministry. What paths led you to a key academic position in a D.C. degree program?



Glenn F. Fried, Associate Provost
for Academic Affairs

GFF: Upon earning a B.S. from Cornell University, I matriculated at Wesley Theological Seminary in Washington, D.C. in 1972 with the intention of pursuing a career in religious education upon graduation. For a time, I "fancied" myself becoming a professor of systematic theology. The Bishop had other plans for me and when I graduated with a M.Div. in 1976, he appointed me to the parish ministry. For almost seven years I served churches in the Southern Tier of New York State. I look back at that chapter of my professional life and realize how much I learned about life and death, happiness and suffering, despair and hope. I also came to appreciate that fiscal challenges are a constant: on the very first Sunday I preached at my first assignment, I was greeted by the Church Treasurer who told me that I would be paid once a month, at the end of the month...hopefully. Wanting to expand my horizons, I left the ministry and entered the field of business. I assisted in a family business while conducting a job search in the field of education. My initiation into this domain began in 1984 with Bryant & Stratton Business Institute, where I did stints as a Director of Continuing Education, Acting School Director, Associate Director of Admissions, and Dean of Academic Affairs. I returned to help my brother's business for a short time before accepting the appointment to become the Registrar at New York Chiropractic College. In addition to this position at New York Chiropractic College, I've also had the privilege of serving as Associate Dean of Enrollment Management and Registrar, Interim Dean of Faculty, and in the current position of Associate Provost for Academic Affairs.

GLB: You've been the senior NYCC administrator closest to the faculty on a daily basis and the individual responsible for hiring many of our current faculty members. What changes have you observed in the attitude and character of the faculty during your tenure as Associate Provost?

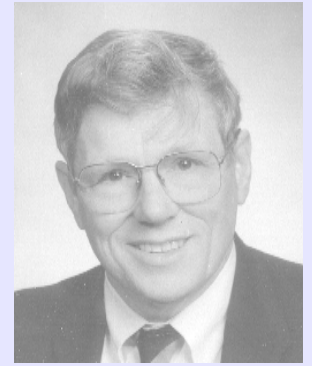
GFF: I've witnessed the growth of this College over the past several years

and at the center of this evolution has been the faculty and the Division of Academic Affairs. I remember vividly the description of NYCC made by Dr. Coleman Hamel, Chair of the Middle States Reaccreditation Site Team-Middle States. Dr. Hamel indicated in 1994 that though the College would soon be marking its 75th "birthday," in many ways NYCC was just three years old. At that time,

NYCC was challenged to take bold steps in blending its already existing culture of being a professional school with an academic culture that was just beginning to emerge. Long before you appointed me to my positions in Academic Affairs in 1997 and 1998, intensive efforts were launched to expedite this maturation process. Dr. DeCicco and his administration and staff, among other things, truly worked on assembling the basics of academics that were missing in previous years. Core academic policy and procedure were forged during the time period of 1993-1996. Lance, your arrival in 1995 signaled the College's commitment to build a much stronger foundation in this regard. You provided much needed guidance, support, leadership and vision. Shortly after your arrival, you initiated the Curriculum Revision Project. The changes in attitude and character of the faculty that I have observed go "hand-in-hand" with the paradigm shift that commenced in the early 90's. With academic maturity came accountability. I think it's amazing and great that all full-time faculty and many part-time faculty have now authored a Professional Development Plan (PDP) and revise this document on an annual basis. This document has become the anchor of the annual faculty evaluation process. When Dr. Christopher Good presented at the ACC meeting this past spring, he highlighted our new evaluation system and the PDP. Faculty and administration from many of the other colleges expressed that NYCC was a leader in this domain. Raising the "accountability bar" has enabled the faculty and the Division of Academic Affairs to take on some serious and controversial issues regarding effectiveness in the classroom. There's been a whole lot of talk about quality and mission and how to create and nurture positive and constructive learning environments. NYCC is a better place and graduates a more competent Doctors of Chiropractic because of the commitment, expertise, and ongoing professional growth of our faculty.

GLB: Describe your most satisfying experiences at NYCC.

GFF: Among numerous events, experiences, and relationships that I would describe as very satisfying, I would rate four as the most gratifying: 1) participating in the process and sharing the outcome of formulating the College's Mission Statement, 2) observing the revision and implementation of the new curriculum, 3) participating in the design, development, implementation of the new faculty evaluation system, and 4) being a part of a collaborative academic team. The Mission Statement resulted from careful and deliberate study and surveying faculty and Board of Trustee opinion. We cannot ignore the fact that over 75 percent of our faculty at all locations, a Board of Trustee appointed Task Force and the entire Board of Trustees endorsed this Mission Statement. While there have been a handful of dissidents, clearly



Dr. G. Lansing Blackshaw
Executive Vice President/Provost

(Continued on page 10)

NYCC Mourns the Passing of Mollie Donovan



Ms. Mollie Donovan

Chiropractic lost a friend in the death of Mollie Donovan this March. Ms. Donovan had long served as the “right hand” of long time NYCC President Dr. Ernest G. Napolitano. She began her work at the College in 1959 and worked her way up to executive director before retiring in July 1986. Ms. Donovan had served in virtually all aspects of the College including finance, registrar, bursar, and general administration. She always managed a smile for those with whom she worked closely. Her love of people was combined with an easy manner and disarming presence. She has been described as incredibly wise, compassionate, and dedicated to her work.

During the course of Ms. Donovan’s tenure at the College she enjoyed the company of such notables as B.J. Palmer, with whom she ate breakfast and toured New York’s Museum of Natural History. She also cherished the many hours she spent with her “special and dear friend,” Dr. Vinton Logan.

NYCC President Dr. Frank Nicchi noted Mollie Donovan’s “unwavering” devotion to the College and to the chiropractic profession. He came to know Ms. Donovan when he attended classes at the Columbia Institute of Chiropractic and (subsequently) New York Chiropractic College. According to Dr. Nicchi, “She helped the College prosper in its early days and will be sorely missed by the many people whose lives she touched. Without a doubt both the College and chiropractic profession owe her their deepest gratitude.”

Her credentials bespeak her boundless energy and significant tal-

ent—serving as Columbia Institute of Chiropractic’s executive director, as well as business manager, executive secretary to the board of trustees, director of public relations, and executive aide of alumni affairs.

Her life outside the College was also fulfilling. She belonged to numerous organizations including Speakers Research Committee for the United Nations, American Literary Society, Women’s Auxiliary of the International Chiropractors Association, the Marine Historical Association, the New England Numismatic Association and the Medical Library Association.

Mollie Donovan’s achievements were many, and they earned numerous citations from the Columbia Institute of Chiropractic, including several Presidential Citations, Meritorious Citations and Testimonial Citations. In addition, she received New York Chiropractic College’s Recognition Award, and the Distinguished Alumni Award from the College’s Alumni Association. Ms. Donovan earned her Bachelor of Arts degree from Brantridge Forest School and was received as an Honorary Fellow at both the New York College Academy of Chiropractic, and the International College of Chiropractors. In addition, she was awarded a Doctor of Humanities from Columbia Institute of Chiropractic and received a fellowship from the American Literary Society. Her name is listed in the World Who’s Who of Women, the Community Leaders of America, and the International Registry.

Clearly, Mollie Donovan was a woman of significant talent and solid achievement. We at the College join together in honoring her considerable efforts on behalf of the academic community and the chiropractic profession.

Public Education Committee

by Dr. Beth Donohue, Director, Accreditation and Planning
Chair, Public Education Committee



Dr. Beth Donohue

Healthcare Marketplace 2001 Conference & Expo

New at this year’s Fifth Annual Healthcare Marketplace 2001 Conference and Expo, presented by BlueCross BlueShield of Central New York, was the education tract on Complementary Medicine. NYCC’s President Dr. Frank Nicchi served as one of the tracts’ speakers. Dr. Nicchi addressed his audience about chiropractic’s important role within the Healthcare System.

The June 13-14 Expo was co-supported by the State University of New York Upstate Medical University and Healthcare Information Provider, Inc. and was held at the Convention Center at Oncenter in Syracuse. Several members of the NYCC community joined the Expo audience to enjoy Dr. Nicchi’s talk and to cultivate relationships with other health care professionals.



NYCC President
Frank Nicchi, D.C.



Rochester Institute of Technology (R.I.T.) representative Dr. William Wallace and NYCC President Frank Nicchi, D.C.

NYCC Establishes Internship Program With Bethesda Naval Hospital

by Peter Van Tyle and Vicki Baroody

We can thank Wayne Carlsson, D.C., who perhaps unwittingly, led the College into an exciting new chiropractic internship program with the National Naval Medical Center (NNMC) in Bethesda, Maryland. His timing was uncanny last fall, in that his request for an externship as a 10th trimester student happened just as United States Navy Drs. William Morgan and Terence Kearney were kicking around the idea of establishing a chiropractic internship program at the Navy facility. Together, Drs. Kearney and Morgan run the chiropractic clinic at the Bethesda Hospital, where they treat military personnel, politicians and staff. Shortly after Carlsson visited Bethesda, the doctors got on the telephone with Carlsson, NYCC Dean of Chiropractic Education Dr. Lee Van Dusen and NYCC Associate Provost Glenn Fried. Subsequently, Dr. Van Dusen and Depew clinic director Dr. Matthew Coté traveled to the hospital to meet the doctors and determine the possibility of an appropriate fit.

Since then, NYCC has been given the green light to send interns to train under the chiropractors' supervision within the hospital. There they will enjoy exposure to a multidisciplinary healthcare "team" approach. The students will be able to use their didactic educational experience in practical areas, or as Dr. Kearney puts it, "They will see firsthand how a gall bladder mimics right shoulder pain." The interns will participate in rounds with the various other medical departments. According to Dr. Morgan, the program is designed to start small and grow to become a model for other Department of Defense hospitals. Program participants who will treat hospital patients for part of the day and cycle through other departments during the balance of the day, will be in a unique position to draw upon valuable hospital experience upon graduation. The training will be very similar to that of the medical students and residents. The chiropractic interns will also participate in taking histories, conducting examinations and making treatment decisions.

Dr. Morgan's affiliation with the NNMC began three years ago, when he was accepted into the Chiropractic Health Care Demonstration Program (CHCDP). Dr. Kearney was accepted shortly thereafter. This five-year study was conducted by the Department of Defense (DoD) starting in 1995, after years of lobbying by the American Chiropractic Association, to determine the suitability of chiropractic in the military. The CHCDP placed 20 doctors of chiropractic and 20 chiropractic assistants at 10 military bases. Results of the

program showed that every year, the DoD could recover approximately 199,000 work days lost by military personnel due to back pain and other neuromusculoskeletal problems, for a savings of \$28 million. In addition, the DoD acknowledged that chiropractic would augment both the readiness of troops and patient satisfaction. As a result of these findings, President Clinton last year signed a bill making chiropractic care available to all active-duty personnel. The DoD has four and a half years left to fulfill that mandate, and now Congress has approved the provision of chiropractic care to military retirees 65 and older formerly on Medicare.



Drs. Terence Kearney and William Morgan

With only 26 chiropractors currently at 13 military bases and 25 million military personnel eligible for chiropractic care, all this translates into a vast new world of opportunities for licensed D.C.s who want the challenge of working in a military setting. Chiropractors will have military opportunities as contractors, employees or joining up and wearing a uniform. Working with the Public Health Service may present additional opportunities. Even those who prefer the less structured civilian life can anticipate a higher level of chiropractic awareness. This is possible because retired generals who have

had positive chiropractic experiences spread the word among their employees at the organizations they head up. Additionally, the 800 physicians in training at Bethesda, who are being exposed to the benefits of chiropractic, will develop the habit of referring patients to chiropractors.

When Drs. Morgan and Kearney began practicing at Bethesda, their presence was met with some resistance by the medical staff. Today, those who at one time did not want them in the same room with them now consult them regularly (particularly on the reading of spinal X-rays) and refer more patients than they can handle. The number-one source of patient referrals is the neurosurgery department. And in a setting where chiropractic was once viewed as alternative medicine, it is now considered a prestigious specialty. Patients include members of Congress, the Supreme Court, heads of state, the Air Force One crew, Pentagon employees, high-level military personnel, active-duty military and their dependents - and hundreds of physicians! With only two chiropractors available to serve 100,000 potential patients from both the military base and the neighboring

Continued on next page

Glenn Fried Interview (Continued from Page 7)

the overwhelming majority support it. While it is tempting to “keep the peace,” if NYCC wants to keep its leadership position in this profession, it must have the courage of conviction and the wisdom to discern that noisy people are not necessarily right. The Mission Statement is a powerful and refreshing statement. The new curriculum represents many years of very hard work by the faculty. Lest anyone think that curriculum change is easy, research indicates that many colleges do not succeed in effecting curricular revision. There is still work to do and problems to solve. But the new program is a better-integrated and clinically relevant educational experience. The faculty are to be saluted for the extraordinary efforts that were and are yet to be made in delivering this professional instruction. Earlier in this conversation, I indicated the value of the new faculty evaluation system. It was developed in a collegial manner. A faculty task force designed and developed the system in constant consultation with the faculty at large: no secrets...no surprises. While there is still work to be done in designing some specific assessment tools, the essentials are in place. Professional planning, budgeting of time and resources, and evaluation of accomplishments are interrelated tasks. Good results have been realized. The best is yet to come! Department heads and health center directors meet on a regular basis to share information and work together. This group has been highly effective. There is no “us vs. them.” It has been great working with them.

GLB: What challenges and opportunities lie ahead for chiropractic education, generally and at NYCC?

GFF: We have a new curriculum. We cannot become complacent and content that we have our act together. The major revision has taken place. It will, however, be necessary for the faculty to continue to examine and evaluate what it is doing: ongoing revision and improvement should be constant. We have experienced enrollment shrinkage. We are not alone. The other chiropractic colleges are experiencing the same, some to a much greater degree than we. It is not uncommon in times of enrollment decline and fiscal constraints for colleges and universities to reconsider established standards. When institutions succumb to these temptations, the consequences are devastating. As the College continues to explore new program initiatives, it must take care to nurture and grow the Doctor of Chiropractic

program. For the nine years that I have been at NYCC, I have heard many people speak about unity in the profession. I have witnessed tremendous efforts on the part of some to pull the various factions within the profession together. The divisions are still present. Perhaps in some instances they are greater. I believe that the fighting has taken its toll on this profession, this college, and all the rest of the colleges. I think that it has had a negative impact on enrollment. I’m a pragmatist. Isn’t it time to reassess what’s really possible and desirable? Even if everyone could get together under one roof, what would we have if that were accomplished? Do we really think that some of the “wackiness” that we all have observed deserves a place in this profession? I think not. And while the gargantuan efforts are expended to do so, other important matters go unattended or get less attention than is deserved.

GLB: I’m aware that you’ve been a chiropractic patient at the College. From a patient’s viewpoint, how would you cite the benefits of chiropractic care?

GFF: When I arrived at NYCC in 1992, I knew very little about chiropractic. I became immersed in it all very rapidly. I also became a patient very soon after I joined the College. Those of you who know me well know how deeply I love and care for this College and the profession we serve. I have experienced the benefits of chiropractic care. Chiropractic care has been very effective.

GLB: As your departure date from NYCC draws near, do you have any final thoughts to share with us?

GFF: I want to thank NYCC for the many opportunities that were given to me to serve. It has been an honor and privilege to work with all of you over the years. I have met some of the finest people I have ever met here at NYCC. I love this College and this profession. I will think about you, miss you, and hope for your success and prosperity.

GLB: Thanks for all your contributions to NYCC and chiropractic education... and my best wishes for success in your new position.

NYCC Establishes Internship Program With Bethesda Naval Hospital (Continued from previous page)

National Institutes of Health, Drs. Morgan and Kearney must book appointments six weeks in advance.

Drs. Morgan and Kearney are excited about the opportunity for chiropractic interns to gain multidisciplinary experience at the NNMC, and also for their backlogged patients to receive more immediate care. The internship program is being launched on a small scale, with one intern - Gerald Stevens, an August 2001 graduate - spending the month of July at the facility. Beginning in September, two interns will spend their entire 10th trimester at Bethesda, where they will complete their requirements for graduation. As the “bugs” inherent in any new program are worked out, more interns will be added each trimester until as many as six 10th trimester interns have the opportunity to participate at a time.

The NNMC preceptorship program is not designed for the faint of heart. Interns must undergo urinalysis for drug and alcohol use, and can - along with anyone else in the facility - be searched at any time. There is a strict adherence to patient confidentiality as well. Fraternalization between interns and either doctors or patients is strictly forbidden, as a protection to interns. The breaking of this rule will result in “a ticket back to New York.”

Work starts at 6:30 a.m. Half of each day will be spent in the clinic along with medical interns. Interns will observe neurosurgery, where

they can see firsthand herniated disks and the pathology of various diseases; read MRIs; and visit orthopedics, radiology, and perhaps rheumatology. They can spend time in orthology, where custom braces and supports are made; podiatry, where learning about feet will increase their knowledge of lower extremities; or gynecology and internal medicine. They will have opportunities to visit other bases, such as Annapolis, and they will have access to the National Library of Medicine, the largest medical library in the world. The other half of the day will be spent under Drs. Morgan and Kearney, treating patients from the military and various embassies and being challenged diagnostically. Prospective participants will also be invited to present proposals on what they want out of their internship.

What will it take to be accepted into the preceptorship program? During his visit to NYCC on May 31, 2001, Dr. Morgan expressed his confidence that any student who is doing well at the College would do well at the NNMC and make him and Dr. Kearney proud. Emphasizing the need to fit into the military culture, he especially encouraged veterans, minorities, women, those with advanced degrees, and anyone contemplating a military career to apply. Interested students should participate in multidisciplinary opportunities at NYCC, and obtain letters of recommendation from chiropractors and others.

What Kind of Medical Doctor Raises Two Chiropractors?

How many medical doctors send their children to (of all places) chiropractic college? We asked that question to Tony Kennard, M.D., a Canadian resident whose children attended New York Chiropractic College. His medical credentials and depth of experience are impressive. Born in London, England, Dr. Kennard attended medical school at London's University College Medical School and subsequently practiced medicine in Toronto, Vancouver and Victoria, Canada. Specializing in surgical tuberculosis, his emphasis shifted to amputee medicine as medicine eradicated tuberculosis.

Not unlike Forrest Gump, Dr. Kennard often found himself in the thick of historically significant events. In 1939, seventeen years old and living amidst the evacuation of London, Dr. Kennard worked in the British Admiralty War Room sliding model freighters and warships across large charts under the watchful gazes of Winston Churchill and General Montbatten. He'd sprint back and forth between the Citadel and the War Room clutching slips of paper that tracked changes in the shipping lanes and troop placements. The Citadel (for you history buffs) was a building that housed the famed Enigma Machine — a top secret encryption device that decoded messages between Hitler and his armed forces. Dr. Kennard recalls the flurry of activity in the War Room as he helped chart the invasion of North Africa.

In 1942, the British Air Force taught Kennard to fly and placed him in reconnaissance aviation. He performed convoy patrol to keep the subs "under" and thereby protect British and American shipping. When other aircraft went down his duties included rescue. He also flew Beau Fighters — twin engine airplanes that hit

speeds over four hundred miles per hour. They flew so low the propellers left tracks in the sea. The planes were built to deliver torpedoes on target. He recalled flying in packs of three to nine planes, all manned by other 19-21 year old pilots. By war's end, he had traveled to 33 countries and spent over a year on an Arabian desert island in the Indian Ocean. His exposure to dire poverty during his war travels planted the seed to

consider a career in medicine. Medical school followed when the Air Force's vocational officer confirmed Dr. Kennard's propensity for healthcare.

Dr. Kennard witnessed chiropractic's efficacy as he worked with paraplegics and tuberculosis patients. The patients who were treated by chiropractors were getting relief. He thereafter sent to a chiropractor his patients who suffered from whiplash, migraines and low back pain. In fact, when Dr. Kennard's wife suffered from rheumatoid arthritis, and the medical doctors had given up on her, it was a chiropractor who brought her relief. Dr. Kennard's children benefited from their father's exposure to chiropractic. His daughter Tamara, who participated in her local high school's competitive diving, found that chiropractic treatment relieved her ligament pain. A chiropractor once observed that Dr. Kennard was walking in the form of an "S." Asked what was wrong with his right hip, Dr. Kennard recalled a cycle accident. The chiropractor treated him, the joint fell back in place with a "clunk," and since then he has walked just fine. Chiropractic therapy

also relieved his migraine headache pain. He listened when his children, Tamara and Ross, expressed their early interest in healthcare. Ross had always been good with his hands and Dr. Kennard figured his son's hands might play an important part in his career. And then there was Tamara, who had revealed her interest in prosthetics early on.

Dr. Kennard recognizes medicine's important role in emergency care. Nonetheless, he believes medicine needs to adapt, or as he puts it, "become more human." According to him, medicine should increase its emphasis on prevention and make an effort to distance itself from the drug companies. He assigns much of the public's disillusion with medicine to the profession's "unholy alliance" with pharmaceutical companies. Optimistic that healthcare will continue to become increasingly alternative, he applauds the current research undertaken to confirm alternative medicine's anecdotal evidence. He believes research will confirm acupuncture's efficacy as well.

Dr. Kennard's son Ross is currently involved with NYCC's research efforts and enjoys learning the right questions to ask. His daughter Tamara recently graduated from NYCC and is currently practicing in Maine. Kennard himself enjoys retirement and, unsurprisingly, travels whenever he can. So, what kind of medical doctor sends his children to a chiropractic college? In this case, it's one whose zeal has attracted a life full of rich moments— one whose character demonstrates at every turn a deep and abiding compassion for his fellow man, and a touch of understated British heroism.



Tony Kennard, M.D.



(L to R) Ian Kennard, Metta Kennard, Tony Kennard, M.D., Tamara Kennard, D.C., and Ross Kennard, 10th trimester.

CHIROPRACTIC HEALTH CENTERS OF NYCC

Depew, NY

by Dr. Matthew Coté, Director

Springs and summers bring festivals to Western New York—festivals that celebrate art, food and life in our lovely part of the state. Interns at the Depew Health Center experience the joy of participation and the benefit of new patients! Performing spinal screenings at the Erie County Fair and the Galleria Mall exposes students to thousands of potential patients, while publicly demonstrating chiropractic's sound principles. Interns continue to get the word out about chiropractic through lectures at local colleges, spinal screenings in schools, and visible support for sporting events. Every effort is made to benefit the College and our local chiropractic professionals. To date, the results are positive. The average numbers of patient examinations and adjustments performed by graduating interns has increased.



We look forward to another season with the NY Amateur Football League's Gladiators. Interns treat players' injuries on the field during both practices and games. An NYCC clinician helps interns gain valuable knowledge and hands-on practical experience from the Certified Chiropractic Sports Physician (CCSP). The Gladiators' season runs from May through October and games are played throughout western and central NY. Though we cannot credit chiropractic entirely, last year the Gladiator team won the NY State championship and earned a slot at the national championship level. We look forward to another exciting season with them!

A new computer lounge and study area is easing life for students here in Depew. By converting one of the classrooms into a computer lounge and study area, interns are able to spend "unwinding time" and do Internet research in a comfortable break room and study area. The library has grown and has been organized by the combined effort of College work-study students, faculty and campus library personnel. The rehab room has been outfitted with a recently donated Backstrong International spinal extensor muscle exerciser machine along with other popular, low-tech rehab equipment. Overall, the Depew Health Center, together with the other off-campus health centers, is continually working to provide the best clinical education possible through a variety of internal and external experiences.



The above certificate was presented to the Chiropractic Health Center of NYCC at Depew for its participation in the annual Kids Day America/International festivities.

Syracuse, NY

by Dr. Vincent Loia, Director

The Syracuse Chiropractic Health Center continues to extend its outreach opportunities in Onondaga County. An onsite program has been initiated at the "Living Room," an HIV/AIDS resource center. The people at the center have welcomed our services and allotted appropriate space and equipment to have onsite care performed.

In September, the interns will be treating the Syracuse Chargers, a semi-pro rugby team. Similar to Buffalo's Gladiators program in Depew, Syracuse interns will be onsite during games and provide supportive in-office care throughout the season.

The first two-day postgraduate program was successfully broadcast from the Chiropractic Health Center in Syracuse to the Levittown Chiropractic Health Center. We anticipate additional postgraduate programs to be telecast in the upcoming term.



Outpatient Clinic Gets A Pediatric Make Over

by Meghan Van Loon, P.T., D.C., D.I.C.C.P.

May 9, 2001 was the opening day of the new Pediatric/Maternity Chiropractic Adjusting room at the Seneca Falls outpatient clinic. With a fresh coat of paint, some wallpaper, a few toys and other fun things, the "new" room was ready for the kids and moms. With the need to expand the students' education into the chiropractic pediatric and maternity field, and the need in the community for this specialized care, the need for an appropriate adjusting room was apparent. After much thought and approvals granted, room 22 was selected.

The new pediatric room is extremely "kid-friendly." Sunlit windows make it easier to palpate and adjust a toddler's back. Children may be distracted from procedures by asking them, "What do you see outside?" The room also boasts an adjusting table fashioned to appear like a pony for the little patients who want to climb aboard for their adjustments. Toys are available for "children" of all ages to make the time go by faster as moms come in for relief from pregnancy-related complaints. In general, it is a fun place to work and be adjusted!

The atmosphere is comfortable as well as educational. Parents are taught how chiropractic can benefit their child's nervous system, spine and entire body. Pregnant patients learn how chiropractic can decrease back pain or cervical discomfort from the ongoing pregnancy, and how the adjustment can make a difference in baby's early years in such areas as breast-feeding.

The room also provides an educational experience for interns interested in specializing in pediatric and maternity practice. Clinicians will be available to consult with interns and see patients. Interns will

have an opportunity to observe, ask questions, and learn various skills that may otherwise have been difficult to explain in a lecture format. Students will benefit from the variety of visual, auditory and kinetic learning modes, and will enjoy comfort when they open their practices to moms who bring in children with torticollis or colic, or toddlers with gait abnormality. When visiting the campus, stop by and see the room in action. See for yourself how chiropractic can help babies and moms alike.



Dr. Van Loon introduces Tristen Ess to the College's new pediatric facility.

Levittown, NY

by Dr. Joseph Pfeifer, Director

In preparation for the New York Sharks' second season, our interns worked with both chiropractic and medical physicians to conduct in-house pre-participation physical examinations on football players. The team competes in the Womens' Professional Football League and plays a spring/summer schedule this year, promising more comfortable outdoor conditions than last year's traditional fall/winter schedule. The schedule change should bring with it some different types of injuries. Our interns will work alongside the team's medical staff consisting of Carol De Costa, M.D., Phil Santiago, D.C. ('78), Susan Mackey, D.C. ('93), and myself. Together, we will provide evaluation, training and treatment services to the team's practices, its games and also at our facility. Best of luck to the Sharks for a healthy and successful season!

We recently completed the fourth consecutive year that we

provided scoliosis screenings for the East Meadow School District. Our interns, along with Richard Meoli, D.C. ('84), screened about 4,000 children in third through tenth grades!

A number of fortunate interns recently observed neurological surgical procedures performed at local hospitals by Michael Brisman, M.D., and various other members of Neurological Surgery, P.C. We thank them for providing such informative and valuable opportunities to our students.

I also thank the physicians and staff at Island Diagnostic Imaging Associates in Massapequa for providing valuable and ongoing educational opportunities for our interns.

I join the faculty in eagerly anticipating exciting new educational opportunities for our interns through the recent affiliation with National Naval Medical Center in Bethesda, Maryland!



NYCC's Dr. Jack Barnathan Speaks at Kennedy Space Center



Dr. Jack Barnathan

"In striving to travel beyond our planet we go beyond ordinary expectations, demanding the absolute best of ourselves."

Jack Barnathan, D.C. ('84) conducted a June 8th seminar for the staff of NASA's Kennedy Space Center at Cape Canaveral, Florida. Dr. Barnathan — doing what he does best — informed and motivated a rapt audience, many of whom were scientists. He commended the Space Center for their dramatic technological developments and cited examples of far-reaching influences attributable to their breakthroughs. In fact, Dr. Barnathan's own work in professional and Olympic sports has been greatly assisted by NASA's discoveries.

Known as "The Strength Doctor," Dr. Barnathan distinguished himself as both Doctor of Chiropractic and Master Trainer for many of the world's top athletes and performing artists. His performance seminars are associated with such well-recognized names as Arnold Schwarzenegger's VIP Training Seminar, The Royal Caribbean 'Muscle, Mind & More' fitness cruise, and the private Palm Beach Club 'Mar-a-Lago' owned by Donald Trump. At his Center for Strength & Performance, Dr. Barnathan plumbs the depths of human development and endurance through advanced training technique and technology.

Attendees at the seminar included Dr. Irene Duhart Long, NASA's Chief Medical Officer. Following Dr. Barnathan's address, he and Dr. Long discussed chiropractic's work in the fitness arena, including Dr. Kimberly Ryder's NASA-funded research at New York Chiropractic College.

Barnathan lauded his NASA audience: "In striving to travel beyond our planet we go beyond ordinary expectations, demanding the absolute best of ourselves." He added, "Of all the miraculous developments and technologies [our space agencies] can be proud of, most significant is development of the human spirit — inspired to do greater works here on earth with the knowledge that humankind can now reach for and truly touch the stars."

Dr. Barnathan received a private tour of the Kennedy Space Center, including a visit atop launch pad 39A where both the Space Shuttle and the Apollo Moon launched. He watched as Space Shuttle Atlantis was prepared for its next mission and for International Space Station service — the cooperative sixteen-nation effort to create an orbiting laboratory as big as a football field and weighing over a million pounds.

Dr. Barnathan's presentation was taped by 'NASA Television' and will air on its cable outlet. Officials at the Center invited Dr. Barnathan to return and address NASA's staff again this fall.

Annual Freihofer's Race for Women Engages NYCC Faculty and Interns

by Jonathan Kropf, 6th trimester

The annual Freihofer's Race for Women in Albany, New York attracts some of the country's top female runners as thousands of participants ranging from novice to professional competed on June 2nd. Despite gathering rain clouds the women's spirits were not dampened in the least.

NYCC faculty member Dr. J. Russell Ebbets has long supervised NYCC's student interns and doctors at the Freihofer's run. The group assembled a portable clinic/exhibit on the floor of the Empire State Plaza located in the heart of the race area. Patients were asked to fill out a simple questionnaire/patient history form and the "student doctors" inquired about possible problems that appeared on the information form. They thereafter performed appropriate orthopedic or neurological tests and began treating the runners. Equipped with their own portable tables, students performed soft tissue techniques including stretching and trigger point therapy along with chiropractic manipulative techniques.

The Freihofer's event ran from Friday afternoon through Friday evening. The exhibit's success resulted in part from the high visibility it enjoyed directly across from the runner registration booths. Friday runners lined up to be stretched and adjusted for the following day's event. Next morning, NYCC's portable clinic was in business again at 7:00 a.m. Saturday proved busy as well as participants and volunteers queued up for 25 minutes awaiting treatments. The interns were seventh to tenth trimester students who normally practice in the NYCC student health centers. The students were supervised by NYCC faculty members Drs. Janeen Wallace, Chris Good, Catherine Bruckner and J. Russell Ebbets.



Back Row: Dr. J. Russell Ebbets, Jonathan Kropf, 6th trimester, George Larivee, 7th trimester, Louis Campbell, 8th trimester, and Michael Cardamone, 7th trimester. Front Row: Tara Goldgeier, 6th trimester, Marnie Mabee, 6th trimester, Natalie McDonald, 7th trimester, Todd Patterson, 7th trimester, Marcella Serallegri, 7th trimester, Dr. Janeen Wallace, Marc Baker, 7th trimester

Many runners experienced their first chiropractic treatment. Sixth trimester students answered many of the runners' questions, each of whom worked at the reception desk as chiropractic assistants, directing patients to available interns and maintaining patient records. Overall, student interns and doctors saw more than 350 runners — a significant increase from last year's total!

Cornell Vet Extols Chiropractic

by Crystal James, 6th trimester



Dr. Kevin Hausler

NYCC was proud to host Kevin Hausler D.V.M., D.C., Ph.D., who spoke about treating animals with chiropractic therapy. Dr. Hausler practices the specialty at Cornell's School of Veterinary Medicine along with acupuncturists, physical therapists and orthopedists. At the clinic, animals are treated for a wide variety of ailments ranging from maintenance care to post-surgical biomechanical abnormalities. The specialty program was established to provide animals with the benefits offered by a close-knit referral group whose members have long administered such healthcare to animals. Dr. Hausler directed those in the audience who are interested in animal chiropractic to visit the American Veterinary Chiropractic Association, P.O. Box 563, Port Byron, IL 61275, www.animalchiropractic.org or Animal Chiropractic Center 623 Main St., Hillside, IL 61275, www.animalchiropractic.com, for information concerning legal and other aspects of animal practice throughout the United States.

NYCC's Judy M. Silvestrone, D.C. Published In New Book About The Aging Body

NYCC's Dr. Judy Silvestrone has written two chapters in a newly released book, *The Aging Body: Conservative Management of Common Neuromusculoskeletal Conditions*, authored by Drs. Jacqueline Bougie and A. Paige Morgenthal. The book's topics include the basic science of aging, common neuromusculoskeletal conditions and health promotion. Contributing authors include Drs. Craig Liebenson, John Triano, John Scaringe and Jennifer Jamison.

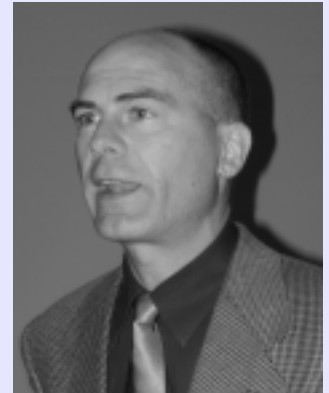


Dr. Judy M. Silvestrone

The idea for the book came to Drs. Bougie and Morgenthal while conducting seminars. They found that the field lacked a comprehensive text on management of aging patients. In fact, until the current one, there had been no book on the market that demonstrated comprehensive understanding of the aging process complete with conservative management strategies. What distinguishes the book is its broad sweep: It approaches the aging processes through both gross changes and microscopic and physiologic tissues. The book offers strategies for dealing with complaints common to the elderly. Treatments include extensive rehabilitation as well as prevention, touching upon disability and disease-falls, psychosocial concerns, preserving independence and exercise. Available now in stores, purchasers of the book will most likely be osteopaths, physical therapists, chiropractors, physiatrists, and students in these fields.

Harvard Researcher Unearths Process Behind Constricted Nerve Pain

Geoffrey Bove, D.C., Ph.D., researcher at Harvard University Medical School, addressed a Delavan Theater audience brimming with curiosity. His talk, "Potential Sensory Consequences of Nerve Inflammation: Novel Neurobiological Phenomena Related to Pain," discussed how inflammation in certain areas of a nerve can manifest pain in distant areas of the body.



Dr. Geoffrey Bove

The budding research is consistent with chiropractic lore: Inflammation is most likely to occur where nerves bend or pass through constricted passageways. He likened an inflamed and constricted nerve to a person's arm upon which a sliding window had been closed. Certainly the arm is constricted, but little pain is experienced. Once the arm is repeatedly shoved through the window's constricted passageway, however, the outer surface of the window's edge chafes and inflames the nerve's outer surface and pain is experienced somewhere along the nerve, though not necessarily proximate to the constriction.

Many chiropractic techniques are geared to clear nerve impediments distant from the region of pain. Dr. Bove's work helps explain why such treatments work.

NYCC Pays Tribute to Body Donors

by Jeb Albro, 4th trimester

The Delavan Theater was the site for NYCC's first commemorative service, and for what promises to be annual services that recognize and honor those who donate their bodies to the College for anatomical study. Organizers of the event included Anatomy Department representative Dr. Tom Greiner, campus Chaplain Richard Murphy, and students Alex Giraldo, Tiffany Jeffries, Cindy Hoff, and Anthony Lombardi.

The campus community drew together and shared their perspectives regarding the donors' demonstration of sharing and selflessness. For example, seventh trimester students Margaret Carlough, Brett Sherry, Mary Ann Saylor, and Matt Sheehan provided inspirational musical se-



President Frank J. Nicchi, D.C.

lections to express their gratitude. Other students such as Jeb Albro, 4th trimester, Natalie McDonald, 7th trimester and Alana Starr, 2nd trimester, addressed the audience verbally. The event was concluded by Dr. Narayan Vijayashankar, Professor of Anatomy, who both challenged and encouraged future students to refer to the anatomy lab as the "anatomy lab" rather than as the "dead lab." Dr. Vijayashankar explained that the knowledge and experience one achieves during academic dissection carries the essence of life, not death.

Some people felt the expression of appreciation was long overdue and emphasized the need to establish a tradition of recognition here at the College.

Faculty Member Treats Canadian Olympic Aerial Skier

Veronica Brenner signed her picture, "Thanks for helping me get back off the ground." That's very appropriate for Canada's gold medal hopeful at the Salt Lake City Olympics in aerial skiing. As a member of the Canadian Freestyle ski team she spends much of her day going through the air upside down.

She found her way to Dr. Dale J. Buchberger through the Lake Placid Sports Medicine center in Lake Placid, NY. Veronica, or "Vee," as her friend's call her, suffered a torn ACL in her right knee during a training jump and had ACL reconstruction surgery performed. After her surgery she had some residual pain and lost motion. She was also dealing with a chronically sore SI joint and a posterior dislocation of her shoulder.

Dr. Buchberger treated her with Active Release Techniques and chiropractic manipulation, and spent significant time restructuring her land-based training program.

Vee has just returned from 16 days of intensive land-based conditioning in Maui. The former champion of the 2000 Goodwill Games and 1997 World Cup is now ready for a run at the 2002 Salt Lake City Olympics! She sees Dr. Buchberger periodically to maintain good biomechanical function on her way to the Salt Lake City games next winter.



Dr. Dale Buchberger and Ms. Veronica Brenner

NYCC's Dr. Zumpano Featured On Software Website

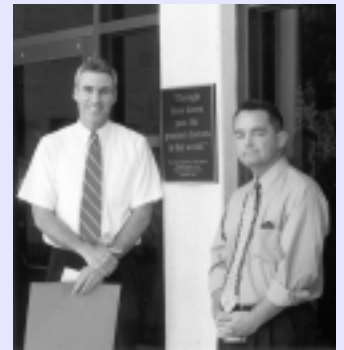
The VayTek software company features Dr. Mike Zumpano's likeness and displays his search images and bio on their website (www.vaytek.com) and promotional literature. Dr. Zumpano, of NYCC's Anatomy Department, used a special VayTek software for his 3D-CT reconstructions — handy for collecting measurements from CTs and MRIs. In addition, VayTek is providing the College with a free upgrade of the software, which would normally run \$1200!



Academic I Entrance Honors NYCC Students and Grads

by Crystal James, 6th trimester

The campus community convened to unveil a new plaque located at the entrance of Academic 1. Seventh trimester student Matthew Sheehan, inspired by a speech given by "Faculty of the Year" Dr. J. Russell Ebbets, organized the creation of a plaque bearing the words "through these doors pass the greatest doctors of the world." According to Sheehan, the phrase specifically honors NYCC's graduates. The commemoration provided a way for the College to show its heartfelt pride in the profession, and to laud the wonderful educa-



Dr. J. Russell Ebbets and Matthew Sheehan, 7th trimester

tional opportunities it provides. The Student Government Association was a strong supporter of the event.

Dr. Wallace Describes a Successful Syracuse Startup



Dr. Janeen Wallace

Dr. Janeen Wallace ('97) maintained student interest as she told them how she began her successful practice. Sponsored jointly by the Student Government Association and the Career Development Center, Dr. Wallace's talk was instructive and animated. Her Syracuse-based practice has grown from the start.

Dr. Wallace encouraged students to start small. Controlling expenses allows students to tackle the double whammy: start-up expenses and student loan payments. She said, "Limiting expenses up front limits stress,"

then jokingly added, "All graduates really need is a table and their hands, though malpractice insurance is also a good idea!"

Creativity and flexibility were two themes that she emphasized. Be flexible in everything from office hours to floor space, and consider alternatives such as office sharing with other established D.C.s or licensed massage therapists. Dr. Wallace remarked that new doctors don't need a \$10 thousand dollar flexion distraction table immediately. Instead, they can work with a quality, well maintained secondhand table, or

even a new bench table. Soliciting patients requires a blend of creativity and diligence. She encouraged students to begin planning their marketing strategies and honing their presentation skills. She also encouraged comparative shopping for everything from malpractice insurance to office supplies to adjusting tables.

Dr. Wallace became a full-time member of the NYCC Technique and Principles Department in September of 2000. She is the lead faculty member for the Soft Tissues Techniques course.

NYCC Students Raise Money For Earthquake Relief Efforts



NYCC student members of the International Association of Indian Chiropractors, Saryu Aggarwal, 6th trimester (left), Vikas Dhawan, 6th trimester (center) and Teesha Chacko, 5th trimester (right), raised \$438 for the International Relief efforts for India in the wake of India's devastating earthquake. All totaled, the American Red Cross spent more than a million dollars and distributed \$600,000 worth of kitchen sets, buckets, plastic sheeting, tarps, blankets, drinking water and 2000 tents. Nice job, students!

Dr. De Vita Reappointed to Massachusetts Board of Chiropractic Examiners

Dr. Thomas R. De Vita, ('75) was reappointed by Governor Cellucci for a third three-year term to the Massachusetts Board of Chiropractic Examiners in April. He has been Vice-Chairman for the previous two years and continues to serve in that capacity.

In June 2000, Dr. De Vita was also appointed as the Eastern Regional Director of Activator Methods Chiropractic Technique. He has been involved with Activator Methods for 23 years and has been a clinical instructor with Activator Methods for the last 19 years. He is presently in charge of seminars on the East Coast from New England through Washington, D.C., and west as far as Chicago.

In June 2001 Dr. De Vita completed the program and became a certified member of the Independent Chiropractic Examiners Society, Inc. (ICES).

He has been in practice for 26 years in Acton, MA.



Dr. Thomas R. De Vita

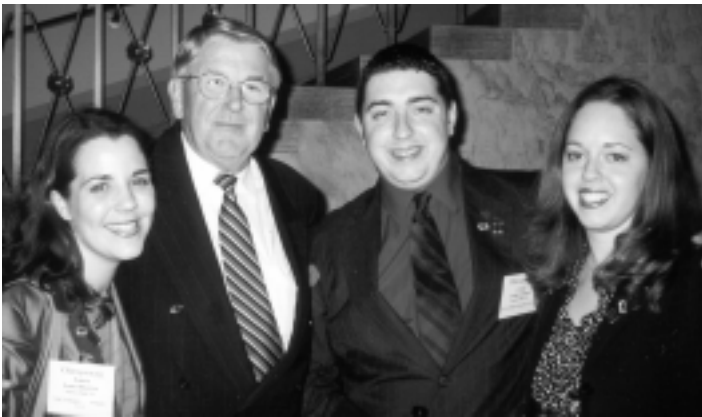
NYCC Student ACA Attends Conference in Washington, D.C.

by Mary Anne Saylor, 2nd trimester

NYCC's Student American Chiropractic Association (SACA) had an opportunity this past March to visit Washington, D.C. through the American Chiropractic Association and National Chiropractic Legislative Conference. They met with their respective senators and congressmen lobbying for chiropractic. Topics covered were the Veterans Association, managed care reform and student loan reimbursement (in return for services in rural areas). They listened to representatives from Nevada and North Dakota, and to Dr. William Morgan, who is currently the only practicing chiropractor in the capitol. The trip was well worth the effort, as they helped their elected officials understand the chiropractic profession.



(L to R) Ellenita Salko, 3rd trimester, Jonathon Kropf, 6th trimester, James Fedich, 3rd trimester, Craig Mattoon, 4th trimester, Jeb Albro, 4th trimester, Craig Horner, 6th trimester, Mike Buchakjian, 4th trimester and Mark Grisko, 4th trimester



(L to R) Laura Brayton, 5th trimester, NYCC Chancellor Kenneth W. Padgett, D.C., Craig Caviness, 6th trimester and Dana Weissman, 6th trimester



(Front Row) Mary Anne Saylor, 2nd trimester, Christine DePietro, 6th trimester, Jeb Albro, 4th trimester. (Back Row) Ciaran Grant, 6th trimester, Karen VanEverdingen, 6th trimester, and Timothy Smith, 6th trimester



August 2001 - December 2001 Seminars

August 4-5, Acupuncture, Session 1 weekend; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Houston, TX; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

August 11-12, Acupuncture, Session 7; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Scottsdale, AZ; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

August 18-19, Acupuncture, Session 6; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Tampa, FL; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

August 18-19, Acupuncture, Session 6; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Denver, CO; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

August 25-26, Whiplash, 1 weekend; 15 hours; Course Coordinator: Guy Annunziata, D.C.; Location: Atlanta, GA; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 770-984-1885.

September 8-9, Acupuncture, Session 7; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Denver, CO; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

September 8-9, Acupuncture, Session 7; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Tampa, FL; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

September 8-9, Acupuncture, Session 1 weekend; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Houston, TX; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

September 14-16, Diplomate in Neurology, 24 hours; Course Coordinator: NYCC; Location: Des Moines, IA; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

September 15-16, Whole System Healthscan, 1 weekend; 12 hours; Course Coordinator: Jerry Berman; Location: Kennebunk, ME; Chairperson: BCS/Nutri-West; Contact: Jerry Berman, 914-651-1040.

September 15-16, Applied Kinesiology -Third Lumbar Subluxation, 1 weekend; 12 hours; Course Coordinator: George Goodheart, D.C.; Location: Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

September 23-24, Electrophysiologic Evaluation, Session 10; 12 hours; Course Coordinator: Roger M. Nelson, Ph.D., PT, FAPTA; Location: Aston, PA; Chairperson: Neumann College; Contact: Pat Kelly, 610-558-5534.

September 22-23, Activator Methods, 1 weekend; 12 hours; Course Coordinator: Kathryn Brandt; Location: Rochester, NY; Chairperson: Activator Methods Int'l, Ltd.; Contact: Activator Methods, 800-598-0224.

September 29-30, Chiropractic Rehabilitation Lumbar, 1 weekend; 12 hours; Course Coordinator: Gary F. Ierna, D.C.; Location: Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

October 5-7, Diplomate in Neurology, 24 hours; Course Coordinator: Joseph Ferezy, D.C.; Location: Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

October 6-7, Acupuncture, Session 1 weekend; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Houston, TX; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

October 13-14, Nutritional Applications for the Busy Chiropractic Practice; 1 weekend; 12 hours; Course Coordinator: David Seaman, D.C.; Location: Waltham, MA; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

October 20-21, Myofascial Trigger Point Therapy, 1 weekend; 15 hours; Course Coordinator: Guy Annunziata, D.C.; Location: Atlanta, GA; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 770-984-1885.

October 20-21, Electrophysiologic Evaluation, Session 11; 12 hours; Course Coordinator: Roger M. Nelson, Ph.D., PT, FAPTA; Location: Aston, PA; Chairperson: Neumann College; Contact: Pat Kelly, 610-558-5534.

Oct. 20-21, Fitness, Strength & Performance, 1 weekend; 12 hours; Course Coordinator: Jack Barnathan, D.C.; Location: Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

October 25-28, Active Release Technique, Spine; 1 weekend; 21 hours; Course Coordinator: P. Michael Leahy, D.C.; Location: Buffalo, NY; Chairperson: Champion Health; Contact: A.R.T., 888-396-2727.

August 2001 - December 2001 Seminars

October 27-28, Whole System Healthscan, 1 weekend; 12 hours; Course Coordinator: Jerry Berman; Location: Harrisburg, PA; Chairperson: BCS/Nutri-West; Contact: Jerry Berman, 914-651-1040.

November 1, A.I.D.S. Awareness, 1 day; 5 hours; Course Coordinator: Lisa Bloom, D.C.; Location: Seneca Falls, N Y - VTC to Buffalo and Levittown,; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

November 2-4, Diplomate in Neurology, 24 hours; Course Coordinator: Joseph Ferezy, D.C.; Location: Des Moines, IA; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

November 3-4, Acupuncture, Session 1 weekend; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Houston, TX; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

November 3-4, Shoulder Seminar, 1 weekend; 12 hours; Course Coordinator: Dale Buchberger, D.C.; Location: Scranton, PA; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

November 8, Risk Mgmt., 1 day; 6 hours; Course Coordinator: Scott Surasky, D.C.; Location: Levittown, NY - VTC to Seneca Falls and

Buffalo, N; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

November 29 - December 2, Active Release Technique; Spine; 1 weekend; 21 hours; Course Coordinator: P. Michael Leahy, D.C.; Location: TBA; Chairperson: Champion Health; Contact: A.R.T., 888-396-2727.

December 1-2, The Cervical Spine and Upper Extremities;, 1 weekend; 12 hours; Course Coordinator: Dale Buchberger, D.C.; Location: Columbus, OH; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

December 1-2, Acupuncture, Session 1 weekend; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Houston, TX; Chairperson: International Academy of Medical Acupuncture; Contact: IAMA, 800-327-1113.

December 7, Risk Management, 1 day; 5 hours; Course Coordinator: Guy Annunziata; Location: Atlanta, GA; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 770-984-9313.

December 8-9, Cervical Rehabilitation, 1 weekend; 15 hours; Course Coordinator: Guy Annunziata; Location: Atlanta, GA; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 770-984-9313.

New York Chiropractic Council Establishes Mentoring Program

by Crystal James, 6th trimester



(L to R) Dr. John Przybylak, Dr. Peter Morgan, Dr. Robert Reiss and Dr. Jessica D'Amore-Przybylak

Drs. Peter Morgan ('85), John Przybylak, Jessica D'Amore-Przybylak ('00) and Robert Reiss ('85), members of the New York Chiropractic Council, addressed the student body and told them about a new mentoring program. The New York Chiropractic Council is making every effort to ease students' transition from academia to the workplace. Students participating in the Council's program are introduced to chiropractors whose geographic locations and expertise are relevant to the students' interests. Interested D.C.s and students in the New York area are welcome to contact the Council for more information regarding the program at New York Chiropractic Council, 65-23 70 Avenue, Glendale, NY 11385, or E-mail: NYCouncil@aol.com. Their webpage address is www.nycouncil.org.

Faculty Spotlight

Dr. Joseph A. Miller

Transitions spotlights Dr. Joseph A. Miller, who oversees students at the NYCC clinic in addition to his full-time teaching schedule. Recent alumni and current students recognize Dr. Miller's strong interest and expertise in exercise and rehab. He has been associated with the College since 1991, and became a full-time instructor three years later.

A graduate of National Chiropractic College, Dr. Miller also received his Masters in Exercise Physiology from the University of Maryland. In addition to his busy schedule at NYCC, he currently practices at the Chiropractic Orthopedic and Rehabilitation Clinic located in Rochester, NY. Prior experience provided Dr. Miller with a solid background for teaching students about a variety of topics. His diverse exposure includes jobs ranging from a Chicago YMCA National Trainer, to a Jamestown, NY, hospital wellness director, to the Department of the Interior's Director of Health and Wellness in Washington, D.C.

Dr. Miller enjoys writing. He has published dozens of articles and written a book on health, fitness and exercise. He admits to his lifelong interest in health and fitness and has read everything he could find about exercise. "Exercise is not just for athletes," he says. "It is as important, if not more so, for the non-athlete or those who are 'chained to the couch.'" As a chiropractor, he credits exercise for enabling his patients to respond optimally to adjustments. He states that exercising and keeping fit gives patients a fighting chance to avoid recurrence of their problems. He is not an adherent of the "no pain – no gain" exercise philosophy. A few hand-picked exercises, carefully selected by their D.C., combine to provide an invaluable tool that controls or alleviates their condition.



Dr. Joseph A. Miller

A staunch supporter of the College, he comments, "Our program pushes students to their physical, mental, and emotional limits." He is impressed with his students' drive to achieve excellence and is quick to praise the efforts of his fellow faculty. "I marvel at the time and energy they – we! – put forth to make the NYCC experience the best in the country."

Dr. Miller predicts for the future: "Graduates will have greater opportunities to partner with M.D.s and provide true integrated care." He expects that more hospitals will put D.C.s on staff, thereby encouraging chiropractors to be integral players in hospital care. He also anticipates increased D.C. affiliation in the sports fields. D.C.s will provide care for sports teams including school soccer as well as Olympic-level competition.

Dr. Miller enjoys the company of his wife, Judie, who teaches first grade at a private school in Rochester, and is kept busy with their children Gretchen, Ryan and Eric.

NYCC'S Padgett Named To National Board

NYCC's Chancellor Dr. Kenneth W. Padgett was named to the National Board of Chiropractic Examiners' (NBCE) 11-member Board of Directors during the NBCE's annual meeting in San Antonio, Texas, in April. Headquartered in Greeley, Colorado, the NBCE develops, produces, administers, and scores standardized written examinations for candidates seeking chiropractic licensure



Dr. Kenneth W. Padgett

throughout the U.S. and in several foreign countries. This marks the first time a doctor from the chiropractic academic community has become a board member. Dr. Padgett filled one of the four, two-year term NBCE Board of Directors vacancies. Noting the significant costs that attend administration of a national exam, he seeks to streamline the organization that manages the veritable "armies"

of examiners dispatched throughout the country to ensure administration of a fair test. The NBCE recently tightened its belt and is constraining expenditures. Padgett commented that though the cost of administering the test is high, the fees that doctors are charged for taking the exam have remained constant for a number of years.

Dr. Frank Cartica Provides the Anatomist's Point of View

by Cassandra Coville

Dr. Frank Cartica, NYCC '79 and NYCC's Senior Clinical Fellow in Anatomical Sciences, has long been an integral part of the New York Chiropractic College. Dr. Cartica began teaching at NYCC shortly after graduation – totaling 21 years. He has taught both undergraduate and postgraduate courses. He has taught diplomat programs relating to neurology, orthopedics, sports medicine and independent insurance examination. Most recently, in December 1999, Dr. Cartica was elected to NYCC's Board of Trustees.

Besides teaching, Dr. Cartica is a practicing chiropractor in Westchester County, New York, where he enjoys spending time with his wife Lois and four children. His busy practice has kept him occupied for the past 18 years. Over the last two years he has seen fewer patients in order to handle more complex cases. Approximately 80 percent of his patients suffer from complex health problems, including herniated discs and neurological diseases such as muscular dystrophy. He may now devote additional time and provide advanced care for these patients.

Dr. Cartica's training is impressive. He learned advanced anatomy at New York Medical College and is board certified in anatomic and medical life sciences. Dr. Cartica even worked in forensic anatomy at the New York City Medical Examiner's office. Essentially, he is qualified to teach all types of life science.



Dr. Frank R. Cartica

His teaching experience provides a special perspective to NYCC's board. He wants to help "upperclassmen become a little more sophisticated in their analytical and diagnostic skills." NYCC's educational offerings are "advanced" in Dr. Cartica's opinion and he wants NYCC to maintain its fine academic reputation. "The training we give is the finest in the field and the instructors are of superior caliber in their areas of expertise."

Asked whether the profession's divisiveness disturbs him, Dr. Cartica answers, "No." He explains, "If interpreted properly, the divisiveness within the chiropractic profession can be funneled into great strengths." He believes that chiropractors should work hard to develop their own specialties and continue to do whatever it is they do best.

NYCC Trustee Makes "Best Doctors" List

The annual survey conducted by Castle Connolly Medical Ltd. and published in America's Top Doctors included the name of NYCC board member Dr. Jack Stern whose Westchester, NY practice specializes in spinal surgery. New York Magazine's June issue reported that over 250,000 physicians were asked to name the nation's leading medical specialists — doctors who demonstrated excellence in patient care. For example: "to whom would you refer your own patients?"

Save the Date

Saturday, September 22, 2001

Dr. Frank J. Nicchi's Inauguration

Athletic Center Gymnasium
New York Chiropractic College
Seneca Falls, New York
2:00 p.m.

Series Introduction

Chiropractic Pediatrics

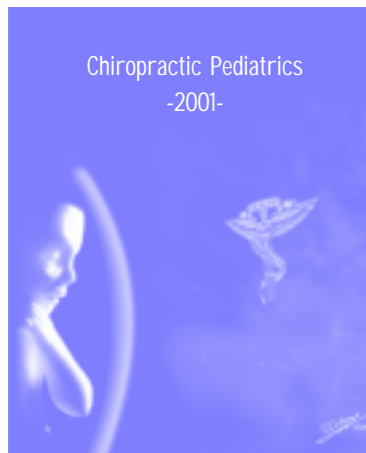
-2001-

by Cassandra Coville

While chiropractic's holistic approach is an increasingly desired healthcare option, chiropractic pediatrics has yet to reach its zenith. Children can enjoy a healthy start in life from chiropractic's many offerings. Chiropractic also teaches children how best to maintain healthy lifestyles as they mature.

The International Chiropractic Pediatric Association (ICPA) and the International Chiropractic Association's (ICA's) Council on Pediatrics are two prominent organizations dedicated to promoting chiropractic pediatric care. The ICPA makes every effort to inform the public about the benefits of chiropractic for children. The ICA's Council on Pediatrics educates chiropractors about a variety of pediatric methods.

The Kentuckiana Children's Center has also promoted chiropractic pediatrics. Kentuckiana is a chiropractic pediatric center established by Dr. Lorraine Golden 44 years ago. The center helps physically and mentally challenged children for whom the medical profession holds no answers.



Chiropractic also helps children suffering from common childhood health problems. Chiropractors enjoy success with holistic approaches and provide children with relief from a number of childhood ailments. Relief often arrives on the heels of spinal adjustments, soft tissue manipulation and changes in diet and environment. Major childhood ailments that are addressed by chiropractors include attention deficit disorder/attention deficit hyperactivity disorder, asthma, allergies, colic and otitis media (earaches). The chiropractic approaches to these ailments are discussed in the following articles.

The future of chiropractic pediatrics holds promise and the level of its success grows as the public becomes progressively more aware of its benefits. Increased availability of instructional opportunities for pediatric practitioners, together with lay-oriented promotional efforts, provide wonderful opportunities to better the health of our children. Clearly, children are healthier with chiropractic. Their stories simply need to be told so other children can be healthier as well.

The future of chiropractic pediatrics holds promise and the level of its success grows as the public becomes progressively more aware of its benefits.

Transitions surveys current literature for items relevant to topics featured herein. We want to relate the information in a relaxed and unencumbered style and, in many cases, dispense with citations that otherwise compromise the magazine's readability. We want the information we provide to be accurate, timely and useful, nevertheless, we acknowledge the possibility of human error and changes in medical sciences. New York Chiropractic College and the authors cannot therefore warrant that the information is in every respect accurate or complete, nor is the College responsible for any errors or omissions or for the results obtained from the use of such information. Rather, readers are encouraged to confirm the information with other sources. The information herein is for educational purposes only — presented in summary form so as to impart general knowledge relating to clinical trials, diseases, ailments, physical conditions and their treatments. The data should not be used for diagnosing or treating health problems or diseases, nor is it a substitute for sound medical advice, nor to replace the advice and care of qualified healthcare providers. Rapid advances in the healthcare field may cause this information to become outdated, incomplete, or subject to debate. The College neither recommends nor endorses any specific tests, products, procedures, opinions or other information that may be mentioned. Reliance on any such information provided is solely at your own risk. Finally, practitioners are encouraged to acquaint themselves with their states' rules and regulations relating to professional practice.

NYCC's Chiropractic Pediatric Expert Shares Her Thoughts

Meghan Van Loon, D.C., loves children. This affection has enabled her to build a thriving pediatrics practice in Ithaca, New York. Van Loon runs a home-based practice with her husband Gerrit: "My husband treats adults, and I treat the kids!" she told a captivated audience of NYCC students in a talk sponsored jointly by the Career Development Center and the Student Government Association.

Dr. Van Loon advised that new graduates discover their own unique styles and preferences, and consequently develop a practice around that. "By finding what you love, you'll automatically set your course to success," she explained. She also suggested that new graduates start small: "Don't bite off more than you can chew! Remember, you have student loans to pay off!"

Dr. Van Loon has followed her own sound advice. She and her husband started practicing out of their first apartment in Ithaca, NY. "Our living room was our waiting room and we used a bedroom as a treatment room," she says. As their practice grew so too did their need for space; she disclosed to the crowd that the pair eventually took over the downstairs apartment of the duplex they rented.

"My husband and I enjoy a home office practice because our commute amounts to simply going up or down a flight of stairs. This way, one or the other of us is always available for our kids." On weekdays the couple takes turns eating dinner with the children.

She warned of some downsides in having a home office, indicating that some patients will knock at the door even though the office is clearly not open. "They see our cars in our driveway and they'll ask to be seen. Apparently it helps to have a garage in which to park – or hide! – one's car!

She told the students, "We're not 'white coat' kinds of doc's, so you'll never see me in the type of jacket you'll wear here in clinic. We provide a relaxed, stress-free environment for our patients." She added that everything in her office environment reflects comfort-

able informality — from reading material, to the children's toys scattered around the waiting room, to the office's background music. She notes that her waiting room magazines and pamphlets are either health conscious or family related. This subtlety encourages patients to take care of themselves, both physically and mentally.

Dr. Van Loon strongly recommended that new graduates monitor the time they spend with

patients. "If you spend hours with your patients when you first start up, you'll have a hard time weaning them down to a reasonable appointment time when you start to get busy." She also encouraged the audience to be respectful of their patients' time, by staying on schedule and not keeping them waiting.

Dr. Van Loon continued, describing the pediatrics environment in Ithaca. She suggested that anyone interested in a pediatrics practice should consider partnering with midwives, who are open to health care and treatment alternatives. "Many of my best referrals come from the midwives with whom I've spoken."

The topics she covered sparked a lengthy question-and-answer session, and the students who participated asked Sue Pittenger, the director of the Career Development Center, for additional talks about practice start-up.

Dr. Van Loon, a Northwestern Chiropractic College graduate, joined the NYCC Diagnosis and Practice department last year. She recently earned her diplomate in chiropractic pediatrics.



Dr. Meghan Van Loon

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Happy Childhood Memories Promote Long Life

A study funded in part by the National Institute on Aging and involving elderly Catholic sisters suggests that positive emotions in early life favorably impact longevity. This is consistent with a growing body of evidence revealing how attitudes affect physical health, mental health, and longevity. A study of Mayo Clinic patients associated optimism with lower risks of death.

Researchers at the University of Kentucky are investigating associations between written emotional expression (in the form of handwritten autobiographies) and longevity. There existed a strong association between positive emotional content written in the autobiographies and longevity 60 years later.

Lactobacillus May Reduce Respiratory Infections in Children Attending Daycare

Milk that contains the probiotic Lactobacillus GG may reduce the severity of respiratory infections in daycare children. This was revealed in a recent study published in the British Medical Journal. Research had shown that children attending daycare centers were up to three times more likely to develop respiratory and gastrointestinal infections than children cared for at home. Fewer children in the Lactobacillus research group suffered from respiratory infections. Administration of probiotic milk is an easy dietary option to implement at daycare centers.

ADHD and Kids

by Nancy Almann, D.C.

Attention Deficit Hyperactivity Disorder (ADHD) is a behavioral disorder found in children. Symptoms include distractibility, inattention, hyperactivity and impulsiveness. By some counts, it affects as many as 10 percent of the juvenile population. Boys are six to nine times more likely than girls to suffer from the malady.

The condition is difficult to assess in infants. Short attention spans and feelings of bored frustration are not as easily recognized in toddlers. Often ADHD children are quite intelligent. Whether drumming their fingers or fidgeting in their seats, hyperactivity reveals itself in a myriad of ways. Curiously, ADHD children often have problems with motor skills and may appear clumsy or awkward. Social isolation tends to exacerbate the problem. Emotional stresses stemming from divorce, death or major illness may negatively impact the ADHD child. Psychological counseling has shown some positive results.

Mainstream medicine resorts to medications such as Dexedrine (dextroamphetamine), Cylert (pemoline) and Ritalin (methylphenidate), all of which stimulate the central nervous system. Curiously, these agents act to decrease motor activity and increase attention spans. The drugs do not come without their side effects, however, often including insomnia, nervous tics, loss of appetite, and arrhythmia. Specifically, Ritalin's side effects include addiction and psychosis in chronic users.

Alternative treatments for ADHD include chiropractic, dietary

counseling and homeopathy. The precise cause of ADHD is unknown, though researchers have suspected links to such things as food allergies and exposure to heavy metals. The well-known Kentuckiana children's hospital successfully uses alternative treatments. The organization claims to have identified a correlation between ADHD and temporomandibular joint conditions. ADHD improvement was noted in patients who had undergone TMJ treatment. Other studies indicate that ADHD patients benefit from chiropractic treatment. Hence, chiropractic remains a potentially important, non-drug-related therapy for hyperactive children.

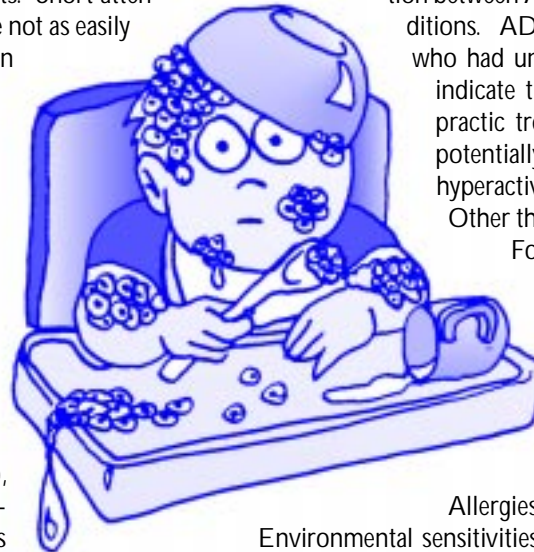
Other therapies show promise for ADHD as well.

For example, some children improved when MSG, artificial flavorings, colorings and food additives were removed from the diet. Common-sense dietary recommendations suggest reduction in processed food, sugar and soda pop. Rather, children should be encouraged to eat more fruits and vegetables.

Allergies, too, may affect a child's hyperactivity.

Environmental sensitivities that trigger ADHD-linked behavior include pollen, dust and ragweed.

Mineral imbalances, specifically calcium, mercury, zinc, magnesium, chromium and niacinamide, should be monitored. Sources for heavy metal ingestion include those beverages and foods served in aluminum cans and cookware. Anti-inflammatory diets that include essential fatty acids may also help reduce symptoms.



Chiropractic Relief for Children's Headaches

Headaches among children are more common than doctors may suspect. Research studies conducted in Sweden and Australia revealed that a majority of teenage children experienced a headache at some point in their young lives, and a significant number of them suffer from headaches regularly. Girls, it turns out, were more likely to suffer from headaches than boys.

Headache pain, often associated with other disorders, has been classified by the International Headache Society according to type: migraine, tension or cluster. An example of such a pain association may be the sort of headache and facial pain that attends disorders of the cranium, head, eyes, ears, nose, sinuses, teeth or mouth.

The doctor should begin by assessing the nature of the headache in order to determine appropriate treatment. This may be hard when working with young children who lack adult communication skills. Chiropractors must give special attention to the way they communicate with children, for the doctor's choice of words influences the quality of the diagnosis. Avoid conversing with the child as though speaking with another peer. Rather, use hand gestures and point to

areas most stricken with pain. The doctor can also assess whether or not there is an association with eating or bowel habits. In the case of young girls, the onset of the menstrual cycle may signal the start of future migraine headaches.

Appropriate therapeutic methods include chiropractic treatment. According to Duke University's recent report Evidence Report: Behavioral and Physical Treatments for Tension-type and Cervicogenic Headache, spinal manipulation results in almost immediate improvement for cervicogenic headaches, or those that originate in the neck. What is more, headaches treated with chiropractic therapy suffer significantly fewer side effects and experience longer-lasting relief of tension-type pain than those treated with commonly prescribed medications.



Relief of Ordinary and not so Ordinary Allergic Reactions

Childhood allergies may be responsible for more than just coughing and runny noses. Recent research, according to the Allergy Connection and Smart Medicine for a Healthier Child, says that allergies may be the culprit behind many childhood chronic illnesses and behavioral problems, including a lack of concentration, ear infections, asthma, bed-wetting, eczema and irritability. Chiropractic treatment is being used to help address these problems by freeing the child of the actual allergy. Chiropractors are also helping to relieve common allergy symptoms.

Chiropractic methods appear to work well in treating two main types of allergies: allergic rhinitis (or sinus allergy or hay fever) and food allergies. Allergens such as dust, pollen, animal dander and mold cause sinus allergies. Symptoms that can result are congestion, throat irritation, sneezing and a runny and/or itchy nose. Food allergy symptoms include hives, shortness of breath, swelling around the face, wheezing, and runny and itchy eyes and nose, according to startext.com.

The best treatment for sinus allergy is to avoid contact with allergens. Chiropractors can recommend appropriate changes in environment so contact with such allergens is reduced, according to onemedicine.com. Smart Medicine for a Healthier Child advises that providing a child with nutritional supplements is key. Allergy relief can occur from nutrients such as beta-carotene, which soothes mucous membranes, and calcium and magnesium, which help calm a nervous system that is overreacting.

Herbs may also help allergy sufferers. Different herbs offer various types of relief: garlic can help heal a runny nose, ma huang is a decongestant, and nettle can help dry out the sinuses.

Homeopathy has been found by some to treat allergies successfully. Homeopathy works through repeated administration of a diluted, naturally occurring substance. Specific substances are geared

to help treat specific allergy symptoms.

Electro-acupressure, often in combination with chiropractic adjustments, has shown positive results in treating allergies, according to the Colwell Chiropractic Office. Eighty-five percent of Dr. John Colwell's allergy patients report good to excellent relief of allergy symptoms.

Acupuncture is also being used to free allergy patients of symptoms. Konrad Kail, a naturopathic physician, states that acupuncture changes the energy dynamics in the nervous system when used in combination with detoxification and nutrient support. He has coined his approach NEAT (Natural Elimination of Allergy Treatment), and reports that 87 percent of his allergy patients are free of symptoms after around 10 NEAT sessions.

As far as food allergies are concerned, the most effective method of treatment is cutting foods out of the diet that cause allergic reactions. Startext.com lists corn, wheat, seafood, eggs, cows milk, soybeans, peanuts and other nuts as the most common foods that cause allergic reactions.

Chiropractors can also offer advice on how to prevent food allergies. Egg whites and cows milk are two foods that often cause allergies in infants. Some experts urge pregnant women to avoid these foods in order to decrease the likelihood that their child will develop food allergies.

Allergies, whether prevented or treated, are an important concern in keeping a child healthy. Once chiropractors alleviate regular allergy symptoms, they may also address more serious problems that may be caused by allergies. Chiropractic therapy is particularly valuable in that it can help children manage allergies without the use of drugs. The healthiest child is one who is not only allergy free, but also medication free.

Sesame Oil Massages Improve Growth and Sleep in Infants

Indian research indicates that infants who are massaged with sesame oil may grow faster and sleep better. Prior studies had shown such massages positively impacting weight gain and sleep habits. In fact, Indian health practitioners have long used oil massage on infants, though the United States has been slow to adopt the practice.

All the infants in the study were between five and seven weeks old. They were breast-fed and mothers were taught massage techniques similar to those of Swedish massage.

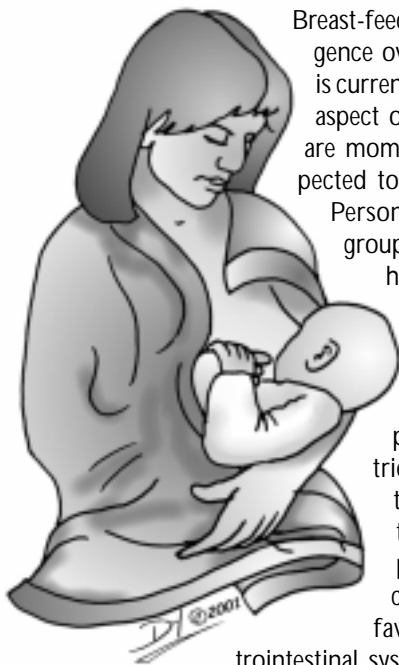
Infants were treated to massages by their mothers for four weeks. Groups differed by the type of massage oils used:

1. Herbal baby oil (containing sesame oil, Convolvulus pluricavilis, Phaseolus mungo, Arnebia euchroma, camphor, and turpentine oil).
2. Sesame oil plus Arnebia euchroma.
3. Mustard oil.
4. Mineral oil with a small amount of vitamin E.
5. A fifth group did not receive massage.

After 4 weeks of massage the infants were assessed. Infants in the treatment groups showed increases in both weight and size, with the most significant change occurring in the sesame oil group. The period of sleep immediately following massage also improved in all groups.

Breast-feeding: A Chiropractic Concern

by Dr. Meghan Van Loon



Breast-feeding has experienced a resurgence over the past few decades, and is currently recognized as an important aspect of an infant's life. No longer are moms who nurse their babies expected to do so behind closed doors.

Personal lactation consultants and groups such as the La Leche League have disseminated important information to the public regarding the benefits of breast milk. These benefits include: breast milk provides proper amounts of all the nutrients needed for an infant to thrive, breast milk is delivered to the baby in the right temperature and amounts, and the composition of breast milk is favorable for the infant's gastro-

intestinal system so that the infant is less

likely to experience diarrhea. Recent research has also pointed to the fact that breast feeding an infant may have a protective quality in regards to the prevalence of ear infections and asthma.

Sometimes, however, nursing an infant has its challenges for mother and baby. The mother's nipples may be too flat, the baby may suffer from cleft palate, or perhaps the mother and baby are too sick. There are a variety of approaches to address these problems. If however, these are not concerns in the nursing couplet (mother and baby), in order for the couplet to be successful at nursing, the following must occur.

1. Baby needs to be interested in nursing.
2. Baby's mouth must be able to open to get the nipple and part of the breast deep enough into the mouth to stimulate the palate.
3. Baby must have a functional suck/swallow reflex.
4. Baby must have good jaw/tongue movement.
5. Mother and baby must be able to position comfortably so as to line up the breast with the mouth.

The infant should begin nursing within the first few hours and continue feeding at regular intervals to prevent excessive weight loss. If the baby is lethargic, whether due to medications or physiologic jaundice, nursing may be difficult because of a lack of interest. Vertebral subluxations in the upper cervical spine may also cause lethargy in the baby. These subluxations may be a result from the labor and delivery process. Therefore it is always good practice to evaluate an infant as soon after birth as possible in order to correct the subluxations and decrease any chance of nursing difficulties.

When a baby latches on to a breast it takes in more of the under surface of the breast than the upper surface. The baby then uses the

tongue to draw the milk from the breast ducts. However, if the baby cannot open its mouth due to poor joint mechanics of the jaw and cervical spine, the nursing effort will be unsuccessful. The inability to open the mouth fully may be a result from uneven pressure applied to the jaw during labor and from cervical subluxations induced during labor. Many case studies have demonstrated improved mobility of the jaw after chiropractic care to an infant's TMJ and upper cervical spine. This then translates into proper nursing technique.

The baby requires a successful suck reflex for effective nursing. This is mediated by neural structures around the head and neck. The infant's individual cranial bones are composed of a number of pieces at birth and are very pliable and moldable. During delivery, the alignment of these bones can be distorted, resulting in changes to the neuromusculoskeletal structure, and the infant's sucking and swallowing may be impeded. Chiropractic care can improve skeletal misalignment which may improve those functions.

Jaw position and tongue movement are also critical. A baby that is latched on correctly and sucking effectively, positions the tongue under the lower side of the breast and slightly protrudes the lower lip as in a slight "pout." Both jaw and tongue move slowly and rhythmically, as when drawing liquid from a straw. If the tongue is not positioned under the breast but is farther inside the mouth as can occur with cervical and cranial subluxations, the baby may not be able to push the nipple up against the palate sufficiently. When the tongue or lips are not positioned correctly and the baby makes "clicking" sounds, she may be allowing little bits of air into the mouth which, when swallowed, leads to abdominal discomfort.

The baby should be positioned so the nipple is close to the baby's upper lip or nose when the baby is facing the mother "tummy to tummy." When the mother holds the baby too low or too high the baby cannot achieve a good latch-on. Mothers who slouch forward in an attempt to bring the breast to the baby will ultimately cause herself mid-back pain, stiffness and subluxations. The mother's discomfort may cause nursing to terminate before the baby has finished at that feeding but also it may terminate the breast feeding experience all together. She can place a pillow under her forearm and bring baby closer to the breast, thereby making herself more comfortable and eliminating the slouching and mid-back stress.

Also, the baby may nurse well on one breast but poorly on the other. It is wise in this case to evaluate the mother's positioning of the baby as well as evaluate the baby's upper cervical spine for subluxations. If there is subluxation, it is common for the baby to be able to turn relatively easily to one side and nurse, but not to the other. Chiropractors can detect and correct this abnormal function caused by vertebral subluxations.

Examining both the infant and the mom while the couplet is trying to nurse can be a beneficial way of revealing causes for concern. Chiropractors utilizing specific adjustments incorporating the correct force, amplitude and line of correction can eliminate the "vertebral-cranial subluxations" found during the evaluation. This

(Continued on next page)

Treating Asthma Without Using Drugs

by Cassandra Coville

Asthma symptoms restrict large numbers of children, afflicting as many as 14.8 million and accounting for as many as 10 million missed school days. Asthma attacks occur when the airways become inflamed enough to swell with mucus and constrict a person's airflow. Symptoms include shortness of breath, wheezing, chest tightness and coughing.

Treatment for asthma historically involved medication. However, studies now show that medications may not be particularly effective in the treatment of asthma — and in fact may do more harm than good!

Administering allergy shots to asthmatic children was of little help, according to a Johns Hopkins University study reported in the *New England Journal of Medicine* in 1997. Traditional medicine's treatment for asthma includes a combination of anti-inflammatory and bronchodilator drugs, and sometimes syrups such as Preventil. Unfortunately, these drugs can be habit forming and cause drowsiness. In 1992 the *New England Journal of Medicine* reported increased incidence of sickness and death from asthma. Side effects of inhaled medications may well be a reason for the increase.

Case studies have shown various chiropractic treatments to be effective in decreasing asthma's severity. Adjustments, soft tissue manipulation, acupuncture, dietary changes and environmental changes have all shown varying amounts of success. According to the International Chiropractic Pediatric Association, upper cervical knee chest adjustments have resulted in increased pulmonary function. A Danish research study involved asthmatic children aged seven and younger from 115 families whose members had asthma, diabetes and epilepsy. One third of the children underwent chiropractic adjustments, after which 93 percent of the parents noted signs of improvement in their child's asthmatic symptoms. The Sullivan Chiropractic Health Center and the Lanford Chiropractic Clinic both reported that children with asthma have shown improvement in lung capacity after 15 chiropractic adjustments.

Acupuncture has also been shown to decrease asthma attacks. Acupuncture combined with Chinese herbs reduces the frequency and intensity of asthma, according to onemedicine.com. The Na-

tional Institutes of Health recommends using acupuncture in comprehensive asthma treatments, as reported by onemedicine.com.

Changes in diet can also help treat asthma. Food sensitivities can provoke asthma. Eliminating common food allergens such as milk, peanuts, food colorings and additives one by one will permit detection of possible sensitivities. Reducing pro-inflammatory foods, such as saturated fats, sugar and refined foods, and increasing the intake of anti-inflammatory foods or herbs, such as fish oils, licorice root, coltsfoot leaf and tumeric root, can weaken the effects of asthma.

Ephedra, another type of herb, has been shown to have a pharmacological effect on asthma patients, according to The Integrative Medicine Consult.

Vitamins are also playing a role in asthma relief. Fruit containing vitamin C may help children with asthma.

According to a recent study that appeared in the April issue of *Thorax*, children who ate citrus or kiwi fruit five to seven times a week were less likely to experience wheezing and coughing than children who ate fruit less than once a week. Vitamin B3, niacinamide, is recommended for relieving bronchial asthma and for having potential as a supplement in chiropractic practice, according to the November – December issue of the *FCA Journal*. Vitamins B6 and B12 are recommended for improving asthmatic symptoms, according to onemedicine.com.

Dr. Jeffrey Balon, a physician and practicing chiropractor, believes that chiropractors play an important role in providing advice regarding a patient's environment. He was quoted during an interview broadcast with Norman Swan: "As chiropractors, we often do things that are separate from the manipulation, such as we may give [patients] environmental advice; we may tell them to get the cat out of the bedroom for example; and we may just talk to them about some of the lifestyle issues which are thought to influence asthma as well."

Chiropractic's less invasive, holistic approach allows the body to heal itself. The chiropractor's role goes beyond simply administering adjustments. While these methods may show some success, a chiropractor's advisement in changing one's diet or environment is often equally important. Chiropractic offers treatment options that may prove effective without the use of drugs.



Breast-feeding: A Chiropractic Concern (Continued from previous page)

is an appropriate avenue for chiropractors to promote breast feeding and natural nutrition in their office. Then infant and mom, both, can reap the benefits of successful breast-feeding.

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Childhood Obesity

by Julie Flack, 6th trimester

The prevalence of childhood obesity has steadily increased over the past several decades and now tops the list of nutritional problems plaguing American children. It is being viewed currently as a disease of epidemic proportions. According to the PDR Family Guide to Nutrition & Health, recent studies show that over the past 20 years, obesity in children aged 6 to 11 has increased by 54 percent. In teens the increase was 39 percent. Twice as many children now fall into the 'super-obese' category — weighing at least 40 percent more than they should. A recent *Newsweek* article reported that the reduction in home-cooked food and the increase in fast food consumption have converged to make kids heavier. Snack and soda companies spend hundreds of millions of dollars each year to hawk their products while school physical education programs are phased out and video games replace outdoor play.

Government estimates reveal that some six million American children are now obese enough to endanger their health and an additional five million kids flirt with obesity. Children and adults alike increase their risk of coronary artery disease, high blood pressure, diabetes and certain cancers due to poor eating and exercise habits. Health complications that had historically been the scourge of adults now afflict the young. A recent study of preschoolers at New York Head Start Centers found elevated blood pressures and cholesterol levels in young overweight children as early as three years old. According to a report drafted by the US Department of Health and Human Services, the Centers for Disease Control and Prevention (CDC), and the Department of Education, 61 percent of overweight children between the ages of five and 15 already suffer one or more cardiovascular risk factors. As many as 27 percent have two or more such factors. The lag between development of obesity and the onset of chronic diseases is likely to result in a rise in the rate of cardiovascular disease among teens in coming years.

Type II diabetes mellitus is another disease associated with obesity. The body develops resistance to insulin that causes sugar to build up in the blood. Traditionally known as "adult onset" diabetes and typically diagnosed after age 30, it is now showing up at an alarming rate in children and adolescents. The type II diabetes that presently accounts for up to 50 percent of diabetes cases in kids amounted to less than 1 percent of the cases just two decades ago.

Since thirst and frequent urination may be the only early symptoms of Type II diabetes, it can be easily overlooked in children. Because children are not routinely screened for Type II disease many cases may be going undiagnosed. Obesity-related conditions can

damage blood vessels within a decade and set the stage for conditions that include kidney failure, blindness and strokes.

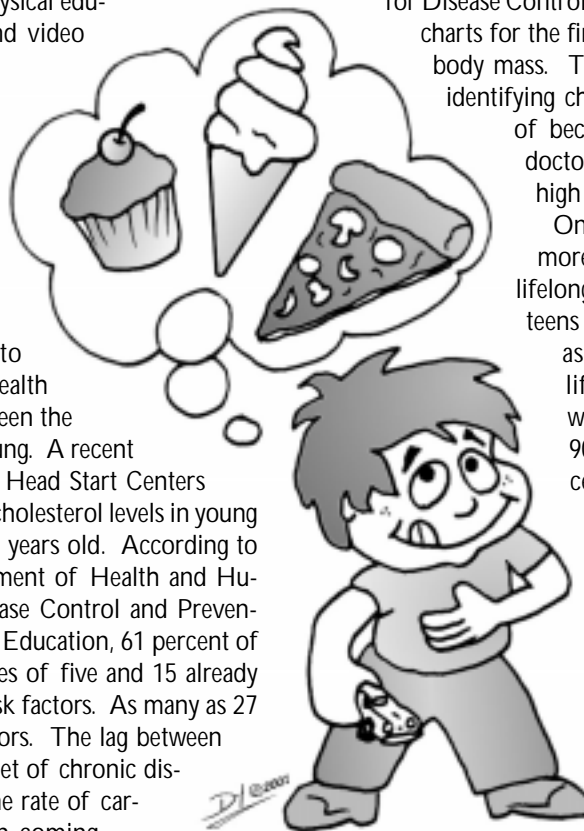
In addition to cardiovascular disease and diabetes, overweight children are exhibiting fatty livers (a precursor to cirrhosis) and obstructive sleep apnea. The sleep apnea results from excess throat flesh blocking the air passages, causing fitful sleep and a state of oxygen starvation that damages the heart and lungs. Obesity is associated with other ailments as well. A study of urban minority children and adolescents, aged 4 to 16, reported a strong association between asthma and obesity. The study showed severe obesity to be 2.6 times more prevalent in children with asthma.

To help determine which children are most at risk, the Centers for Disease Control in Atlanta recently revised the pediatric growth charts for the first time in over 30 years. The new charts track body mass. They provide an accurate and easy method for identifying children who are overweight or who are at risk of becoming overweight. Height-weight ratios help doctors assess the risk for heart disease, diabetes, and high blood pressure.

Once a child has become obese, treatment is much more difficult and the condition often becomes a lifelong problem. It is estimated that 75 percent of teens that are obese will be dangerously overweight as adults. Therefore, it is important to make lifestyle changes early. Long-term studies of weight reduction in children have shown that 80-90 percent return to their original weight percentile; therefore, prevention appears to be the most effective treatment. Interventions with younger children are likely to be more effective than with older children and teens since younger children's poor eating habits and exercise regimens are still forming.

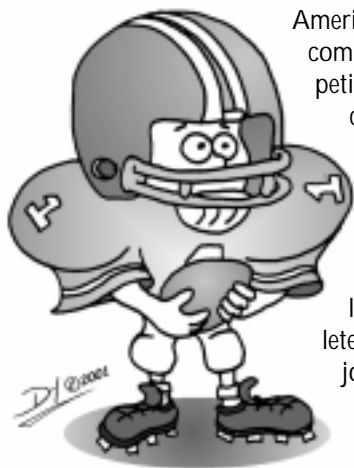
Today's children who are less active have easy access to fast food and high-calorie snacks in schools. Few are getting daily exercise. Energy expenditure in younger children is only 75 percent of current energy intake recommendations. Physical education in schools is down. Fewer than 36 percent of our elementary and secondary schools offer daily classes. Television viewing is up. The odds of becoming overweight are more than eight times greater for viewers who watch more than five hours of television per day. This is in part because of the time spent not exercising and because television advertises (and viewers purchase) foods that are high in fat, sugar, and salt.

In addition to the many health complications associated with obesity, overweight children are burdened with disapproval from teachers, friends, and family. Studies show that obese young people are perceived with disapproval. Their self-image mirrors that of the public's perception and becomes a heavy psychological burden.



Pediatric Overuse Injuries

by Douglas Greco, 6th trimester, and Karen Van Everdingen, 6th trimester



American children often dream of becoming professional athletes, or competing in the Olympics, or attending college on an athletic scholarship.

As a result, many children begin to focus on sports at an early age. This is a phenomenon that does not come without its physical costs, however. Intense athletic training may subject young athletes to repetitive microtrauma (a major etiologic factor in overuse injury). Repetitive activities impose stresses on the bodies of children who spend hours training, running or weight training. Without rest, bodies eventually reach their breaking points, and tissues that experience constant microtrauma may become seriously damaged.

Young athletes' growing bodies sustain tissues that constantly adapt to changes in size and shape. Tendon insertions and muscle-tendon junctions often become tight and painful. Normal growth response is frequently complicated by extensive repetitive microtrauma. Overtraining and overuse injuries can damage growth plate and other structures that are essential to proper development.

Young athletes' growing bodies sustain tissues that constantly adapt to changes in size and shape. Tendon insertions and muscle-tendon junctions often become tight and painful. Normal growth response is frequently complicated by extensive repetitive microtrauma. Overtraining and overuse injuries can damage growth plate and other structures that are essential to proper development.

The Spine

Three categories of overuse injuries affecting the spine are spondylolysis, hyperlordotic mechanical low back pain and disc herniation. Spondylolysis, a stress fracture of the pars interarticularis, often afflicts young gymnasts who over-train. The malady can also be caused by macrotrauma in sports that have high levels of physical contact, such as football or lacrosse. Hyperlordotic mechanical low back pain often afflicts children who are undergoing adolescent growth spurts. The lumbar spine assumes a hyperlordotic posture. Increases in lordotic posture can lead to ultimate disc herniation.

Shoulder

The shoulder often suffers overuse injury, particularly in baseball, where overhead-throwing is an element. For example, "Little League shoulder" refers specifically to microfractures of the proximal humeral growth plate in repetitive throwers. Impingement syndromes involving the rotator cuff, acromion and/or coracoacromial ligament are becoming increasingly common. Repetitive stresses result in inflammation that leads to rotator cuff dysfunction.

Elbow

Young baseball players also have trouble with their elbows. "Little League elbow" is a generic term that describes elbow overuse injuries that include osteochondritis dissecans of the capitulum, premature closure of the proximal radial epiphysis, overgrowth of the radial head, and irritation of the medial epicondyle. Elbow injuries

often plague young pitchers attempting to throw a variety of pitches. The arm's twisting motion for a successful curve ball can wreak havoc on the elbow.

Hip and Pelvis

Young dancers and gymnasts suffer from trochanteric bursitis and iliopsoas tendinitis. "Snapping hip" is the lay term for tenosynovitis of the iliopsoas tendon predominately seen in young females. Trochanteric bursitis is frequently seen with tight tensor fascia lata and hamstrings and with varying leg lengths.

Knee

Young athletes often experience painful knees as muscles surrounding the knees adapt to rapidly growing bones. Muscle tightness related to athletic training and growth adaptation can stress the knees and result in knee deviations such as genu valgus. The majority of overuse injuries involve the extensor mechanism. It is critical to spot these problems early so as to prevent more serious injuries and tears of the menisci or ligaments. While the knee is an important consideration for all young athletes, biomechanical gender differences predispose female basketball players to overuse and acute knee injuries.

Ankle and Foot

Young athletes suffer from overuse injuries in the ankle and foot. For example, heel pain in young soccer players is associated with Achilles tendon insertion at the calcaneus. This condition often accompanies growth spurts and involves the tightness within the gastrocnemius-soleus muscle complex arising from rapid growth and chronic use when kicking a soccer ball.

Preventing Overuse Injuries

Guidance is critical for young athletes who specialize in particular sporting events that involve intensive training. Overuse injury risk factors include growth and maturation, nutrition, gender, and errors in training procedures. Adolescent growth spurts are often associated with overuse injuries. To ensure proper growth it is important to practice good nutritional habits. Intense training programs generally warrant increases in dietary consumption. Increased vigilance will detect eating disorders common to females, as well as to those athletes whose sports reward slender builds. Amenorrhea afflicts young females whose demanding training regimen results in a loss of menses. Therefore, developing females who are undergoing rigorous training should be closely monitored. Once training is reduced and body weight increased, resumption of menses should occur.

When increasing the intensity of training it is important to move slowly to avoid strain injuries. To ensure that athletes are not being pushed too hard, follow the ten-percent-per-week rule — the intensity of training activity is increased at no more than ten percent each week.

Colic and Chiropractic: What Is the Connection?

by Dr. Meghan VanLoon



Imagine your young infant crying inconsolably for hours every evening for the past few weeks. Now imagine the frustration, despair and fatigue that begins to cloud your thinking. Imagine still further, how it feels to be that infant, crying hysterically with no one able to calm or soothe you.

Colic is a condition familiar to many new parents, and dreaded by many soon-to-be parents, as a stressful situation for all concerned. Medically it is defined as crying inconsolably for periods of time with no physiological explanation. The time frame involved is the child will cry for at least three hours per day, three days at least per

week, and is three weeks to three months of age. Medical treatment for this condition is limited to changing the mother's diet if nursing, or the formula used, and/or administering medication such as Dimethicone in an effort to decrease the gastrointestinal gases.

Where does chiropractic fit into this picture? In various published reports, chiropractic has been shown to have a positive outcome in decreasing the symptomatology of colic. There have been many case studies reported in the *Journal of Clinical Chiropractic Pediatrics*, the *ICA Review*, and the *ICPA newsletters*, to name just a few, that have shown consistently that chiropractic care benefits infants with colic.

In 1985, N. Nilsson, D.C., M.D., sent a retrospective questionnaire to families of 132 infants treated in a chiropractor's office for symptoms of colic, 91% of whom showed improvement. Nilsson and N. Klougart, D.C., followed this with a prospective uncontrolled study of 316 infants in 1989. In that study, reported in *JMPT* August 1989, satisfactory results were achieved with spinal manipulation in 94% of the subjects. In 1999, Dr. Nilsson teamed up with two other chiropractors, Wiberg and Nordsteen, and performed a randomized, controlled trial, and again reported in *JMPT* October 1999 that infants experienced positive outcomes with spinal manipulation.

As concerns the clinical effectiveness of Dimethicone, the 1999 Nilsson study found it only as effective as a placebo. This concurs with previous studies done in 1987 and 1998 regarding the use of Dimethicone in infants and the drug's lack of apparent benefit. In fact, in Denmark after the publication of the 1999 study, the medical professionals started referring infants with colic to chiropractors for spinal adjustive care.

All of these studies and research papers attribute the cause of the symptoms of colic to spinal dysfunction, i.e. the subluxation. This changes the etiology of colic from the more symptom-based gastrointestinal medical explanation to one that recognizes the underlying causative neuromusculoskeletal dysfunction which is effec-

tively corrected by spinal adjustments. The thought of the researchers mentioned above is that the chiropractic spinal adjustment triggers a somatovisceral reflex which can affect the functioning of the intestinal tract in a positive way. As concerns the originating cause of the vertebral subluxation, Drs. Wiberg, Nordsteen and Nilsson also found a correlation between the duration of labor and delivery, and the presence of colic; faster labors/deliveries had a higher chance of having an infant who was colicky. Dr. Nilsson is currently investigating this finding further.

In your practice, when assessing an infant that is presenting with the apparent diagnosis of colic, many contributing factors need to be investigated. These include the health of the mother during the pregnancy, the progress of the pregnancy, the length of the labor and delivery, the use of any interventive procedures during labor (forceps, vacuum extraction, ptocin), and the neonatal time frame (first month of life). Additionally, examine the diet of the mother if she is nursing or otherwise check into the formula she uses. Many infants have increased gastrointestinal gas with the presence of dairy products in the diet, while corn, soy and wheat have been shown to be problematic for others. Any of these factors would help to explain the presence of the vertebral subluxation complex and the subsequent symptomatology.

The predominant areas to assess for subluxations are the upper thoracic and upper cervical spine. Treatment consists of spinal adjustments over a two to three week period of time. In some of the research, as well as in my private practice experience, a reduction in presenting symptoms can occur as quickly as after the first adjustment. However, it is not uncommon that a longer period of care is needed to correct and stabilize the vertebral subluxation complexes.

Parental education in various areas is important as well. Aside from avoiding dairy products and potentially corn, soy, and wheat, foods containing caffeine should be eliminated from the diet. Another area of concern is the infant's car seat. In many car seats, there is a layer of foam padding under the infant's head which drops off quickly to no padding in the upper to mid-thoracic region. This is an area of the spine where subluxations have been frequently noted in infants who experience colic. The posture required by the car seat may create and perpetuate subluxations that lead to colic. A wadded receiving blanket may be used to support the baby's head and stabilize the thoracic spine. Its padding eliminates the head's sudden drop-off into the infant's vulnerable area.

We chiropractors have a lot to offer the youngest of our patients. We often talk about "womb to tomb" care. The treatment of vertebral subluxations manifesting as colic is one area that can not only help the infant, but also can create a more peaceful and ultimately more healthy situation for the entire family. There is more and more information available in regularly published research journals that explains why spinal adjustive care is effective for addressing non-spinal complaints. Let's continue to educate ourselves so that the public can fully enjoy the benefits of Chiropractic care from "womb to tomb."

Making Changes to Make a Baby

by Alana Starr, 2nd trimester



About one third of all fertility problems originate with the female partner, about one third are from the male partner, and about one third are associated with both partners. Chiropractic adjustments, to the extent they promote better general health, may favorably influence function within the ovaries and uterus and increase the likelihood of pregnancy. Though we do our best to help our patients without medicine or invasive procedures, we sometimes wish we had more than the chiropractic adjustment to help patients trying to conceive. Fortunately, certain lifestyle changes on the part of both

parents-to-be can greatly improve a couple's chances of having a child.

For the Woman

Obesity, a primary problem with many women who wish to become pregnant, can be detrimental to ovulation. Nutritional and lifestyle counseling are required for such a patient. However, if the patient loses weight too quickly, it can still hinder her attempts to conceive, so she must do it slowly and safely. It may be easiest to explain to an obese female patient that if she wants to have a healthy baby, she must first become a healthy mother.

Another problem that affects ovulation is more difficult to control. That is the presence of an eating disorder in the patient. Such a disorder may be incredibly difficult to manage alone, so co-managing this patient with a psychiatrist is highly recommended.

Menstrual irregularity and occasionally amenorrhea can be caused by extreme exercise. This can cause fertility problems regardless of whether the patient is a competitive athlete or a housewife who just overdoes it. Simply adding calories to the patient's diet can often restore a regular menstrual cycle and thus improve fertility.

Depression can also be a great barrier to fertility, as it can significantly affect hormone levels. Patients who are clinically depressed must be co-managed with a psychiatrist and should not attempt pregnancy until they experience relief of their symptoms. Patients who are not clinically depressed can still feel "down" after trying to conceive and failing. These patients can greatly benefit from learning meditation, imagery, yoga, and other stress-management techniques. Group therapy and private counseling can also help reduce the stress and feelings of depression that occur when a woman is trying to become pregnant.

Additionally, some medications (e.g., tranquilizers) can inhibit female fertility. A patient taking such a medication must be thoroughly counseled on its benefits and risks, as well as possible alternatives to treatment.

Also, wild yam and beta carotene supplements are recommended to increase a female patient's fertility.

For the Man

Something as simple as a man's choice of underwear can prevent him from being a father. Tight briefs hold the testicles too close to the body, where higher temperatures can kill forming sperm cells. Likewise, long and frequent bicycle rides or car trips can also cause fertility problems. Male patients should be advised to wear loose boxers as undergarments and to avoid any long bicycle or car trips.

Many men do not eat enough fruits and vegetables in their daily diet. This can leave them deficient in many vitamins, including folic acid. Diminished folic acid intake correlates to a reduced sperm count. Simply informing some male patients of this relationship is enough to encourage them to consume at least five fruits and vegetables a day. Reluctant patients can take a daily supplement containing at least 400 micrograms of folic acid. Closely associated with folic acid is the nutrient zinc, which assists in the absorption and metabolism of folic acid. Natural zinc is best and can be found in meat, liver, eggs, and seafood. A zinc chelate can also be taken as a supplement. A simple zinc test can determine if your patient requires more zinc in his diet. The antioxidant lycopene, found naturally in watermelon, grapes, tomatoes, and some shellfish, has also been shown to help with male fertility. In the majority of cases, it can help increase sperm concentration and motility. The recommended supplement dose is 2mg twice a day. Vitamin E and essential fatty acids are also recommended to increase male fertility.

For the Couple

Both parents should avoid smoking cigarettes. In men cigarette smoking can reduce sperm count. In women it can prevent ovulation. In fact, the female patient should avoid second-hand smoke as well, since research is beginning to discover that it can be just as detrimental to ovulation as if she were smoking herself.

If at all possible, the couple should avoid the use of vaginal lubricants during intercourse. The great majority of these products hinder sperm motility and many of them can kill sperm outright.

While some herbal supplements can help to increase fertility, others can greatly reduce the chances for conception. Female patients should avoid taking cat's claw and saw palmetto. Male patients should avoid taking colchicum. Also, echinacea, ginkgo, jack-in-the-pulpit, rue and St. John's wort should not be taken by either parent-to-be as they can significantly inhibit the fertility of both sexes.

Some health-care practitioners also recommend shiatsu massage to couples struggling with fertility. This non-invasive treatment can stimulate the proper movement of energy along the body's meridians and helps to balance the patient physically, mentally, and emotionally. Shiatsu also just helps relax the couple who are stressing over conceiving a child.

While these treatments cannot alter the fertility of patients with serious medical conditions, they can improve the chances of conception in many cases where the reason for the problem is mild or unclear. More information on fertility may be found in articles online at www.allherb.com and www.webmd.com. Additional information can be located in the journal *Fertility and Sterility*.

Otitis Media Can Be Helped By Chiropractic

by Rachel Fletcher

Earaches are a common childhood problem. Referred to in healthcare circles as otitis media, this inflammation of the middle ear is responsible for over 26 million annual visits to the doctor, making it the most frequent pediatric diagnosis. The Johns Hopkins Family Health Book reveals that by the time children reach the age of three, close to 50 percent have suffered at least three earaches. Pain arises when bacteria migrate with fluid from the nose and throat across the child's eustachian tubes and cause infection behind the eardrum. Common colds and upper respiratory infections also increase the amount of nasal drainage, which may, in turn, find its way into the ear. Otitis media is characterized by ear pain, fever, and GI disturbances. The ailment can lead to more serious effects including hearing loss, meningitis, and even facial paralysis.

Eustachian tubes in adults are slanted downward, thus allowing fluid to drain from the ear into the throat and thereafter be flushed from the system. Children, however, suffer ear infections in their relatively narrow horizontal eustachian tubes where drainage is more difficult.

The typical treatment for otitis media is a powerful antibiotic regimen. Sometimes medical doctors surgically insert ventilation tubes into the child's ear, although many times the tubes offer no relief. Instances of otitis media in the United States have been on the rise. Attending that rise has been an increase in tympanostomy tube insertion. Some experts suspect that American mothers' increased reliance on daycare gives bacteria and viruses a bigger audience to attack. Sometimes, when ventilation tubes prove ineffective, an adenoidectomy, another surgical procedure, is undertaken. Even after all of this intervention, many children will simply have to wait until they grow and their eustachian tubes change anatomically. This, in the majority of cases, eliminates the recurrence of otitis media.

Though the pain will eventually subside, this is of little comfort



to children and mothers surviving many sleepless nights. Chiropractic and its encouraging results in the treatment of pediatric otitis media are an attractive healthcare option. Chiropractic treatment includes adjustment of the upper cervical spine to stimulate muscles connected to the ear complex, and mechanically stretching the ear helix to stimulate the slant found in adult eustachian tubes to promote changes. One study revealed that 93 percent of all episodes of otitis media treated improved with chiropractic care. Seventy-five percent of the cases improved in 10 days or less, and 43 percent with only one or two adjustment. By applying a simple, inexpensive, noninvasive manipulation most children's ears can be restored to normal drainage.

Smoking Linked to Back Pain in Children

It appears that smoking may influence back pain among children and teens. A study appearing in *Spine* disclosed that students from three high schools in Montreal, Canada, who were monitored for one year were twice as likely to experience back pain if they smoked than if they did not. What is more, those who smoked 25 or more cigarettes per week experienced more pain than did those students who smoked fewer cigarettes weekly.

Bigger is Better!

The *British Medical Journal* published a study that determined that an infant's weight at birth somehow positively correlated with future mental abilities. Higher birth weight babies performed better later on in school than their lighter peers. The study gathered data about nearly 4,000 men and women born in 1946. Analysis included reading and mathematical skills, non-verbal reasoning, memory, mental speed and concentration at various ages.

“Don’t do something. Stand there and observe the child.”

Pang, D. (1995). Disorders of the Pediatric Spine. New York: Raven Press.

by Dr. Judy Silvestrone

The title quote exemplifies the importance of observation as the starting point for examination of the pediatric patient. As physicians, our first impulse is often to jump right in and begin the work of diagnosis. With the pediatric patient, a period of quiet observation is usually the best place to begin the diagnostic process.

Often the primary clues of dysfunction are asymmetry of spontaneous movement, lack of normal environmental responses, or regression from previously attained developmental milestones (Pang, 1995). This is certainly true of the examination of cranial nerves in the infant or child. The cranial nerve evaluation imposes a minimal time constraint on the doctor, parent and child, and can be performed without special equipment other than a penlight (see the table below).

Examination of the cranial nerves, through observation and directed testing, should be a routine component of neonatal and infant evaluation. In a French study conducted from 1970-1994, routine examination of 15,000 apparently healthy children (aged 10 months to four years) disclosed 27,400 previously undetected abnormalities (Ryan, 1996). Of these, abnormal vision constituted 32 percent of abnormalities and abnormal auditory function another 13 percent. Routine assessment of these and other cranial nerve functions during well-child visits is, therefore, strongly recommended.

Olfaction (which usually does not need to be tested) can be assessed by use of a familiar odor (such as banana) with observation of the child's reaction to the stimulus. Visual function must be assessed for acuity, focus and ocular movement. Cranial nerve II can be assessed by observation of the child's reaction to, and fixation on, a familiar face. Visual acuity is poor at birth and increases over the ensuing six to twelve months. Focal length progresses from four to ten inches in the first week of birth to 100 feet by age one. In older children, a modified Snellen chart may be used for patient identification of familiar objects or identification of the direction of a pointing arrow or letter. Visual fields can be assessed by moving a brightly colored object into the child's field of vision and observing for reaction. Pupillary response to light should be assessed, observing for both direct and consensual response. In order for this response to be seen, both the afferent limb (cranial nerve II) and the efferent limb (cranial nerve III and parasympathetic innervation) must be intact. Cranial nerves III, IV, and V can be further evaluated by having a child (over the age of two to three months) track a familiar face or object. The child should be able to track through 180 degrees, but will usually move the head, so extraocular muscle assessment is limited. By the age of one year, the child will usually follow a small bright or colored object using both eyes and head.

Integrity of cranial nerves V (afferent) and VII (efferent) can be assessed in the infant with the corneal or scleral reflex. The older child can respond to sensory stimulation of the three divisions. Observation of symmetrical sucking or chewing responses can aid in evaluation of the muscles of mastication (cranial nerve V). Observation of normal facial expression (crying, smiling, and blinking) will assess facial nerve integrity and protrusion of the tongue (naturally or in response to an unpleasant taste) can be used to assess cranial nerve XII. Also observe for signs of atrophy or fasciculation of the tongue.

Hearing is evaluated by eliciting a startle response to noise. Within

three-four months, the child will turn actively toward the sound. In the toddler, the detection of whispered sound or rubbing fingertips may be used. Weber, Rinne and Schwabach's tests may be used for the older toddler and school-age child. If abnormalities are seen, referral for audiometry should be recommended. Vestibular evaluation may be done by having the examiner hold the child and turn rapidly in first one direction and then the other. Observe for normal reaction of the child looking in the same direction as rotation and then in the opposite direction when rotation stops. If indicated, the Barany caloric test may be performed with observation for nystagmus (cool irrigation/contralateral nystagmus, warm irrigation/ipsilateral nystagmus).

Cranial nerves IX and X are evaluated by observation of the neonate's ability to swallow. In an older infant or child, observation for palate symmetry during vocalization and performance of the gag reflex may be included. Strength and symmetry of the upper trapezius and sternocleidomastoideus (for assessment of cranial nerve XI) may be made by observation of the infant or by muscle testing of the older child.

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Pediatric Cranial Nerve Evaluation

Olfactory	Not necessary to test for most patients. Reaction to common, pleasant smell (banana).
Optic	Neonate-Focus on familiar face. Bring object into fields of vision. Child-modified Snellen chart.
Oculomotor Trochlear	Direct and consensual pupillary response to light. Follow object in all directions (H-pattern as feasible).
Abducens Trigeminal	Observe for accommodation. Response. Observe chewing and sucking behavior Corneal/scleral reflex. Sensory evaluation unreliable.
Facial	Observe symmetry of normal facial expressions Corneal/scleral reflex.
Vestibulocochlear	Response to noise, startle reaction. Rotation test or caloric test if necessary.
Glossopharyngeal and Vagus Spinal Accessory	Observe normal swallowing and palatal movement upon vocalization. Gag reflex as indicated. Observation of head rotation or shoulder shrugging for infant. Muscle testing for older child.
Hypoglossal	Observe for tongue atrophy. Protrusion of tongue naturally or in response to unpleasant taste.



The Public Health Corner

by David S. Aberant, M.S.
Associate Professor of
Physiopathology

Contamination — Now It's Tuna Fish!

When I was younger there was the saying, "Everything I like is either illegal, immoral, or fattening." Today we can add,... "or is loaded with dangerous contaminants." For years we haven't been able to eat a juicy rare hamburger because of E. coli O157 contamination. Then it was chickens and their eggs contaminated with Salmonella and Campylobacter. Hot dogs and cold cuts had Listeria. Now health agencies warn about canned tuna's contamination with organic mercury (methylmercury). Methylmercury is a neurotoxin that is potentially fatal. Though experts debate how much methylmercury must be ingested to cause damage or death, it is known that infants, children, and lightweight persons are more at risk than heavy people. Established guidelines regarding toxicity issued by various government agencies, including the EPA, do not always agree. Exposure to tuna's methylmercury should be avoided by pregnant women, those women who intend to become pregnant, nursing mothers, and developing children under the age of eight. All other people should limit their tuna intake.

EPA guidelines suggest that a 132-pound woman could consume up to nine ounces of light Tuna or five ounces of white Tuna each week, provided no other mercury-containing fish is consumed. A 44-pound child should eat only three ounces of light tuna or one-and-a-half ounces of white tuna each week (about one sandwich per week). White tuna has more methylmercury than light tuna because of the species of fish caught, the meat of the fish chosen and the packing.

American Red Cross and Donated Blood

The American Red Cross has placed tighter restrictions on who may donate blood. In an attempt to keep the United States blood supply free of the human form of Mad Cow Disease, the Red Cross will not accept blood from anyone who has lived in the United Kingdom for a total of three months since 1980, or from anyone who has received blood transfusions in the United Kingdom. The American Red Cross estimates that this policy could result in excluding eight-nine percent of donors (about 400,000 people). The new restrictions go into effect in September 2001.

Representing the other side of the coin, some experts in the National Institute of Health and Food and Drug Administration felt the restrictions were a bit excessive, especially since blood is in short supply. They believe there exists inadequate proof that human forms of Mad Cow Disease, called Creutzfeld-Jakob Disease (CJD), can even be transmitted through blood.

Arthritis

The Centers for Disease Control (CDC) released a May report concerning the number of Americans who suffer from arthritis. The report expressed that the country's aging population is about to experience a dramatic arthritis incidence increase and thereby create a huge public health problem. As many as 43 million people (or 16 percent of the U.S. population) suffered some form of arthritis in 1997. That number will rise by 40 percent to over 60 million people by 2020. Treatment and care of the elderly in our country will continue to gain significance over the next 20 to 30 years. Alas, the baby-boom generation is feeling its aches and pains!

Hope on the Horizon for Those Suffering Genital Herpes

There may be some new hope for the over 30 million sufferers of Genital Herpes. This disease is both common and incurable and is characterized by sexual transmission and painful sores on the genitalia. Outbreaks generally last from seven to fifteen days. Some people have few or no recurrences, while others have 12 or more every year. Current treatments include anti-virals such as valacyclovir (brand name Valtrex), which effectively decreases outbreak time and viral shedding if taken during an outbreak. It also suppresses future attacks if taken orally on a daily basis.

3M Pharmaceuticals has developed a new topical gel called Resiquimod. It appears to dramatically decrease Herpes recurrences. In one study recurrences were about 20 percent when compared to a placebo group. Larger trials and studies are needed and completion is not expected for three years.

Eye Surgery

More and more people are opting for laser eye surgery. Information is available about the procedure as well as about doctors who perform it. The Food and Drug Administration has launched a website that helps weigh the risks and benefits of the surgery and helps to calculate the costs <www.fda.gov/cdrh/lasik>.

New Cases of Polio

Two new cases of Polio in Europe were reported. The Bulgarian cases are the first reported cases since those diagnosed in 1998. Children aged thirteen months and two years old contracted the virus. Both children belong to a community of gypsies and neither child was vaccinated. The virus has been traced to Northern India, where Polio cases still occur. The World Health Organization still hopes to eradicate Polio by 2005.

I hope you all have had an enjoyable summer and you and your loved ones are healthy and well. Enjoy life.

The Burden of Childhood: Children & Backpacks

by Dennis Homack, D.C., C.C.S.P.

Not long ago, I lifted my son's backpack from the doorstep, and I was astonished at how heavy it was! It was absolutely stuffed with textbooks, notebooks, crumpled papers (so there's that math homework!), sneakers, pencils, a CD player; and anything else guaranteed to ensure success in the fourth grade. He lugged this pack, complete with his trumpet case, back and forth to school every day. Fully loaded, I am certain the pack approached the weight of a Volkswagen.

After talking to other parents and teachers, I learned this "pack-muling" was not unusual for kids his age. With over 30 percent of school-aged children reporting frequent backaches, it has become increasingly important to choose an appropriate backpack and know how to use it. What is a parent to do? Here are some suggestions you as a chiropractor can offer:

When selecting a pack, look for:

- Adjustable, wide and padded straps.
- Thick padding in the area that rests against the back.
- Several compartments, to avoid shifting contents.
- Consider backpacks with wheels or luggage-type carts — especially handy if your school lacks lockers and/or you lack a car. (Check with the school to make sure they are allowed!)

Chiropractors should also make recommendations about how to wear a pack more safely. Parents need to pay attention to backpack weight, placement of items in the backpack, and the backpack positioning. The American Chiropractic Association, American Physical Therapy Association and American Academy of Orthopedic Surgeons recommend the following maximum weight guidelines for filled packs:

- 60-pound person - 5-pound backpack
- 61- to 75-pound person - 10-pound backpack
- 100-pound person - 15-pound backpack

As a general rule, backpacks should not exceed ten percent of your child's body weight, nor should packs exceed fifteen percent of an adult's weight. Single textbooks typically weigh six to eight pounds!

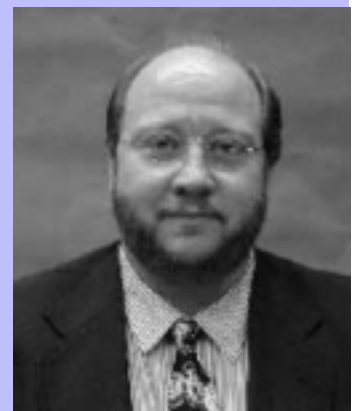
Parents should make sure that items are separated into several compartments and that heavy items are placed closer to the back. Place pointy, bulky or sharp items away from the back.

Pay attention to how your child wears the pack. One strap should be worn on each shoulder so that the weight is balanced evenly across the back. Straps should be adjusted so the backpack rests on the hips and pelvis with minimal strain on the back muscles. If the backpack has a waist belt it should be fastened to ease the neck and shoulders.

Parents can take additional steps to help their children. For example, make arrangements with your child's school to have a second set of books at home. For those with computers at home, consider getting duplicate materials through the Internet or on CD and leaving the heavy books at school. Remind your child to leave unnecessary items in the locker or at home. Consider using separate backpacks for different activities. For example, athletes might choose to store athletic wear and equipment in a separate bag that may be left in the gym until needed. Acquaint yourself with the new designs available in backpacks. One is likely to fit your child better than others. Pay attention to early signs that your child (or young patient) is struggling. Being a kid is tough enough these days, and we can "lighten their load"!



Dennis Homack, D.C., C.C.S.P., is an NYCC faculty member who teaches ergonomics and the unique role chiropractors play in industrial and ergonomic issues.



Telemedicine Is Here to Stay

by Nancy Almann, D.C.

It's 2001 and we can now accomplish tasks we could not imagine 30 years ago. Meals can be microwaved in minutes. Individuals apply for mortgages and invest in stocks on-line. Relatives contact family in Singapore or Australia by just picking up the phone and dialing! An automobile prompts its driver in dulcet tones to turn off headlights or fasten seatbelts.

This boom has profoundly impacted the healthcare industry. The latest buzzword is 'telemedicine,' or the use of communication and technologies to provide clinical care at a distance. Possible examples include telephones, fax machines, computers and video teleconferencing. Telemedicine is wide ranging and includes such groups and organizations as the Department of Defense, on-line support groups for fibromyalgia, ankylosing spondylitis and cancer patients, students watching televised dissections, physicians, nurses and chiropractors. Proponents aggressively promote telemedicine, claiming that increased use of the technology will reduce healthcare costs, expedite treatment, enhance diagnoses, and reduce costs associated with travel and hospital stays.

Curiously, telemedicine began the moment Alexander Graham Bell invented the telephone. Bell had accidentally spilled acid on his leg and called out, "Help! I need you!" to his assistant, who heard the cry over the telephone at a distant part of the building.

As technology developed, so too did healthcare's use of telephones, fax machines and computers. Telemedicine includes both PubMed and Medline – valuable internet sources for medical and research journals. The term also refers to the technology-assisted monitoring for housebound patients, as well as follow-up for acute care cases. Currently, doctors use the latest in technological advances to view radiographs and pathology specimens at remote locations.

Medico-legal concerns attend the expansion of telemedicine. Five major areas of concern include confidentiality, licensure, malpractice liability, informed consent and reimbursement.

Confidentiality remains an important element for all doctor-patient relationships. Maintaining private information builds trust between patient and doctor. Where patients feel that personal information may be leaked, they tend to be less forthcoming in their disclosure of relevant information. Unsecured communication methods, whether via telecommunications, computers or the internet,

threaten patient confidentiality. Transmitting medical information over telephone lines is neither entirely reliable nor secure. Secure systems, complete with passwords and encryption, are currently used to prevent unauthorized access to patient information.

Telemedicine involves issues relating to licensure. In general, doctors are licensed for practice within a particular state. Determining "where" one practices becomes unclear as telemedicine blurs traditional geographic boundaries. These issues arise in particular when consulting with a colleague in another state or when utilizing consulting doctors who are licensed in other states. Specific to telemedicine, the Federation of State Licensing Boards has recently proposed a 'Model Act.' that act allows individual states to set their own requirements relative to licensing and telemedicine.

Malpractice issues have also surfaced in the wake of telemedicine. Assume a New York-based chiropractor uses computer imaging to send a patient's MRI's to a radiologist in Boston, and then consults via teleconference with colleagues in Los Angeles and Miami. Who is liable for misdiagnosis? Clearly, there are significant liability issues associated with telemedicine, and its continued use is certain to stimulate legal analysis of contracts, malpractice, liability and negligence.

Methods for compensating telemedicinal consultations and diagnoses will continue to evolve. In remote areas not serviced by local experts, consultations with far-flung experts are nonetheless critical. Medicare does cover such services to remote communities, though states such as California and Oklahoma have legislated reimbursement for select telemedicine services. It is anticipated that disbursement policies will continue to develop.

Telemedicine may raise the standards for informed consent. Today's patients are often armed with information extracted from the Internet. The fact that some patients know about alternative treatments and about treatment protocols may cause the standards for informed consent to rise, so that all patients enjoys such "common knowledge." The consulting physician would be required to provide specific information about medical alternatives and treatments. Ironically, telemedicine is likely to usher in informed consent agreements that identify risks associated with the use of technology, including confidentiality issues and licensure concerns.



Doing Research in the NYCC Library

(Continued From Previous Issue)

by Daniel Kanaley, Library Director

In prior Transitions articles, I highlighted several options to help scholars conduct their basic research. For example, I mentioned the Index to Chiropractic Literature (ICL), and searching the Medline database using the National Library of Medicine's PubMed interface. The ICL is available only on the library computers at present but will soon be available for free on the Internet from 1985. PubMed is available on the Internet with a link to it on the NYCC library home page. Other databases are available as well, including:

- Allied and Complementary Medicine Index (AMED)
- Health Reference Center (HRC)
- Cumulative Index to Nursing and Allied Health Literature (CINAHL)

Each database or index has unique characteristics that relate to the subjects covered, their search options, and access methods. The first two databases, AMED and HRC, are only restricted to NYCC library computers at this time. CINAHL is only available as a printed index in the library.

The Allied and Complementary Medicine (AMED) database is made available by the British Library, the national library of the UK, and indexes alternative medicine. It is the equivalent of five printed indexes produced by the British Library that cover complementary medicine, osteopathy, physiotherapy, rehabilitation, and podiatry. AMED also covers acupuncture, hypnosis, chiropractic, holistic treatments, Chinese medicine, and occupational therapy. AMED is accessible by clicking the "Alternative Medicine..." icon on the desktop of the NYCC library public computers. The AMED database indexes journal articles from Europe and provides an excellent worldwide research perspective. Boolean searching (combining words using and, or, and not) is available, however (e.g., chiropractic and pain). It retrieves articles with both words as subjects of the article. Each reference contains title, author, source journal, language, and an article number. No abstracts are provided. The full text of the article is retrieved in the NYCC library or is requested through interlibrary

loan and may be saved on a disk.

The Health Reference Center (HRC) is a database of articles, pamphlets, and books that provides consumers and professionals with valuable health information. The full text is available by clicking the link in the article reference. Where full text is unavailable, an article reference may be retrieved in the library or through interlibrary loan. HRC may be used on public computers in the NYCC library. An icon on the desktop labeled "Health Reference..." connects to HRC via the Internet. The screen will display a search box where search word(s) may be typed.

CINAHL, the Cumulative Index to Nursing and Allied Health Literature, is a database covering allied health literature. Allied health includes, among others, topics such as athletic training, medical assisting, nutrition and dietetics, occupational therapy, physical therapy and rehabilitation, radiologic technology, as well as chiropractic and podiatry.

Currently NYCC's library has access to the CINAHL database via a printed index. Using the printed index, users may search for chiropractic information that CINAHL has begun indexing within the last several years. Typical of many printed indexes, a subject search in the 2000 printed cumulation may yield over eight pages of references to the chiropractic journal literature.

The CINAHL database does not contain abstracts. Full texts of articles are found in the NYCC journal collection or requested via interlibrary loan. While printed indexes are no longer fashionable and most people favor the convenience of on-line retrieval, the printed version of CINAHL is fast and easy. On-line access will soon be available through the NYCC library subscription agent – Ebsco On-line. Searchers will be able to click on the "Ebsco On-line" icon on the library home page and be able to search CINAHL.

These three indexes fulfill different purposes, but they illustrate some of the varied resources available in the NYCC library. As always, the NYCC library staff is available to assist the users of these databases in their research efforts.



Daniel Kanaley, M.A., M.L.S., Library Director



Ronald Bulbulian, Ph.D.,
Director of Research

College's Research Director Pauses To Reflect

Dr. Ron Bulbulian leans back in his chair, always willing to take a moment to discuss his favorite topic - research. His well-trimmed salt-and-pepper beard gives him a distinguished, scholarly appearance which suits his position as head of NYCC's growing research efforts. His responsibilities include overseeing research facility development and the efforts of multiple research staff members as part of a multi-million dollar organization. Researchers at NYCC are engaged in diverse trendsetting projects, including:

1. Motor control and neuro-reflexes associated with low back pain and the effects of spinal manipulative therapy
2. Anti-aging
3. Gait and balance
4. Biochemistry of soft tissue and trigger points
5. Spinal manipulative therapy and its effect on dysmenorrhea
6. Homeopathy

The selection of these research interests was dependent on multiple factors, ranging from faculty interest and expertise to funding opportunities and grant availability, to the availability of research equipment and facilities. The availability of a target patient population is also crucial in selecting topics. Whenever possible, NYCC staff collaborates with other research facilities — whether they be in chiropractic schools, in medical schools, or are independent facilities.

Dr. Bulbulian feels that NYCC must address clinical research, as well as research focused on visceral or autonomic responses to chiropractic treatment. He's delighted that NYCC has recently recruited researchers with specific knowledge of and skills in this area, and notes this will equate to progress in efforts surrounding autonomic systems research.

He is proud of the research currently under way at NYCC. "It has put us in a unique situation compared to other institutions. NYCC has captured a niche for applied and basic research crucial for better understanding of the physiology of spinal manipulative therapy and neuro-reflexes. Our reputation continues to grow exponentially and we anticipate additional major research funding in the near future."

Research benefits the College by establishing NYCC as a reservoir of new and important findings in the areas of patient care, Bulbulian points out. Research also enhances the reputation of NYCC's faculty and clinicians. "In addition, it helps the College in a

number of other ways, both tangible and intangible — through the recruitment of high-quality students and faculty, for example." Research also aids infrastructure development through extramural funding, and through research collaborations with allopathic institutions in the region. "All of these factors combine to increase chiropractic awareness and appreciation by patients and physicians, and are of tremendous help to the profession as health-care providers co-manage cases to provide the best patient care possible."

Dr. Bulbulian is quick to state that case studies done by individual practitioners in the field are also important to the chiropractic profession. They highlight clinical observations which are specific to the patient and which may be important to a larger pool of patients with similar conditions. He stresses that to leverage the information garnered from single patients, larger-scale clinical or experimental studies must be undertaken. This is necessary to understand the extent to which the individual findings apply to other patients seen in D.C.s' offices.

One project Dr. Bulbulian stresses as unique to NYCC is the geriatric/anti-aging research. "This specific project is important to the College because the location of our school gives us access to a population base more easily available to us compared to many other colleges. It's ideally suited to our campus and offers us advantages lacking at other schools." Older and retired adults provide students and clinicians with a rich supply of interesting clinical cases, research ideas and possibilities.

Dr. Bulbulian points out that the work of Veronica Sciotti-Dishman, Ph.D. is one of a kind. Dr. Sciotti is studying the in-vivo biochemistry of trigger points, which Dr. Bulbulian claims: "will put both NYCC and Sciotti herself on the map!"

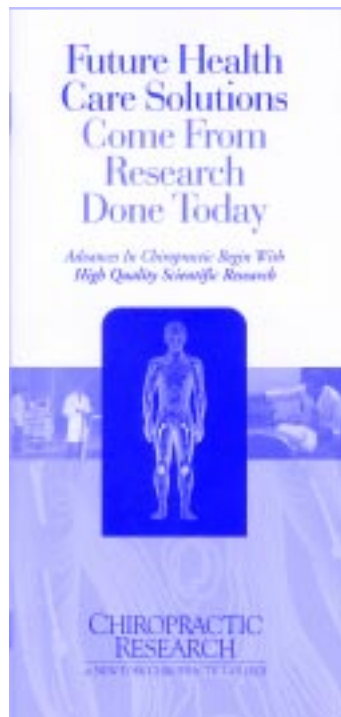
The Foot Leveler sponsored Gait Lab and research on orthotics also differentiates NYCC. "We have a one-of-a-kind facility here, and no other institution is involved in research of this kind. In fact," he continues, "very few other university labs have the infrastructure we have in the area."

He notes that Donald Dishman, D.C., and Jean Burke, Ph.D., are involved in in-depth research on the nature of spinal manipulative therapy and spinal reflexes involved in low back pain management. "No one else we know of is trying to address this area in quite the same way." Bulbulian smiles broadly as he states, "Indeed, all the areas in which we are involved are unique, and will become our signature areas of research pursuit!"

research ROUNDUP

New NYCC Research Brochure Available

NYCC, long recognized as the leader in chiropractic research and development in the United States, has published a brochure entitled *Future Health Care Solutions Come From Research Done Today*. The piece was designed to communicate the College's commitment to a curriculum that incorporates findings from its funded studies. The brochure is colorfully illustrated and describes an array of research amenities and ongoing research projects. The brochure reveals the benefits of fruitful combinations. The powerful blend of Internet databases such as the National Library of Medicine, a proactive campus library, well-equipped laboratories and credentialed research faculty and staff stimulate advances that would have been less likely to have arisen in isolation.



For brochures, contact Diane Zink at 315-568-3065.

NYCC's Foot Orthotics Study Completes Phase II

In the last issue of *Transitions* we profiled a paper entitled *Evolution of Foot Orthotics: Coherent Theory or Coherent Practice?* by NYCC's Dr. Kevin Ball. The paper was Part One of a two-part set by the College's Biomechanics/Gait Research Laboratory and Credit Valley Hospital's Physical Therapy Department of Ontario, Canada. Both papers will be published together in *JMPT* sometime later in the year. The paper is entitled *Evolution of Foot Orthotics - Part 2: Research Reshapes Long-Standing Theory*. Dr. Ball published the paper together with Margaret J. Afheldt, PT. The review challenged the clinician's casual understanding of the causal mechanisms of foot orthotics use. Two widely accepted concepts held that excessive foot eversion led to excessive pronation and that orthotics would provide beneficial effects by controlling rearfoot inversion/eversion.

Numerous studies demonstrated that patterns of rearfoot inversion/eversion cannot be characterized either by foot type or by orthotics use. Rather, subtle control of internal/external tibial rotation appears to be the most significant factor in maintaining proper supination/pronation mechanics. Recent evidence also suggests that proprioceptive influences play a large, and perhaps largely unexplored, role. Further exploration of these new theories is warranted. Investigations of flexible orthotic designs, proprioceptive influences and the 3-D effects of subtalar joint motion upon the entire kinetic chain are areas of research that show great promise.

NYCC's Scot Woodward Wins International Research Scholarship

Scot Woodward, now a 6th trimester student, has won an internationally competitive scholarship that is dedicated to advancing student involvement in chiropractic research. This competition was based upon numerous factors, including the student's record and achievements, the overall quality of the research design, the ability of the supervisors and research team to carry out the work and the quality of the supporting research facilities.

Scot will perform his research in the NYCC Gait Laboratory under the guidance of Drs. Kevin Ball and Jeanmarie Burke. Scot has been a longtime (two-year) contributor to the Gait Lab's efforts having assisted Dr. Ball both voluntarily and in the federal work-study program since he first arrived on campus. Scot first helped in the laboratory by unpacking the new equipment from crates and boxes



Dr. Kevin Ball, Dr. Jeanmarie Burke and Scot Woodward, 6th trimester

and by stringing the numerous cables and wires that are used to connect together the various computers, cameras, force platforms and other pieces of equipment. Later he helped to perform sensitive tests and calibrations, and helped establish detailed protocols that are now used to conduct state-of-the-art studies on human gait, posture and balance. The ideas for this award-winning project were created out of discussions that Scot and Dr. Ball had as a result of his being exposed to numerous clinical concepts in classes.

This funded project will serve as a strong initial investigation with which NYCC's Research Department hopes to pursue major funding from federal granting agencies in the future. Scot has expressed a strong interest in pursuing a continued involvement in such research.



Dr. Robert Hoffman ('78)

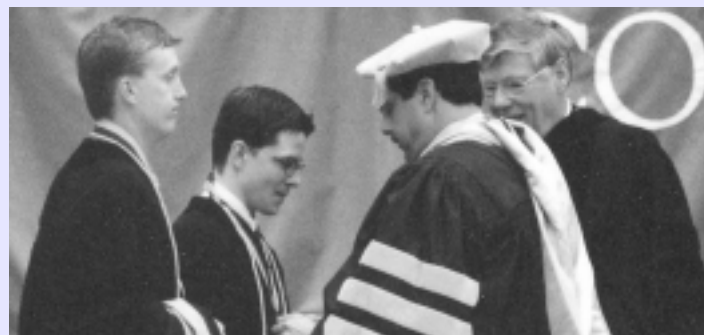
NYCC conferred Doctor of Chiropractic degrees to its graduating doctors during the April 1st commencement exercise. Father Richard Murphy offered the opening invocation. President Frank Nicchi, D.C., congratulated the class and Richard Carnival, D.C., delivered the Board of Trustees' greeting. Dr. Carnival remarked about the superb quality of NYCC's education. He went on to describe the dramatic success he saw chiropractic have on a patient who was considering having his feet amputated due to severe ulceration. Dr. Carnival treated the man with chiropractic adjustments and ultrasound, ultimately saving the man's feet. "This is the thrill you'll get in practice!" Dr. Carnival exclaimed, "We are the court of last resort."

Associate Provost for Academic Affairs Glenn Fried recognized valedictorian Ian MacIntosh and salutatorian Paul Lydon. MacIntosh described his joy and privilege in addressing his class as its valedictorian, describing it as the proudest moment of his life (second only to the birth of his beautiful little girl a year prior). He thanked his friends and family for their patience and support. Urging his classmates to be proud of

The Class of April 2001 Graduates From NYCC

their doctoral degrees and the hours of intense study they represented, he noted that the chiropractic profession was founded on amazing principles and that these same principles are what unify the profession and make it distinct from other health professions. He rallied his colleagues to adhere to their principles and to learn to become effective teachers and communicators. Doing so, he said, would raise the profession.

Dr. J. Russel Ebbets delivered the faculty greeting. He extended his heartfelt congratulations and urged the graduates to remember the good things they experienced during their stay here, and to cherish the moments they shared with one another. He reminded them that difficult times define great people.



(L to R) Salutatorian Paul Lydon, Valedictorian Ian MacIntosh, President Frank Nicchi, D.C., Executive Vice President and Provost G. Lansing Blackshaw, Ph.D.

Commencement Speaker

Robert Hoffman, D.C., ('78) served as commencement speaker. Among his many distinguished achievements, Dr. Hoffman was named New York Chiropractic Council's 1990 Chiropractor of the Year and was subsequently awarded its Distinguished Service Award, having helped to found the organization in 1990. Since then Dr. Hoffman served on the Council's Board of Directors and ultimately served as its chairman from 1995 to 1998. An active member of the New York Chiropractic Association, Dr. Hoffman has chaired a number of its committees. He has long supported New York Chiropractic College, serving on its faculty from 1985 to 1990.

Dr. Hoffman is perhaps best known for the fine work he per-



Ian MacIntosh, Valedictorian

formed on behalf of the International Chiropractic Association. His successes included the founding of ICA's Chiropractic Pediatric Association and its Council on Fitness and Sports Health Science. The ICA, in turn, recognized Dr. Hoffman's special talents and received him as a "Distinguished Fellow," honoring him with awards including one for Meritorious Service and another for Literary Achievement. Dr. Hoffman has served as ICA President since 1999, chaired its Representative Assembly, and presided over its cadre of Distinguished Fellows.

Dr. Hoffman commented that every graduation is both an end and a beginning. He said that graduation offers graduates a great opportunity to serve patients, profession and family. Service to others is a common denominator of all successful people, he noted, and claimed that never has there been a better time to be a chiropractor. He stated, "Society is racing away from the disease model and is racing toward a health and wellness one." Indicating that society appreciates and honors the body's ability to self-heal and to self-regulate, health consum-

Continued on next page

The Class of April 2001 Graduates From NYCC

ers search for those who specialize in improving life's quality. Dr. Hoffman's sweeping points found their mark: "Fear and love cannot coexist. You cannot live in the moment with fear, for one fears past action and future thought." He en-

couraged his audience to focus on the good in the universe and to focus on loving what one does. Emphasizing the power of communication, he advised his colleagues to master that ability in themselves: "Successful chiropractors are excellent communicators." Finally, Dr. Hoffman intoned that chiropractic needn't be sold to anyone, it simply must be told to everyone.

He closed his speech wishing for "wholistic success" to all, quoting author James Michener, who said of successful people that they "...simply pursue their vision of excellence in whatever they do, leaving others to decide if they are working or playing, because to them they are always doing both."

Registrar John Smithgall announced the candidates for the Doctor of Chiropractic degree, and the ceremonious hooding of the graduates was conducted by

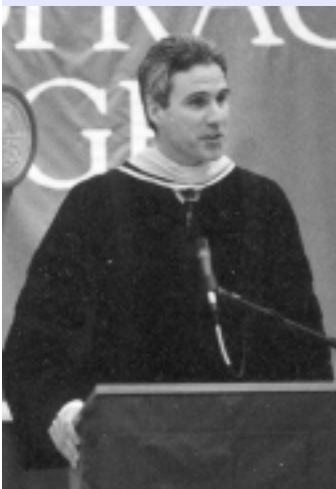
Dr. Nicchi. Dr. Lee Van Dusen, Dean of Chiropractic Education, administered the Chiropractic Oath.

Dr. Frank Lizzio, President of the NYCC Alumni Association, admonished the new doctors that their accomplishments bring new responsibilities and urged them to treat their patients in a kind and loving manner.

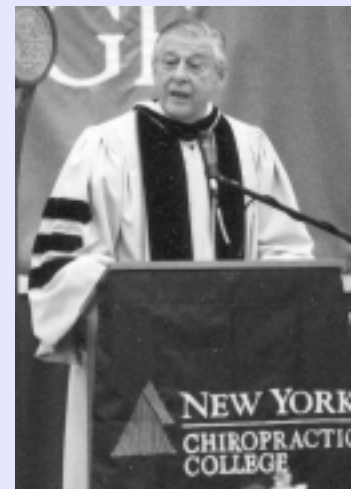
Dr. Nicchi borrowed from the book *The Four Agreements*, by Don Miguel Ruiz, expressing that the most important agreements we make are those we make with ourselves. He reminded the graduates that they should use the power of their words in the direction of truth and love. They should not take anything personally. They should not make assumptions, but rather should communicate with others so as to avoid misunderstanding. Finally, they should always do their very best in whatever they at-

tempt to do. He then offered his congratulations to the newest doctors for their many accomplishments.

Following the ceremony the class, their families, and friends were treated to refreshments in honor of their graduation.



Dr. J. Russell Ebbets



Dr. Richard Carnival

NYCC Grad Breaks Family Tradition

Dr. Andrew Szekely's (April '01) situation is unique. His father, brother and uncle are all Palmer graduates, yet he graduated from NYCC! Currently his father and uncle practice together, as they have for the past 35 years. Andrew's brother, Dr. Kevin Szekely, graduated from Palmer in 1994 and practices in Adelaide, Australia. Andrew hadn't thought of becoming a chiropractor until a close friend received tremendous results from Andrew's father's chiropractic treatments. Only then did he begin to agonize over the decision whether to become a

teacher or a chiropractor. Once his father explained that chiropractors indeed teach, the decision was easy. He would teach his patients about their bodies and about health care generally. At the same time he would help to make them well. Andrew could enjoy the best of both worlds!

Asked why he broke with tradition and enrolled at NYCC rather than Palmer, Andrew revealed that the College's proximity to Philadelphia was an important factor. His mother was plagued with illness and Seneca Falls was more accessible than Iowa. Andrew and his

father were also impressed with NYCC's science emphasis and the College's impressive National Board passing rate.

Having graduated in April, Andrew feels that his NYCC education prepared him well. He has confidence in his diagnosis, treatment protocol, inter-case management and adjusting techniques. He describes practice with his father and uncle as "the best of the old and of the 'new,'" referring to a healthy blend of the senior doctors' clinical experience and NYCC's cutting-edge education. Asked how he enjoys practice, he responds, "I'm in heaven!"



Dr. Andrew Szekely



Dr. Frank S. Lizzio
Alumni Association
President

The Alumni Association

It is my pleasure to personally invite you to attend the upcoming inauguration of New York Chiropractic College's fifth President, my friend, fellow alumnus, Dr. Frank J. Nicchi, on Saturday, September 22nd.

This unique experience kicks off Saturday morning with a brunch buffet, giving alumni the opportunity to mingle with current NYCC students and guests of the College.

A panel of distinguished speakers including Scott Haldeman, D.C., M.D., Ph.D., William Meeker, D.C., M.P.H., Louis Sportelli, D.C., and John Triano, D.C., Ph.D., are on tap to discuss the future of chiropractic and the integration of chiropractic into mainstream health care.

The highlight of the day begins at 2:00 p.m. with the inauguration ceremony, combining the elegance of tradition and essence of educational excellence. A final gathering will give participants the opportunity to unite as our stride for educational and professional excellence continues following Dr. Nicchi's vision and leadership. I encourage you to join me in this important celebration!

Other intriguing events scheduled include the Annual Alumni

Golf Outing on Thursday, October 11th at the Seneca Falls Country Club. This year we have the distinct opportunity to join members of the Board of Trustees for this great annual event.

Alumni Day

Winter 2002 will bring a new spin on a College tradition with "Alumni Day." This educational event will bring free seminars to each chiropractic health center for a day of key topics such as practice management, insurance coding and practice building. A wonderful experience for all field docs!

Getaway Week

Spring brings with it the excitement of the Annual Alumni Getaway Week. This year we have planned a Western Caribbean cruise aboard the Voyager of the Seas, April 7th through April 14th in conjunction with New York Strength's "Muscle, Mind, and More" seminars featuring 1984 graduate Dr. Jack Barnathan.

Don't miss out on these wonderful opportunities. Great things are happening.

Dr. Frank S. Lizzio, Alumni Association President

New York Chiropractic College cordially invites you to the

ANNUAL ALUMNI GOLF OUTING

Thursday, October 11, 2001

Seneca Falls Country Club

2766 Route 89, Seneca Falls, New York 13148 - 315-568-5202 (Pro Shop) or 315-568-2676

Registration - 1:00 p.m.

Start - 2:00 PM

Awards Dinner - 7:00 p.m.

\$85 per person - includes 18 Holes of Golf, Cocktails, Dinner

(Dinner will be held at the Seneca Falls Country Club)

Golf Only - \$55 per person

Awards Dinner Only - \$30 per person

Deadline to register is Friday, September 28th! To Register Call Diane Zink at 315-568-3065.

Make check payable to NYCC and mail to Diane Zink, Enrollment Management and Alumni, PO Box 800, Seneca Falls, NY 13148.

Royal Caribbean International and NY Strength Offer an Incredible Opportunity for the Alumni of New York Chiropractic College to Experience Our Annual Getaway on the

Voyager of the Seas Western Caribbean Cruise

(Roundtrip from Miami)

Sunday, April 7, 2002 - Sunday, April 14, 2002

in Conjunction with the

"Muscle, Mind, & More" Seminar

Featuring 1984 Alumnus Dr. Jack Barnathan

(Continuing Education Credits in Selected States)

Prices start from \$1139*

*Rates are per person based on double occupancy and include port charges.

Airfare, government taxes and fees are additional. Some restrictions may apply including availability.

Register and Deposit on or before October 15th and the seminar is FREE (a \$310 value)!!

For travel and registration information call Austin Travel Cruise Center at 1-800-645-7466 (Ext. 3125) and ask for Luann.

AN EXAMPLE OF EXCELLENCE

We would like to recognize the following individuals for their dedication to excellence in chiropractic education through their encouragement of qualified students to pursue a Doctor of Chiropractic degree.

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Mahanoy City, Pennsylvania

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Rochester, New York

Dr. Xenia Medina, '92
Ponce, Puerto Rico

Dr. Brett Bellis, '00
Elizabethville, Pennsylvania

Dr. Shawn Miller, '00
Tunkhannock, Pennsylvania

Dr. Mary Balliett, '88
Ithaca, New York

Dr. David Phillips, '97
Lancaster, New York

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Dr. Joseph Tabone, '97
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Dr. Leon Kishner
Toronto, Canada

Dr. John Przybylak
Buffalo, New York

New York Chiropractic College Alumni Association Officers and Board of Directors 2001-2002

We are proud to introduce the Officers and Board Members of the Alumni Association for 2001-2002. We thank all of those alumni volunteers who have been gracious enough to serve NYCC as an officer or director.

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Morristown, NJ
- Dr. Martin C. Marmorale
Dix Hills, NY
- Dr. Eric L. Martin
Owensboro, KY
- Dr. Allen M. Maryott
Bethany, CT
- Dr. Robert B. Marzilli
Providence, RI
- Dr. Lee T. Masterson
Delmar, NY
- Dr. Stephen J. Matlaga
Burlington Twp., NJ
- Dr. Alexander Matos
Ft. Lauderdale, FL
- Dr. Philip A. Mauri
Palm Beach Gardens, FL
- Dr. John E. Maute
Lake Hopatcong, NJ
- Dr. Frederick G. Mayer
Avon By The Sea, NJ
- Dr. Wanda T. Mazzamurro
Westborough, MA
- Dr. James R. McGee
Rye, NY
- Dr. Michael McGlynn
Westport, CT
- Dr. David T. McGuire
Cortlandt Manor, NY
- Dr. Richard C. Meoli
E. Meadow, NY
- Dr. Theresa A. Mercado
Centereach, NY
- Dr. Dickran Mgrdechian
W. Islip, NY
- Dr. Nicholas Miceli
Patchogue, NY
- Dr. Eric R. Miller
Miramar, FL
- Dr. Joseph R. Mirto
New York, NY
- Dr. Christopher L. Moss
Chesapeake, VA
- Dr. Michael D. Mundy
Hanover, NH
- Dr. Michael A. Napoliello
Belleville, NJ
- Dr. Francis Natale
Midland Park, NJ

Continued on next page

Annual Giving Program

- Dr. Arnil M. Neri
Holliswood, NY
- Dr. Herman B. Nimhauser
New York, NY
- Dr. Ronald Nugget
Centereach, NY
- Dr. Christiana O. Obebe
Denville, NJ
- Dr. Anne Marie O'Dair-
Holovacs
Sparta, NJ
- Dr. & Mrs. Jay A. Okin
New York, NY
- Dr. Richard M. Opper
Palmer, MA
- Dr. Richard T. Otherski
Camarillo, CA
- Dr. Peter A. Ottone
Freehold, NJ
- Dr. Basilio Pace
Saddle River, NJ
- Dr. Ella E. Pantazis
Hyattsville, MD
- Dr. Gregory J. Panzanaro
Averill Park, NY
- Dr. Richard Pashayan
Flushing, NY
- Dr. Kenneth Passero
Norwalk, CT
- Dr. Keith J. Pastuch
Merrick, NY
- Dr. Steven Pavia
Monroe, NY
- Dr. Jose A. Pelayo
Miami, FL
- Dr. Dean A. Perlman
New Rochelle, NY
- Dr. Daniel P. Perry
Brockport, NY
- Dr. Craig K. Petek
Norcross, GA
- Dr. Maria A. Petricola
Syracuse, NY
- Dr. Abby I. Phillipson
Merion Sta., PA
- Dr. Richard A. Platt
New York, NY
- Dr. Paul A. Plump
Toms River, NJ
- Dr. Michael J. Polisenio
Bayside, NY
- Dr. Glen S. Poller
Clifton, NJ
- Dr. Vincent J. Portera
New York, NY
- Dr. Albert J. Posillico
White Plains, NY
- Dr. Michael Posner
Huntington, NY
- Dr. Walter F. Priestley
Farmingdale, NY
- Dr. Peter J. Puleo
Seaford, NY
- Dr. Sandra Quaranta-Guido
Lake Hopatcong, NJ
- Dr. Ala Rabadi
Yonkers, NY
- Dr. Stacey K. Raya-Pacheco
Southington, CT
- Dr. Robert C. Reiss
Yorktown Heights, NY
- Dr. Barry Roberts
Winter Haven, FL
- Dr. Michael J. Rodriguez
Ormond Beach, FL
- Dr. James W. Rogers
N. Merrick, NY
- Dr. Harvey S. Rossel
Brooklyn, NY
- Dr. Bonny A. Rowell
Hollidaysburg, PA
- Dr. David B. Russ
Portland, OR
- Dr. Sheryl L. Russell
Beverly, MA
- Dr. Angela Gina Russo
W. Islip, NY
- Dr. Angelo J. Sabella
Laurinburg, NC
- Dr. Abraham Sadon
Morganville, NJ
- Dr. Duane R. Sadula
Germantown, MD
- Dr. Vicki R. Saunders
Mt. Kisco, NY
- Dr. Joseph M. Schafer
Toms River, NJ
- Dr. Lois Ann Schaub
E. Setauket, NY
- Dr. Tina L. Schechter
Boca Raton, FL
- Dr. Richard W. Scher
Wantagh, NY
- Dr. Elliott N. Scher
Stuart, FL
- Dr. Cynthia A. Schmitt
Huntington Station, NY
- Dr. Stuart W. Schneider
Coral Springs, FL
- Dr. Frank W. Scholz
Lady Lake, FL
- Dr. Robert S. Schwartz
Hollywood, FL
- Dr. David R. Seaman
Wilmington, NC
- Dr. Dominick Senzamic
Bronx, NY
- Dr. Jeffrey N. Shebovsky
Windermere, FL
- Dr. David A. Shinherr
Syracuse, NY
- Dr. Janet Marie Sikora-
Amendola
Melbourne, FL
- Dr. Daniel Silver
Freeport, NY
- Dr. Jeffrey L. Simoff
Clearwater, FL
- Dr. David G. Simpson
New York, NY
- Dr. Lawrence F. Sinacori
Wantagh, NY
- Dr. Robert S. Skarzynski
Guilford, CT
- Dr. Jamie P. Skurka
Islip, NY
- Dr. Kimberly A. Slade-Brier
Freeport, ME
- Dr. Agnes Sobieraj
New City, NY
- Dr. James J. Sowa
Bensalem, PA
- Dr. Rebbie Straubing
Mineola, NY
- Dr. Ethel Strenger
Bronx, NY
- Dr. Joseph B. Strobel
Wilkes-Barre, PA
- Dr. Ann M. Studer
Warwick, NY
- Dr. Frederick J. Sylvester
Stowe, PA
- Dr. Lisa A. Szambel
Westbury, NY
- Dr. Kenneth P. Telofski
Linden, NJ
- Dr. John W. Titcomb
Huntington, NY
- Dr. Phillip Travaglia
Huntington, NY
- Dr. Kenneth M. Trotta
New Rochelle, NY
- Dr. Steven Frank Vaccarella
Wyckoff, NJ
- Dr. Carl L. Valvo
White Plains, NY
- Dr. Ronit Vilan
Plainview, NY
- Dr. Matthew J. Viso
Whitestone, NY
- Dr. Ivo F. Waerlop
Silverthorne, CO
- Dr. Scott C. Wager
Lancaster, PA
- Dr. Neal B. Wayne
Long Beach, NY
- Dr. Bret A. White
Allston, MA
- Dr. Wayne M. Winnick
New York, NY
- Dr. Stanley J. Wojnicki
Goshen, NY
- Dr. Thomas D. Worden
Danbury, CT
- Dr. Jennifer A. Worsman
New Hartford, CT
- Dr. Judith A. Yager
Highland, WI
- Dr. Tom C.C. Yee
Ardsley, NY
- Dr. Cecilia I. Yee
Copiague, NY
- Dr. Arnold D. Young
New York, NY
- Dr. Frank V. Zaccaria
Hasbrouck Heights, NJ
- Dr. Sidney I. Zelin
Brooklyn, NY
- Dr. Scott D. Zinberg
Springfield, NJ
- Dr. Stephen H. Zoerner
San Clemente, CA

Thank you for your support!

Class of '80

Gary Fremd, D.C., has practiced for 20 years in south Florida. He has recently become a full-time financial consultant with Salomon Smith Barney specializing in all financial planning issues for physicians and their families. His address is 2400 East Commercial Boulevard, Fort Lauderdale, FL 33308. His phone number is 954-492-8308 and his e-mail address is Gary.M.Fremd@rssmb.com.

Class of '85

Robert Wansor, D.C., recently presented a very informative talk on chiropractic to the Sherburne Rotary Club in Sherburne, NY. Dr. Wansor has operated his practice on State Route 12 for the past 15 years.

Class of '88

Nicholas A Waslyn, D.C., announces his marriage to Diane Barrera on May 27, 2001. He is on the Board of Directors of the Independent Chiropractic Examination Society and is also on staff at New York College Wholistic Health Center. He has two practices, one in Searington, NY and one in Bayside, NY. His address is 91 Searingtown Road, Searington, NY 11507 and his e-mail address is DRNICKDC@AOL.com. His phone number is 516-625-4545.

Class of '90

Elizabeth Ciabocchi, D.C., was elected in February 2001, interim President of the New York College for Holistic Health, Education and Research, 6801 Jericho Turnpike, Syosset, NY 11791. Her phone number is 516-364-0808 (ext. 135) and she can be reached by e-mail at LizC@nycollege.edu.

Guillermo Escamilla, D.C., ("Willie") and his wife Sarita, announce the birth of their third son, William Ismael Escamilla. Their address is 140 N. Ocean Ave.,

Patchogue, NY 11772 and their phone number is 631-475-0211.

David I. Gozinsky, D.C., has recently opened a third office at 373 Main St., Center Moriches, NY 11934. This office joins the others of the Atlantic Chiropractic Group in Patchogue and Shirley, NY.

Kim Wist-Mangan, D.C., and her husband Keith, announce the birth of their daughter, Sarah Nicole, on October 30, 2000 weighing 9lbs. 9oz. and 21 inches long. Her office is at 555 Islip Avenue, Islip, NY 11751 and her office phone number is 631-224-3979.

Class of '91

Thomas DeSantis, D.C., announces the opening of his new second office at 120 College Avenue, Staten Island, NY 10314. His office phone number is 718-876-7010.

Edward M. Covelli, Jr., D.C., is celebrating his fifth year in practice in Scarsdale, NY. His address is 495 Central Park Avenue, Suite 301, Scarsdale, NY 10583. He is also working part-time treating members of the NY Hotel Trades Union, one of the largest self-insurers in the country. His award winning website has been redesigned and can be viewed at www.covellichiro.com. He and his wife just celebrated their tenth anniversary, their oldest daughter Valentina just made her first communion, their middle daughter, Olivia, always wants to go to work with her dad and their youngest, Nicolas, is enjoying preschool. Anyone wishing to get in touch or organize a ten-year reunion can e-mail him at nycc@covellichiro.com.

Class of '92

John Hitchiner, D.C., and Sharyn Sawin were married on October 8, 2000. Dr. Hitchiner practices at Chiropractic Care of Granby in

Granby, CT.

Jeanette Honig, D.C., was married to David Weise on November 7, 1999. They live on the upper west side of Manhattan and she has her own practice at 333 West 57th Street, #101, New York, NY 10019. Her phone number is 212-307-5578.

Vanessa Koutalidis, D.C., and Frank Fiore were married on April 7, 2001 in Fort Lauderdale, FL. She is a partner at North Ridge Chiropractic in Fort Lauderdale, FL and her phone number is 954-491-8127.

Class of '93

Athena K. Farrell, D.C., and Lawrence J. Roux were married on April 8, 2000 in Las Vegas at the Red Rock Canyon Overlook. After a honeymoon on the California coastline and tours of several parks and canyons of the Midwest, they are residing at 422 Upper Stump Road, Chalfont, PA 18914. Their phone number is 215-997-5075. They have also bred, raised and championed their first American Eskimo dog and are looking forward to breeding and raising her puppies holistically.

Scott Tuminelli, D.C., recently moved his chiropractic practice to 87 S. Market Street, Suite 2, Frederick, MD. His phone number is 301-846-4878.

Class of '94

Bernard Straile, D.C., Clinical Director of Marcellus Family Chiropractic, has been named CEO of the Alternative Healing Center, Syracuse, NY. This multidisciplinary clinic offers chiropractic with a neurological focus alongside invasive medical procedures such as photoluminescence, vitamin infusions, and chelation therapy, an alternative to bypass surgery as well as diabetic or smokers' foot amputations. Visit Dr. Straile and the Alternative Healing Center at www.health3000.net.

His phone number is 315-673-4021.

Class of '95

Jason Bradford Yuhas, D.C., and *Tracy Lynn Penz* are engaged and plan to be married in July 2001. Dr. Yuhas is the owner of Yuhas Chiropractic Center in Metuchen, NJ.

Eric Luper D.C., announces the birth of his first child, Ethan Edward, on February 22, 2001. Ethan weighed 7lbs. 15oz. and was 21 ½ inches long. Dr. Luper practices at Peak Performance Chiropractic, 340 Northern Blvd., Albany NY 12204. His e-mail address is eluper@nycap.rr.com and his phone number is 518-472-9130.

Shimon J. Metz, D.C., and his wife, Shlomit, are very happy to announce the birth of their first child, a daughter, Joely Kyra, on April 19, 2001. Dr. Metz is practicing at 2270 Grand Avenue in Baldwin, NY and is pursuing a Diplomate in Pain Management. Their home address is 348 Adams Avenue, West Hempstead, NY 11552, their phone number is 516-489-6277 and their e-mail address is metzchiro@doctor.com.

Class of '96

Pamela J. Howard, D.C., recently opened her chiropractic office at 3498 Carlisle Road, Idaville, PA.

Suzanne St. Amant, D.C., opened her own office, Family Health Chiropractic Care, LLC, at 720 Hopmeadow Street, Suite 6, Simsbury, CT 06070, this past January. Her e-mail address is ssfdc@yahoo.com and she welcomes e-mails from her classmates. Her phone number is 860-658-0372.

Keith Sheehan, D.C. has recently opened Noble Holistic Health Center at 428 North Duke Street, Lancaster, PA.

Arthur T. Chen, D.C., and his wife *Mary L. Chen, D.C.* ('00,) had their first baby, Jonathan L. Chen, on April 13, 2001, weighing 7 lb. 6 oz. Their address is 6325 Multiplex Drive, Centreville, VA 20121 and their phone number is 703-266-0505.

Eric Szatko D.C., recently joined the Heritage Health Care Center team providing outpatient chiropractic services to the general public via the community wellness department at Heritage, 1657 Sunset Avenue, Utica, NY 13502. His phone number is (315) 797-7392. He is a member of the American College of Sports Medicine and American College of Chiropractic Orthopedists, as well as the chiropractor for the Whitesboro High School football team.

Class of '97

Ralph Cafiero, D.C., and Darcy Poormon have recently become engaged and are planning a September 22, 2001 wedding. Dr. Cafiero has his own practice in Brooklyn, NY.

Jodie (Crespi) Silver, D.C., and *Michael Silver, D.C.*, '99, were married September 23, 2000 in Connecticut. The couple resides in Charlotte, NC and opened a practice in Davidson, NC in April 2000. Since their marriage, Dr. Michael Silver is now running a second practice in Gastonia, NC while Dr. Jodie Silver runs the practice in Davidson. Dr. Michael Silver has successfully completed the CCSP program and exam. He can be reached at Gaston Chiropractic Center, 2964 E. Franklin Blvd., Suite 1, Gastonia, NC 28056. His phone number is 704-810-0448 and his e-mail address is gastonchiroctr@aol.com. Dr. Jodie Silver can be reached at Davidson Chiropractic, 428-D South Main Street, Davidson, NC 28036. Her phone number is 704-

655-0700 and her e-mail address is drjodie@davidsonchiropractic.com. You can visit their website at www.davidsonchiropractic.com.

Class of '98

Michelle L. Dobbertean D.C., opened a practice in New Orleans, LA. She can be reached at 4712 Wilson Drive, Metairie, La 70003. Her e-mail address is docmichl@yahoo.com and her phone number is 504-228-4755.

Lawerence Goodstein, D.C., has been accepted into the International Society of Police Surgeons as well as voted in as vice-president of the Seekonk Buisness Association. He also is a new member of the Health Advisory Board of the Town of Seekonk.

Ross M. Sindler, D.C., and his wife, Sue Ellen, announce the birth of their daughter, Melanie Elizabeth, born on April 14, 2001. She weighed 8 lbs. and was 22 inches long. Their address is 1453 Squirrel Hill Avenue, Pittsburgh, PA 15217.

Jack R. Saia, D.C., and his wife had a son on April 22, 2001. They also moved to Savannah, GA in January to practice with his brother and are opening their first satellite office, Saia Accident and Injury Associates, in early May in Hinesville, GA. Their address is 371 Marsh View Drive, Richmond Hill, GA 31324 and their phone number is 912-727-5360.

Filippo Ragone, D.C., and Heather Cara Ragone, were married on May 6, 2001. Dr. Ragone practices in the Nassau County Pain Management, Rehabilitation & Medical Office, P.C., in Valley Stream, NY. Their address is 72 Sherman Street, Lynbrook, NY 11563.

Todd Massey, D.C., has joined the staff at Stanhope Chiropractic Center in Stanhope, NJ.

Class of '99

Matthew W. Alexander, D.C., practices at Apple Country Chiropractic, which is located in the Depot Professional Building on the corner of Tuckahoe and Route 104 in Williamson, NY. His phone number is 315-589-9221.

John Heary D.C., announces his engagement to Kara Blenker. The couple plans to be married in August. He has established his own chiropractic clinic in Medina, OH.

Jeffrey P. Zappia, D.C., and Kimberly Ann Wyman are engaged and are planning a July 2001 wedding.

Joseph Rufrano, D.C., and *Shirley Eaton, D.C.*, are planning a wedding for May 12, 2001. They are partners in Southside Chiropractic and Alternative Health Center in Oneonta, NY.

Class of '00

Nicole K. Andrade, D.C. ('00), and *Matthew J. Viso, D.C.* ('98), are engaged to be married. Dr. Andrade opened Atlantic Chiropractic in Gloucester, MA. She can be reached at 19 Pleasant St., Gloucester, MA 01930. Her e-mail address is Nandrade@hotmail.com and her phone number is 978-282-4994.

John M. Sciortino, D.C., and Elena C. Porretta were married on August 26, 2000 in East Rochester, NY. Dr. Sciortino practices at Brighton Campus Chiropractors.

Brian J. Piatak, D.C., announces the opening of Piatak Chiropractic and Rehabilitation in the Ridgeway Professional Plaza at 30 N. Scott Street, Carbondale, PA.

Joel Lopacinski, D.C., has joined the Joseph Chiropractic office in Altoona, PA.

David P. Kingwater, D.C., is practicing at East Greenbush Chiropractic located at 568 Columbia Turnpike in East Greenbush, NY.

Attila M. Sipos, D.C., has opened Blue Ridge Family Chiropractic at 2067B Magnolia Avenue in Buena Vista, VA.

James Leff, D.C., has opened a new office on 165 East Union Street in Newark, NY.

Mindy Rouzer, D.C., announces the birth of her son Laken on December 7, 2000 and the opening of her practice Synergy Chiropractic Center in Blue Ridge Summit, PA. Her address is 9 Mt. Airy Ave., Waynesboro, PA 17268 and her work number is 717-794-3399. Her home phone number is 717-765-8209.

Ericka McGovern, D.C., recently joined Dr. Vernon Temple in practice at Temple Chiropractic, Saxtons River Road in Bellows Falls, VT.

Kelli Uhlman, D.C., has joined Horn Family Chiropractic in Towanda, PA. Her phone number is 570-265-9796.

Class of '01

Wayne Carlsson, D.C., is associated with deBarros Chiropractic Clinic near Richmond, VA.

James A. Gartland, D.C., and Shannon Lynn Opett have recently become engaged. A June 2002 wedding is planned.

John Granone, D.C., opened his practice, Granone Chiropractic, in May at 6711 Towpath Road, Suite 195, DeWitt, NY. His phone number is 315-445-4904.

Careers In Chiro Pediatrics

Demographic studies reveal that those people who are most likely to seek chiropractic care are between the ages of 25 and 54. Yet, as complementary and alternative health care continue to grow in popularity, chiropractic is becoming increasingly popular for patients in the pediatric age range.

Pediatric health care should begin during pregnancy. Chiropractors choosing to include treatment of women during that time will find ample opportunity to play a role in bringing healthy young lives into the world. Chiropractic care can ease many of the discomforts of pregnancy when the bones and joints of the spine incur added stresses. The doctor of chiropractic can make the experience a more comfortable one for the mother. Chiropractic's focus on nutrition & fitness provides for a healthier gestation for both mother and child. Chiropractic care during their pregnancies may also reduce time spent in labor and relieve labor's more uncomfortable aspects. In a study published by the International Chiropractic Pediatrics Association, participants who received chiropractic care during pregnancy experienced 24 to 36 percent shorter labor times than participants who did not. Another study demonstrated that adjustments applied to women with back pain reduced the need for pain and tranquilizing medication. For babies who do not move into proper position for birth, the Webster Breech Turning Technique offers a safer, and less invasive alternative to conventional medical methods.

Traditionally, chiropractic care for children has focused on prevention and wellness issues. Doctors of Chiropractic treat everything from birth trauma to scoliosis, and work to minimize the effects of childhood bumps and falls on their developing spines. New studies on the horizon are proving the efficacy of chiropractic care in the treatment of many childhood disorders and conditions, historically thought to be restricted to traditional allopathic treatment. As concerns about antibiotic-resistant bacteria and long-term drug



Sue Pittenger, Director of Career Development Center, counsels NYCC students regarding their future career plans.

effects (such as Ritalin) increase, more and more health-care consumers are turning to alternative care providers when treating childhood illnesses and disorders. This creates new markets and opportunities for chiropractors. Results appear promising for chiropractic's effectiveness in treating otitis media, infantile colic, allergies, asthma-conditions previously treated primarily with drugs.

In one study of babies diagnosed with infantile colic, half the group received chiropractic while the other half received a drug treatment. Over the course of the study, infants who received chiropractic manipulations experienced a 67 percent improvement, while the infants receiving the drug experienced only a 38 percent improvement. Otitis media, another frequent childhood illness, has been shown to respond well to chiropractic care. Other studies have shown that chiropractic care is effective in treating children with ADD/ADHD & other behavioral disorders through nutritional approaches and adjustments, generally to the upper cervical area. Chiropractic centers such as Oklahaven Children's Center and Kentuckiana Children's Center specialize in utilizing chiropractic care with children who have learning disabilities, behavioral disorders, and special needs caused by similar types of conditions.

Back pain has become an increasing concern for school-age children carrying backpacks. Scientists studying the effects of carrying backpacks determined that 67.2 percent of the children experienced muscle soreness. Repetitive stress injuries attend the growing use of computers in the classroom. Pediatric chiropractors can play a role in prevention and treatment of both conditions. Chiropractors who specialize in sports are finding young athletes among their clientele as chiropractic's effectiveness in treating sports-related injuries becomes more widely known. Many D.C.s find that coaches are a receptive audience for their message. The role of chiropractic in pediatrics is dynamic and changing rapidly. It's an exciting time to be a pediatric chiropractor!

Check the CDC's online database at www.nycc.edu for the following listings:

practices for sale
•
associate positions
•
office space for lease
•
used equipment for sale

enrollment MANAGEMENT

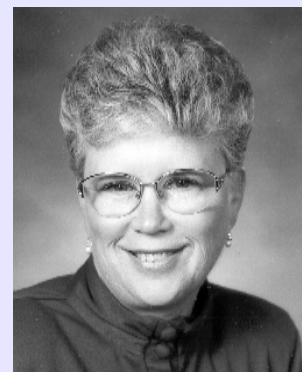
Academic Scholarships

The following students are recipients of NYCC's Academic Scholarships for the Winter 2001 trimester. These scholarships are awarded in recognition of outstanding academic achievement. Recipients of these awards represent those who are ranked as being the highest in their trimester by cumulative grade point average and the highest by trimester grade point average, as outlined in the scholarship policy for the 1998-99 academic year.

Joseph Albert	Loan Huynh
Aaron Oberst	Melissa Riley
Joseph Hong	Trisha MacIntosh
Marc Dupuis	George Larivee
Donna Balfour	John Phelts
Darcy Oikawa	Gregory Bauer
Scott Moore	Rachel Assayag
Jodi Bruyere	Christopher Gilholm
Michelle Greatorex	Keith Tse
Kevin Deschamps	Eun Park
Scott Trescott	Chad Minor
Rosemary Zebrowski	Jason Winseck
David Dion-Simard	Matthew Webster
Patrick Cooley	Julie Wollen
Jeremy Reifsnnyder	Marjan Makki
Jessica Meade	Marc Fondino
Ian McIntosh	Nancy Almann
Michael Bennese	David Castillo
Giuseppe Giovatto Jr.	Eric Huntington
Pamela Kirkpatrick	Daniel Miller
Shelley Perline	Renee Sacharny
Jennifer Stanton	Markus Kindle
Kirsten Dutcher	Mark Lessey
Suzanne Plano	Bradley Brooker
Brenden Corcoran	Jeb Albro
Randy Hallman	Pietro Fonti
Michael Lalonde	Giang Nguyen
Daniel Weber	Peter Emary
Eric Vincent	Vincent Brown
Marcy Caulkins	Danny Goncalves
Robin Stein	Laura Bellows
Matthew Sheehan	Donna Sands
Anne-Marie Lamy	Kevin Schroeter
Jeremy Ste. Marie	Mary Parmley
James Gucciardi	Mary Steiner
John Ashcraft	James Zuccaro
Alanna Greib	Michelle Sabourin
Daniela Cinicolo	Anar Pardhan
Paul Lydon	Michael Amyzial
John Capuano	Thomas Chaney
Johnny Grannone	Jennifer Johnson
Danielle Mastrosimone	James Murphy
Christopher Proulx	Scott Siegel
Valerie Steele	George Szekely
Daniel Walsh	

Finger Lakes Community College Accelerated Science Program Now Offered at NYCC

The College is excited to announce that in cooperation with Finger Lakes Community College, we will begin offering a variety of the prerequisite science courses at the Seneca Falls campus beginning in September 2001. NYCC will provide classroom and laboratory facilities for Finger Lakes' faculty to teach those students who are lacking prerequisite science courses. Students can complete science studies in an accelerated fashion and smoothly transition into the Doctor of Chiropractic program at NYCC. Michael Lynch, Director of Admissions, states that "this program allows incoming students to get acclimated to the NYCC campus facilities while taking advantage of the resources the College has to offer." While living and studying on campus, the accelerated science students can become familiar with the collegiate environment as they prepare for the academic rigors of the NYCC Doctor of Chiropractic program. For more information on this program contact the admissions office at (800) 234-6922 or visit the College's website at www.nycc.edu.



Diane Dixon,
Executive Director of
Enrollment Management

Fall Open House

The Admissions Department will be hosting its annual Fall Open House for prospective students and their families on Saturday, October 13, from 8:30 a.m. to 3:00 p.m. The agenda will include presentations by faculty members on a variety of topics ranging from NYCC's curriculum to chiropractic technique, radiology and nutrition. The day will also include a question- and-answer session with current NYCC students, information on the admissions process, financial aid and a tour of the campus. A buffet lunch and club fair will conclude the day. All alumni are encouraged to promote the event to anyone who may have an interest in learning more about the chiropractic profession and the opportunities available at NYCC. For more information please contact the Admissions office at (800) 234-6922, or by e-mail at enrolnow@nycc.edu.

International Scholarships

The following students are recipients of NYCC's International Scholarships for the Winter 2001 trimester. This scholarship is awarded in recognition of academic merit, as well as the content and quality of an essay submitted by each recipient.

Daniel Chesney
Randy Hallman
Mark Lessey
Melanie McIntosh
Todd Patterson

Navjot Gill
Janice Lee
Ian McIntosh
Son Nguyen
Amir Rezaie

Chad Minor Awarded NCMIC Scholarship

A check in the amount of \$800 was presented to NCMIC Scholarship winner Chad Minor. The scholarship is awarded to a seventh trimester student who maintains a 3.0 cumulative grade point average and has taken the College's jurisprudence and risk management class. Mr. Minor submitted a paper that discussed the important role doctor-patient communications play in risk management. According to his essay, communication between doctor and patient helps identify small problems before they become chronic ones — consistent with chiropractic's heavy emphasis on preventative treatment. Mr. Minor reminds his reader that communication is a two-way street: It enables the patient to keep the doctor aware of conditions, and treatments may be adjusted based on the information.

Diagnoses depend, in large part, on good doctor-patient communication. Items such as prior health problems and family histories instruct the doctor's treatment decisions. Doctors may, in turn, rely on newsletters and posters to communicate fruitful information about chiropractic to patients and to the public. Mr. Minor effectively communicated the importance of good doctor-patient communication in optimal doctor-patient relationships.



President Frank Nicchi, D.C. and Chad Minor, 7th trimester

Alvin DeLeon Awarded Kenneth W. Padgett Alumni Scholarship

Seventh trimester student Alvin DeLeon was awarded the Kenneth W. Padgett Alumni Scholarship in the amount of \$1,000. Mr. DeLeon prepared an essay urging the creation of an NYCC Canadian Alumni Committee. The essay explained how such an organization would help maintain and strengthen ties the College has with its Canadian graduates. The alumni committee could possibly lead to externships and career placement opportunities. Canadian speakers would be invited to visit campus and ease Canadian students' concerns about the Canadian

Board exams. The committees could use the NYCC website or the Mascot "intranet" to communicate its monthly newsletters.



President Frank Nicchi, D.C. and Alvin DeLeon, 7th trimester

Natalie McDonald Awarded Fein Scholarship

The Dr. Wendy Fein Memorial Scholarship in an amount of \$500 was awarded to sixth trimester student Natalie McDonald. Her selection arose from her well-written essay, "My Perspective on Chiropractic as I Enter the Final Half of My Chiropractic Education." Ms. McDonald's submission cited the important sacrifices and legal battles waged by prior chiropractors that advanced the profession. She expressed pride in her college, and credited her education for her



Natalie McDonald, 6th trimester ability to effectively communicate chiropractic's benefits to friends, family and the public at large.

Jonathan Wong Receives Dr. Don and Kay Allen International Student Scholarship

Jonathan Wong is the recipient of the Dr. Don and Kay Allen International Student Scholarship in the amount of \$500. The scholarship came about through funding from the Allens, both of whom enjoyed their prior service as International Student Advisers in foreign countries. They also hosted numerous foreign visitors in the United States. The scholarship honors the College's in-

ternational students and is intended to ease and encourage their matriculation. Each trimester a student receives the scholarship based upon an essay that describes, "Why I wish to study chiropractic in the United States." April's recipient expressed the important role travel to foreign countries played in both Mr. Wong's and his parents' educational journey — one that originally began in Malaysia.



Jonathan Wong, 4th trimester

For Cayuga Press

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