



TRANSITIONS

Summer/Fall 2002

- NYCC Swears In New President
- Placebo Interests Harvard and Others
- Beth Israel and NYCC Welcome Integration



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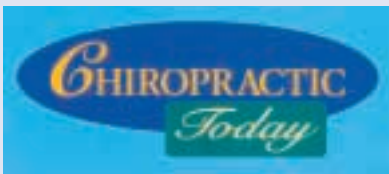
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TRANSITIONS is a publication of New York Chiropractic College and is distributed to over 6,000 professionals, State Boards, Associations, State Publications, all NYCC students and other interested parties.

TRANSITIONS and New York Chiropractic College shall not be responsible for lost copy or printing errors.

TRANSITIONS is published three times a year.



*Dr. Peter Ferguson,
Chairman of the Board of Trustees*

When considering the subject of health from a variety of perspectives, one inevitably happens upon a healing phenomenon commonly referred to as "the placebo effect." Presently, placebo has garnered significant attention within major research foundations and has given rise to increased scientific scrutiny.

a message from

THE CHAIRMAN OF THE BOARD

of trustees

The Placebo Effect

The recent emergence and rapid growth of medicine's psychoneuro-immunology, for example, marks allopathy's current inquiry into the important role the mind plays in disease processes. Proper assessment of placebo might best begin with a frank inquiry regarding what it means to heal. It would appear logical, as placebo continues to make an increasingly compelling case for a mental component in disease, that health care may need to expand its current chemical and mechanical remedies in order to accommodate this component. For-

tunately, chiropractic is way ahead on this count. Physiological changes closely associated with states of mind are currently being studied by health professionals seeking to enhance the immune system, optimize metabolism and improve neuroendocrine function. The exceptional health professional investigates phenomena that reveal any potential for the relief of debilitating ailments and the restoration of health – even if it means wresting exclusive control of the healing process from the doctor and sharing it with the patient.

from the PRESIDENT'S desk

Pursuing Academic Excellence

According to Thomas Jefferson, "Health, learning and virtue will ensure your happiness; they will give you a quiet conscience, private esteem and public honor." That being the case, NYCC and other institutions of higher learning play a vital role in the lives of their students. In educating students, we prepare them for professional service and ready them for responsible citizenship. NYCC enjoys an enviable scholastic reputation. I have often heard members of the chiropractic profession comment on the high quality of NYCC's faculty and the excellent training of our graduates. Make no mistake — we have earned our favorable standing; it did not occur by happenstance. NYCC has been most diligent in its efforts to recruit and hire the finest faculty available. We also take pride in the caliber of students we attract and accept into our program.

While it may be economically enticing to increase the numbers of matriculating students by easing admission requirements, I have steadfastly resisted any move to do so. To compromise our standards would be shortsighted. Instead, NYCC has chosen to solidify its position as the world's premier chiropractic educational institution. I am committed to the expansion of experiential offerings such as our current chiropractic internship program at Bethesda Naval Medical Center and outreach programs with Monroe Community Hospital and the Sisters of St. Joseph Hospital in Rochester, NY. I fully support the cultivation of collaborative relationships designed to expose students to a variety of health-care career options and provide them with skills that will assist them in integrated health-care settings. I also encourage the continued exploration of professional career opportunities in areas of research, aca-



*Dr. Frank J. Nicchi,
President*

demics and health policy.

Just recently, we petitioned the New York State Education Department for permission to offer master's level programs in acupuncture and oriental medicine, and to award a bachelor's degree in professional studies. Such programs would permit the College to fill an educational void in our region of the country. I am pleased with our continued academic progress and efforts to expand educational programs. As we continue to progress, our students will likewise enjoy increased opportunities for more diversified study in areas compatible with their particular interest and in the acquisition of skills highly valued in the health-care marketplace.

President's Council 2002

President's Council plays a vital role in the life and well-being of New York Chiropractic College. Its valued members fundamentally support the mission of the College. Membership is granted to those individuals who have contributed \$1,000 or more to the College each year, and in doing so, helped to enhance chiropractic education, research and the advancement of the profession.

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President's Council 2002

Introducing President's Council Member Dr. Wayne Winnick

by Jeb Albro, 7th trimester

A generous NYCC contributor who believes deeply in NYCC's mission, alumnus Dr. Wayne Winnick (81) runs a busy chiropractic practice on New York City's East Side. Proclaiming himself an "holistic orthoped," Dr. Winnick urges new graduates to treat a variety of neuromusculoskeletal conditions and to expand their services beyond traditional chiropractic treatments. Dr. Winnick practices what he preaches. He and his two associates evaluate all aspects of the patient and assign equal importance to *all* issues that might contribute to the patient's chief complaint. The bulk of treatments utilized by Dr. Winnick involve S.O.T., A.R.T., myofascial trigger point therapy, transverse friction technique, spinal manipulation, stretching and exercise. Dr. Winnick's methodology has earned him big dividends: he has arguably the largest chiropractic practice in New York City.

Dr. Winnick didn't reach the top by accident; his habits and perspectives have contributed collectively to his success. For example, he constantly furthers his education and stays abreast of new techniques and research, though he recognizes the effectiveness of time-tested treatment approaches. He is motivated to be the best doctor that he can, and his core philosophy is, "Do everything you can to help the patient who walks through the door." The public currently places great demands on its health-care professionals. People want pain relief without side effects. Dr. Winnick tries to accommodate them and also will not hesitate to refer when he knows that it is in the patient's best interest. In fact, Dr. Winnick says that chiropractors are often regarded as the health-care professionals who are sought out when patients would rather not see a surgeon. It is imperative, he explains, that

chiropractors meet and exceed the public's expectations. Failing to do so, or, worse, keeping a patient under care who might fare better elsewhere, casts an unfavorable light on the entire chiropractic profession. Dr. Winnick calls what he does "manual medicine." He is first to appreciate the preventative side of chiropractic and he never hesitates to remind his patients of the need for a checkup long after desirable outcomes have been reached.

The fact that chiropractic philosophies and practice styles involve a great deal of variability is seen by Dr. Winnick as both a blessing and a curse. He feels that there are many practitioners who think they are doing what's best for the patient but are, in reality, ill-equipped to deal with the primary cause of the patient's complaint. On the other hand, the panoply of available techniques enables Dr. Winnick to pick and choose — selecting the profession's best treatments for the benefit of his patient. "Practice is a lot like cooking," says Dr. Winnick. "You have all these different ingredients and you put them together and experiment. In practice you have all these techniques you may use and put together to get a person well."

Dr. Winnick enjoys snow skiing, wine collecting and running, and has a voracious appetite for historical biographies. He loves to learn. He encourages students to learn things that may not necessarily be part of the curriculum: learn techniques that complement your philosophy of health care; attract good mentors. He terms these "sure-fire ways to claim success in chiropractic." Dr. Winnick sees a need for fellowships in chiropractic. He drew parallels between chiropractic fellowships and allopathic's medical school residencies. New chiropractic graduates take a couple of years to acquire important practical skills. The more practice they get, the more their confidence grows. He advises graduates to



Dr. Wayne Winnick

simply be very good at what they do: "People always seek out the best in any given profession. The opportunities to excel in chiropractic are bountiful." He asks, "If drugs and surgery alone were getting it done, would there be any chiropractic profession to speak of?"

Dr. Winnick feels creativity is key in providing the patient with treatment options. Approach patients from multiple perspectives; doing so empowers the chiropractor to get the patient out of pain much faster. Dr. Winnick's practice style is both creative and steeped in a sound working knowledge of neurology, anatomy, physiology, orthopedics and chiropractic assessment. Dr. Winnick says he owes it to his patients to be "on top of his game" in these areas.

Dr. Wayne Winnick's style is candid and to the point. He is driven to help people heal and expresses a dogged determination to learn. He challenges students to be "the best they can be" and never to perceive a fellow chiropractor as a threat. As he puts it, "There is plenty of opportunity for all of us to excel in chiropractic!"

Educational Technology at NYCC

Recently I had the opportunity to explore the impact that the “information technology age” has had on academic activities at the College with Dr. Lee Van Dusen, Dean of Academic Quality Assurance and Support; Bernie Cecchini, Educational Technology/ Telecommunications Administrator; and Liz Larzelere, Instructional Technologist. Below are highlights from our conversations.

Lance Blackshaw (LB): During the past few years NYCC has invested several hundred thousand dollars to develop technology to support the delivery of its academic and continuing education programs. What equipment has been acquired and how is it being used?

Bernie Cecchini (BC): If you have not visited the NYCC campus in the last four or five years, you probably will not recognize the current learning environment, in part because many of the classrooms have been converted to “state-of-the-art” multimedia classrooms.

In late 1998 NYCC opened its Academic III building, which contains four lecture halls that are capable of displaying a variety of platforms that an instructor could use to deliver his/her material. All rooms are equipped with super-bright, ceiling-mounted computer/video projectors that are powerful enough to keep the room

lights on for note taking. An instructor has the option of utilizing a VCR, document camera, and high-speed computer containing zip, floppy, CD-ROM, and DVD drives. The computers are connected to the campus network, allowing instructors to access the Internet, e-mail, or any network files that they have saved materials to. These rooms are also equipped with a sound system that would rival most movie theaters. All this equipment is easily controlled by the instructor via a touch panel selector located on the lectern. And, of course, the rooms still come with a white “chalk” board, overhead projector, and slide projector (for instructors who like the “old school” delivery approach).

Probably the biggest addition at NYCC in regards to the delivery of its academic and continuing education programs is the private network set up specifically for the purpose of distance education. The Seneca Falls location, along with each health center, has an Interactive Video Conferencing (IVC) Room. These rooms are equipped with the same modern technologies as the Academic III classrooms. The purpose of these rooms is for an instructor to have the ability to lecture from any location and have the stu-

Continued on page 34

Dr. Lee Van Dusen is a 1985 graduate of the National College of Chiropractic and has been a faculty member at NYCC since 1991. He is currently the Dean of Academic Quality Assurance and Support. He has been closely involved with technology here at the campus through the Educational Technology Committee and uses technology in the delivery of his courses.

Liz Larzelere has been the Instructional Technologist at NYCC for four years. A graduate of St. John Fisher College, with a Bachelor of Science degree in Account-

ing, she has been involved in the user end of technology education for 18 years, working with students, faculty and staff of all ages. Liz has presented at the New York State Association for Computers & Technology in Education and Association for Chiropractic Colleges conferences on various topics dealing with the effective use of technology with regards to teaching and learning.

Bernie Cecchini has been employed at NYCC for eight years in the educational technology and telecommunications field. He holds A.A.S. degrees from Cayuga Com-



(L to R) Liz Larzelere, Lee Van Dusen, D.C., and Bernie Cecchini.

munity College in Telecommunication: Radio and Television Production, and Computer Technology. In 1994 he re-

ceived the Community College Association President's Award for Achievement in Video Production.



*Dr. G. Lansing Blackshaw
Executive Vice President/Provost*

The Presidential Inauguration of Frank J. Nicchi, D.C.

June 29, 2002

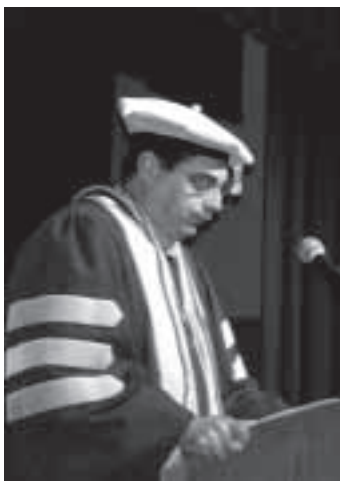
Following the annual meeting of NYCC's Board of Trustees on June 29, Dr. Frank J. Nicchi was formally installed as the College's fifth President at an afternoon ceremony held in the Delavan Theater at NYCC's Seneca Falls campus.

Executive Vice President and Provost G. Lansing Blackshaw, Ph.D., opened NYCC's Presidential Investiture ceremony with welcoming remarks and then introduced Father Richard Murphy, who delivered the invocation. After Dr. Blackshaw recognized and thanked the many guests in attendance, he turned the podium over to Dr. Peter Ferguson, Chair of NYCC's Board of Trustees and President of the National Board of Chiropractic Examiners (NBCE). Dr. Ferguson remarked that the College's first 65 years saw only two presidents, and explained that the early days of chiropractic education required forceful personalities and strong character to keep the doors of a chiropractic college open.

He added that strength of character remains important to this day, and that Dr. Frank Nicchi has the character, vision and academic background to effectively lead the College. Having watched Dr. Nicchi at the College's helm for two years, Dr. Ferguson feels that NYCC's Board of Trustees made the right decision. He observed that Dr. Nicchi is someone who will educate the public, promote chiropractic, attract potential students, support a science-based curriculum and encourage significant research.

Following Dr. Ferguson's greeting, Dr. Blackshaw introduced Dr. Kenneth W. Padgett, current NYCC Chancellor and President of NYCC from 1989 to 2000. Dr. Padgett said he loved the College and was pleased to turn it over to someone who cares about it as much as he does. He described a visit to the campus made by a representative from the Middle States Association of Colleges and Schools, who said, "This institution no longer simply grants a degree in chiropractic; it is now an institution of higher learning that grants a degree in chiropractic." Dr. Padgett turned to Dr. Nicchi on stage and said, "Frank, I know that under your leadership NYCC will continue that fine tradition."

Representing New York's Senatorial District 53, the Honorable Michael Nozzolio lauded NYCC as a wonderful resource to the central Finger Lakes economy. Senator Nozzolio then demonstrated his



NYCC President
Frank J. Nicchi, D.C.

strong commitment to NYCC and, in honor of Dr. Nicchi's investiture, announced that NYCC was the recipient of a \$50,000 grant from New York State (see *Transitions*, page 11).

Seneca Falls Town Supervisor Peter Same welcomed Dr. Nicchi and his family to the area. He confessed he had no "fancy plaque to present or keys to the town or village," but instead offered Dr. Nicchi the grace and beauty of Seneca County – its lovely lakes, countryside, great wineries and wonderful people. Mr. Same expressed that Seneca Falls was grateful that fate had brought Dr. Nicchi and his family to the area.

Dr. William Dallas, President of the Association of Chiropractic Colleges (ACC) and President of Western States Chiropractic College, said that each time the ACC accepted a new college president he would always find that the new member brought unique contributions. Dr. Frank Nicchi was no

exception. Dr. Dallas welcomed Dr. Nicchi to the ACC "with warmth and affection."

Dr. Lewis Bazakos, NYCC '78, who serves on the Board of Governors for the American Chiropractic Association (ACA) and sits on NYCC's Board of Trustees, said he has known Dr. Nicchi for 26 years. Dr. Bazakos was familiar with Dr. Nicchi's passion for the profession

and with his enthusiasm for the educational process. He went on to describe Dr. Nicchi as "the type of person people just want to be around." In describing his faith in Dr. Nicchi, he quoted Ralph Waldo Emerson: "An institution is the lengthened shadow of one man." Dr. Bazakos said Dr. Nicchi is surrounded by "some of the finest people in academia," and he wished him well in his new endeavor as college president.

Dr. Ann Carpenter, NYCC '78, who serves as a member of the Council on Chiropractic Education's Commission on Accreditation and is a former member of the New York State Board of Chiropractic, brought greetings from both the Council on

Chiropractic Education and the Commission on Accreditation. Scanning fellow classmates who joined her on stage, she said she felt as though she was "attending a homecoming." Dr. Carpenter described her responsibilities as a member of the Council of Chiropractic Education, which are to ensure that the various chiropractic colleges up-



NYCC Chairman of the Board of Trustees Peter Ferguson, D.C., NYCC President Frank J. Nicchi, D.C. and NYCC Chancellor Kenneth W. Padgett, D.C.

The Presidential Inauguration of Frank J. Nicchi, D.C.

June 29, 2002



Senator Michael Nozzolio

hold educational standards. She then exclaimed, "You go, Frank; you go, NYCC!" expressing zeal for NYCC's enviable educational achievements.

Dr. Joan Fallon brought greetings from the International Chiropractic Association (ICA). Describing Dr. Nicchi as a college president who had previously been a practitioner, professor, administrator and clinical expert, she portrayed him as someone who understands the power of chiropractic and who is uniquely positioned to lead. She closed with a taunt to Dr. Nicchi: "As one real New Yorker to another, and direct from the playgrounds of New York City, I double-dog dare you to be the country's best college president!"

The New York State Chiropractic Association (NYSCA) sent its President Dr. Daniel Quatro, NYCC '87, to greet the College's new president. He expressed his faith in Dr. Nicchi's leadership and voiced his optimism for the chiropractic profession. He also pledged NYSCA's support to Dr. Nicchi.

Dr. John Przybylak greeted Dr. Nicchi on behalf of the New York Chiropractic Council. Explaining to the audience that schools are not static, but rather are vibrant and alive, he said that President Nicchi has demonstrated flexibility and commitment sufficient to earn him the Council's full support.

Dr. Frank Hideg, who serves on the Board of Trustees of NYCC, addressed the audience as Chairman of the National Board of Chiropractic Examiners. He said that Dr. Nicchi has spent a lifetime answering chiropractic's call for assistance. Turning to Dr. Nicchi, he added, "If there is anything we at the National Board can do to help you out – short of the questions and answers that is – don't hesitate to call!"

The Federation of Chiropractic Licensing Board, through Dr. Richard Cole, welcomed Dr. Nicchi. Dr. Cole thanked New York State for its contributions to patient protection and regulation over the years. He said Dr. Nicchi's personal integrity and his commitment to excellence would result in a program that is certain to train doctors committed to quality health care.

Dr. Robert DeBonis, NYCC '78, Chair of New York State's Board for Chiropractic, also welcomed Dr. Nicchi. He recalled that during his first visit to the NYCC campus, Dr. Kenneth Padgett gave him an extensive tour of the facilities and he was impressed with Dr. Padgett's obvious love for the College. He noted that Dr. Nicchi has similar love and passion for the institution and expressed his eagerness to share a close working relationship to the mutual benefit of both NYCC and the State.

Dr. Frank Lizzio, NYCC '80, President of NYCC's Alumni Association, brought Dr. Nicchi greetings on behalf of the Alumni Association and reviewed Dr. Nicchi's accomplished career. He added, "Dr. Nicchi has touched the lives of many doctors of chiropractic on a personal level. His reputation is well respected throughout the entire chiropractic profession. Dr. Lizzio expressed that if what we do in life is echoed throughout eternity, then "the echoes of Dr. Nicchi's leadership are already being heard."

Dr. Michael Zumpano, President of the NYCC Faculty Senate, greeted Dr. Nicchi as the College's new President and offered the faculty's support. He praised Dr. Nicchi's professionalism, candor, realism and honesty. Dr. Zumpano felt the President's prior experience would guide him well, and invited Dr. Nicchi to draw strength from a solid team of faculty.

On behalf of the NYCC staff, Executive Director of Enrollment Management Diane Dixon welcomed her new president and expressed that his compassion, dedication and sincerity are unquestionable; his energy and enthusiasm are contagious. According to Ms. Dixon, Dr. Nicchi was to be welcomed with "open minds and open hearts."

Carol Langenbach, Executive President of the Student Government Association, welcomed Dr. Nicchi on behalf of the students, remarking that his dedication and demonstrated leadership had already earned him the respect of the campus community. She praised him for keeping students informed and for soliciting their sugges-

Continued on next page



NYCC Board of Trustees

The Presidential Inauguration of Frank J. Nicchi, D.C.

June 29, 2002

tions. Her concluding words to Dr. Nicchi were, “We are honored to have you as our President!”

After Dr. Peter Ferguson administered the investiture oath, which Dr. Nicchi recited, Dr. Nicchi was sworn in as the fifth President of New York Chiropractic College and thereafter addressed his audience.

Beginning by expressing his feelings of honor and privilege, Dr. Nicchi thanked the past and current members of the Board of Trustees “for the belief and confidence they have expressed in me.” He then acknowledged and thanked “our NYCC family – a dynamic team of administrators, an outstanding and dedicated faculty, a loyal and caring staff at every level of operation.” He went on to acknowledge the efforts of the Investiture Committee and thanked them for “the incredible amount of time and energy you have committed to every detail of this celebration – and not just once – but twice.”

Dr. Nicchi recognized “my very competent and vibrant senior staff” and gave special thanks to Executive Vice President and Provost Dr. G. Lansing Blackshaw. He then spoke of the unconditional love and sacrifice his family had demonstrated and of their unwavering support. He told of the unique perspective he enjoyed, having served the College as student, alumnus, faculty member and administrator, and described NYCC as a wonderful institution that had been a vital part of his life for the last 26 years. Dr. Nicchi described the investiture as a celebration of past, present and future of NYCC. He expressed his gratitude to the late Dr. Ernest G. Napolitano, past president of NYCC “who passionately dedicated his life to the development of NYCC,” and noted that “today we celebrate his courage and determination, acknowledge our indebtedness to him and pay homage to his memory.”

He then extended his heartfelt gratitude to Dr. Padgett for his “vision and resolve” and thanked him “for leaving such a solid foundation on which to build.” He also thanked audience member, Dr. Neil Stern, who served as acting President of NYCC from 1985 to 1987 and appointed Dr. Nicchi to his first faculty position.

“It has been said that here is no better time to be a chiropractor!” exclaimed President Nicchi. He made reference to historic legisla-

tion, signed as recently as 2000, making chiropractic available to all active armed forces personnel, and alluded to legislation that cleared the way for chiropractic in the Department of Veterans Affairs’ health-care system. He added, “Acceptance has never been greater!” Dr. Nicchi listed exciting developments at the College. He spoke of NYCC’s chiropractic internship program at Bethesda Naval Medical Center, and outreach internship programs with Monroe Community Hospital and St. Joseph Community Hospital in Rochester, NY. He expressed a desire to continue establishing collaborative relationships that expose students

to a variety of health-care career options. “We will continue to train students with all the skills necessary to practice in such integrated settings but will also support and encourage those students who choose to work in a traditional chiropractic solo practice setting.” “We must adjust to changing times and still hold to unchanging principles,” he quoted former President Jimmy Carter. Dr. Nicchi encouraged exploration of alternative career opportunities in areas of research, higher education academics, and health policy. “We must effectively use our resources and our expansive college facility,” he said.

Dr. Nicchi announced that NYCC sought to amend its charter and had petitioned the New York State Education Department for permission to offer master’s level programs in acupuncture and oriental medicine. He also let it be known that NYCC’s state application would, if approved, permit the awarding

of a bachelor’s degree in professional studies. These amendments, according to Dr. Nicchi, would permit the College to fill a geographic educational void in the region and explore offering other master’s level programs in the future. In closing, Dr. Nicchi reconfirmed his commitment to research and told his audience of NYCC’s researchers’ recent receipt of two National Institutes of Health (NIH) grants. Referring to research, he said it would clearly advance the chiropractic profession and bring to it the recognition it deserves.

At the conclusion of the ceremony the College honored Dr. Nicchi at an on-campus reception, which also provided an opportunity for Investiture attendees to bring personal greetings and good wishes for success to the President.



Dr. and Mrs. Frank J. Nicchi with son Christopher and daughter Carrie

U.S. Senate Passes Initiative to Include Doctors of Chiropractic In National Health Service Corps Program

Efforts by the American Chiropractic Association and the Association of Chiropractic Colleges to gain inclusion of a chiropractic provision have proven successful. The full U.S. Senate approved legislation on April 16th that, for the first time ever, would make doctors of chiropractic eligible to participate in the National Health Service Corps' (NHSC) student loan reimbursement program. As approved first by the Senate's Health, Education, Labor and Pensions (HELP) Committee, and then by the full Senate, the legislation would allow doctors of chiropractic to take part in a three-year "pilot program," or test period. After the three-year pilot program, Congress would review the results of the test and consider making the chiropractic profession a permanent fixture in the program. Should chiropractic permanently become included in the program, doctors of chiropractic would gain a federal designation as primary care providers.

The NHSC is a federally funded program which, under certain circumstances, allows health-care professionals engaged in the delivery of primary-care services to be



reimbursed for student loans in return for establishing and maintaining their practices in geographic areas designated as "medically underserved" by the federal government.

The Senate's favorable action came as part of a long-planned overhaul of federal legislation currently governing the operations of the NHSC program. Before the Senate's action becomes law, the U.S. House of Representatives must pass companion legislation, and any differences between the House and Senate versions must be reconciled and approved by both houses of Congress.

Passage of legislation making the chiropractic profession eligible to participate in the NHSC program has long been a goal of the American Chiropractic Association (ACA) and the Association of Chiropractic Colleges (ACC). Both organizations have worked tirelessly to gain chiropractic inclusion, and were supported in the Senate action by U.S. Senator Tom Harkin (D-IA), who championed the issue during the Senate HELP Committee's consideration of the overhaul legislation.

New York State Senator Michael Nozzolio Announces \$50,000 Grant to NYCC

State Senator Michael Nozzolio, longtime friend to New York Chiropractic College and dedicated representative to New York's Senatorial District 53, once again showed his support for chiropractic education. Addressing Dr. Frank Nicchi's investiture audience, Senator Nozzolio announced the presentation of \$50,000 in programming grant funds to New York Chiropractic College. The Honorable Michael Nozzolio said, "The New York Chiropractic College has a long and proud history in our community and is an integral part of the Seneca Falls community and Seneca County. It has been a



Senator Michael Nozzolio

pleasure for me to work in partnership with the College and to secure this \$50,000 State grant to support the College's programs. I commend Dr. Nicchi for his leadership and vision for the future of NYCC."

Senator Nozzolio has a distinguished record of support for the College. He had previously secured a \$30,000 state grant in 2000 to upgrade the College's gymnasium for community, athletic, educational and civic events. In 1997, Senator Nozzolio helped get a \$5,000 grant that assisted the College with operational costs related to the Special Olympics.

In Memoriam

NYCC Honors the Life of Dr. Libero Violini

New York Chiropractic College mourns the passing of Dr. Libero Violini who passed away on May 26, 2002. Dr. Violini (affectionately called “Vio” by his many friends and colleagues) was a steadfast advocate for chiropractic who, throughout a stellar professional career spanning more than half a century, assisted countless chiropractic students and interns with his kind and gentle manner, supportive spirit and personal selflessness.

Born in Tortoreto, Italy, in 1919, Dr. Violini suffered a variety of health problems that were relieved only by chiropractic treatment. As a result, he attended the Chiropractic Institute of New York, graduated in 1951, and taught at the Atlantic States Chiropractic Institute along with Dr. Ernest G. Napolitano. He assumed the chair of the Anatomy Department at Atlantic States and continued his association with Dr. Napolitano when the college merged with Columbia Institute of Chiropractic.

As Remembered By A Colleague

Dr. Jack Barnathan recalls a visit he had with Dr. Violini during Christmas Eve. It seems Dr. Barnathan had gifts and a chocolate Santa Claus (that happened to bear a striking resemblance to Dr. Violini) and wanted to drop them by Dr. Violini’s home located just a few blocks away from Dr. Barnathan’s on Long Island. Mrs. Violini answered the door and suggested Dr. Barnathan take the gifts to Dr. Violini’s office, where he was busy devising a new way to perform a seated adjustment. During this visit, Dr. Violini explained to Dr. Barnathan that the President of the Chiropractic Institute of New York had, in fact, been taught by none other than D. D. Palmer and was one of the first graduates of the original Palmer Institute. Dr. Violini then went on to teach Dr. Barnathan adjustments handed down from D. D. Palmer. Dr. Barnathan described the session as “magical” and wound up having dinner with the Violini family. Over dinner, Dr. Barnathan was regaled with stories about the school’s early days, including tales regarding Dr. Napolitano and some of the other “second-generation founding fathers” of chiropractic. Dr. Barnathan recalls one of the last conversations he had with Dr. Violini. It involved a discussion about the

stress that HMO’s place on practitioners. Dr. Violini thought it ironic that HMO’s create stress, when the principles behind chiropractic are all about *removing* physical, chemical and mental stresses.

As Remembered By His Wife

In 1959, Dr. Violini was introduced to his wife, Maria, by his mother and sister. Later that year, they married and thereafter had a son, Raymond Lee, and two daughters, Camille and Donna. Maria describes Dr. Violini as a “good husband and a kindhearted father.” Together, they shared many happy moments. Maria tells of a husband whose interest in Chiropractic began over 40 years ago. While moving furniture, he injured his



Dr. Libero Violini

back and found relief in the ministrations of a chiropractor. He then pursued his interest in chiropractic. Maria recalls that NYCC’s Dr. Napolitano proved to be a great friend. His relationship with “Vio” was based on mutual admiration and respect. Dr. Napolitano felt Dr. Violini had a strong ambition to be a successful chiropractor and teacher. According to Maria, Vio’s greatest pleasure could be found in treating his many patients and sharing his chiropractic knowledge with others. His goal was to learn as much as he could about nutrition, subluxation, the nervous system, posture and orthotics. He was particularly fascinated by radiology. As a young man,

Dr. Violini enjoyed many different hobbies: hunting, fishing, sketching and even race-car driving!

As Remembered By His Son

Dr. Violini’s son Ray recalls his father’s dedicated work habits and complete dedication to his profession. When Dr. Violini began his practice in Queens, Ray, then a child, recalls how his office took up the front portion of the house where he would charge patients \$6 –7 for an office visit lasting in excess of half an hour. (Medical doctors were charging \$30 for about 15 minutes of their time.) Patients who couldn’t pay were told, “Just give it to me when you can.” If they never paid him he’d never pursue it. It was reward enough simply to help make the patient well. Other patients would sometimes pay with goods or services.

Dr. Violini’s study habits never changed. He sat at the dining room table at 10 p.m., every night, eventually retiring to bed at 2:00 a.m. Textbooks, magazine and newspaper articles were spread out in all directions. Ray suspected his dad was seeking a cure that might heal everybody. Yet, Ray adds, “Even if he did find the magic bullet, he would give it away for free. Chiropractic healing was never about the money.”

He took good care of his family. Whether or not he had a good night’s sleep, he would hop out of bed and drive the kids to school on rainy or cold days. In the morning, the family would enjoy big breakfasts complete with eight colorful vitamins and plenty of “organic” or “completely natural” food. Ray claims he didn’t know what white bread was until he saw it on TV.

Dr. Violini did not like to part with things. His home offices always looked the same – walls of books, papers, and health-related magazines leapt out at visitors who brushed up against them. Amazingly, the Doctor always knew how to get his hands on an appropriate source. His automobiles’ interiors were sprinkled with nuts, sunflower seeds, carob chips and various homemade trail mix concoctions — always within arm’s reach.

Continued on next page

In Memoriam

NYCC Pays Tribute to the Life of Howard W. “Doc” Genano

Chiropractic will miss one of its shining stars, Dr. Howard W. “Doc” Genano, who died Saturday, April 13, 2002, at the age of 82. Dr. Genano had formerly been an NYCC faculty member and served as a clinician at the Syracuse Health Center. A WWII veteran and retired Air Force Lt. Colonel, Dr. Genano took his fight to the state capital in advocating chiropractic licensure in New York State in the 1950s and 1960s and heavily involved himself in legislative activities that concerned the chiropractic profession. In fact, Dr. Genano was instrumental in accrediting the first chiropractic college that sought New York State licensure for its students. Dr. Kenneth Padgett, past President of the New York Chiropractic Association, says of Genano, “Howard Genano was unforgettable – to know him was to love him.” “Dr. Richard E. Carnival, former Chairman of the Board of New York Chiropractic College, reminisced, “The Howard I knew was a man of great humor and intelligence. When he spoke before an audience he received the respect of people, and they listened. I know for one that I will truly miss him – a true friend.”

Dr. Michael Howard first met Dr. Genano in January 1991. “The Syracuse Clinic had opened in advance of the College’s move to Seneca Falls. As clinic

October 28, 1920 - April 13, 2002



Dr. Howard W. Genano

director, I was charged to recruit a patient base sufficient to meet the needs of students soon occupying the Syracuse clinic. Drs. Loia and Genano were both serving as part-time clinicians. I recall how Dr. Genano would drive into the Syracuse clinic from Rochester on Wednesday mornings, reside in the motel across the street until Thursday evenings, and then return to Rochester the following Wednesday.” According to Dr. Howard, “He was one of the most unique individuals I have ever met. He never met a stranger, and was completely

at ease in any imaginable situation and with every type of person. What’s more, he lived life at ‘full throttle.’” Dr. Howard remarked that Dr. Genano was truly loved by the students lucky enough to be taught by him. He will be missed by many whose lives he touched. Before he retired from practice, Dr. Genano had run a successful chiropractic practice on Dewey Avenue in Rochester.

Dr. Genano had served in Monroe County, New York, as Greece’s First Ward Councilman for eight years, and was duly recognized for his public service when, in March of this year, the Greece Town board named a road after him: “Doc Genano Way.” He also assumed leadership positions in the Greece Republican Committee. Dr. Genano’s commitment to public service was widely known in his community. James Smith, First Ward councilman, said of Genano, “There are residents in town who have given their time to serve their neighbors, and Howard Genano is one of the special ones.”

Dr. Genano is survived by his wife Janette Genano and daughter Marni (Josh) Kerr. A memorial fund has been established in Dr. Genano’s name, and contributions may be sent to Office of the President, New York Chiropractic College, 2360 State Route 89, Seneca Falls, NY 13148.

NYCC Honors the Life of Dr. Libero Violini

Continued from previous page

After his retirement, Dr. Violini’s eyesight and failing health required that he give up driving. Friends and prior students pitched in to help Dr. Violini pack and move to New Jersey (350 boxes of books and various other chiropractic materials). Dr. Violini had few regrets. One, however, was that he never completed a book on prostate and bone cancers.

Dr. Violini’s Legacy

Dr. Violini, an incredible source of knowledge and experience, was a favorite of students and interns to whom he eagerly lectured about chiropractic and nutrition.

His dedication to his patients, students and the chiropractic profession were exemplary. His life and its achievements shine as a beacon of service for others to follow and emulate. In honor of Dr. Libero Violini, NYCC is currently undertaking efforts to erect a bronze plaque that will bear his likeness and grace the entrance of NYCC’s Levittown Health Center. In addition to the NYCC Outpatient Health Center Award which has traditionally been presented during commencement exercises, the College will hereafter award the Libero A. Violini Clinic Distinguished Service Award to a graduating student whose selflessness and dedication to ser-

vice most intimately exemplify those qualities embodied by Dr. Violini.

Finally, NYCC has established the Libero A. Violini Memorial Scholarship, with a funding goal set at \$25,000. Contributions to this fund may be mailed to: Mrs. Laurie Reynolds, c/o Libero A. Violini Scholarship Fund, New York Chiropractic College, P.O. Box 800, Seneca Falls, NY 13148-9425. For additional information, please call (315) 568-3100 or e-mail: ltreynolds@nycc.edu.

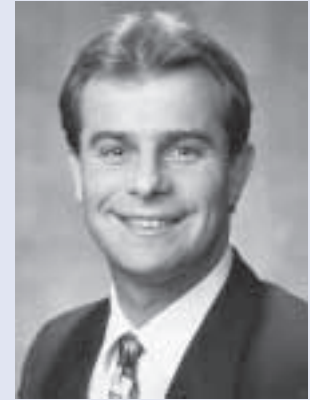
Thank you, “Vio.” You were loved by so many, and we will miss you.

CHIROPRACTIC HEALTH CENTERS OF NYCC

by Dr. Joseph E. Pfeifer, Chief of Staff for Clinical Services

On July 25, 2002, Dr. J. Clay McDonald, Dean of Academic Affairs, announced NYCC's plan to phase out the current Syracuse Health Center location while expanding clinical activities on and in the vicinity of the Seneca Falls campus (see memo below). The decision to do so was made after careful consideration of current opportunities as well as prospects for future expansion of clinical experiences and affiliations in the health-care environment. With the recent organizational restructuring at the College, I will turn my full attention to the Levittown facility as its Director while Dr. McDonald assumes coordination and oversight of our Health Centers.

I would like to take this opportunity to acknowledge the dedication and excellence of the administration, faculty and staff of the Syracuse Health Center, where our interns have received a fine clinical education over the past decade. The College will continue to engage in clinical activities in the Syracuse region as we foster existing educational experiences and develop new opportunities associated with our centers in Seneca Falls, Depew and Levittown.



Dr. Joseph Pfeifer

NYCC "Steps Out" To Lead With Expansion of Its Seneca Falls Healthcare Center

Now more than ever, the consumer is looking to NYCC for chiropractic and complementary care. In response NYCC continues to make every effort to expand its offerings and extend its reach through the ongoing development of its Health Centers and their strategic relationships. Consequently, the College currently enjoys both formal and informal associations with multiple entities that enhance student education and performance. The health centers in Levittown and Depew sustain sound relationships with hospitals, major universities and numerous charitable organizations that currently provide interns with learning environments, patient streams and exposure to a variety of healthcare methodologies.

What has resulted from these relationships is a hub & spoke constellation, whereby the Health Center serves as central healthcare provider for a variety of external institutions who in turn, expose students to a wide variety of experiences extending beyond their core clinical experience. Students matriculating through the Health Centers pursue their respective clinical tracks — gaining additional experience through these spe-

cially structured spokes extending out from the health center's hub.

NYCC health centers in Depew and Levittown thrive within concentrated metropolitan areas, whose populations embrace their clinical offerings. The Levittown health center perpetuates a unique and valuable regional presence that benefits an engaged Downstate alumni population; not unlike the Depew clinic, whose easy proximity to Canada and Canadian alumni best serve our Canadian students interests.

The Syracuse Clinic however, has lagged behind in patient population, outreach opportunities and community integration. Meanwhile, the College has a growing presence in Rochester and the Seneca Falls community. In response, the College will begin phasing out the current Syracuse Health Center, with closure targeted for August 2003, and expanding our Seneca Falls presence. Current 6th Trimester students assigned to the Syracuse Health Center will be allowed to choose between going to Syracuse for their 8th and 9th trimesters and returning to Seneca Falls for their 10th, or going to Depew or Levittown for their clinical experience.

Here in Seneca Falls the college is exploring opportunities for a chiropractic outpatient Healthcare Center. The center will serve as a welcome home for most of Syracuse Health Centers equipment. NYCC's expanded Seneca Falls Chiropractic Healthcare Center will continue the tradition of being patient-centered, doctor-driven, and student sensitive. In aspects, both psychological and physical, the center will function distinctly and separately from the Seneca Falls Student Health Center.

The new Center ushers in a host of opportunities. Under serious consideration is the establishment of a campus infirmary complete with a nurse practitioner - open to students at a discounted rate, as well as to faculty, staff, and the public. The Health Center will continue to provide care to its Syracuse patient base by involving its students in a rotating clinical experience similar to that currently in St. Joseph's and Monroe Hospital in Rochester.

Drawing upon an effective blend of sound academics and proven business principles, NYCC is continuing to provide essential benefits that attend a first-rate clinical education.

CHIROPRACTIC HEALTH CENTERS OF NYCC

Depew, NY

by Matthew C. Coté, D.C., Director

The energy exhibited by the Depew Health Center's interns is remarkable. Patient recruitment efforts have produced quite a flow of patients into the Center. We have always encouraged interns to be creative in developing new programs to attract a variety of patient types to the Health Center, and they have proven themselves creative. The clinical experience has evolved and currently extends to multiple outside. New relationships and outreach programs are being established similar to that of the Salvation Army. For example, we are in the midst of negotiations with the State University of NY at Buffalo in an effort to establish a chiropractic presence in its student medical clinic. Our experience also shows us the powerful combination that arises when chiropractic and massage therapy students work side by side for the benefit of the Depew Health Center's patients. NYCC interns who work in hospital settings have flourished, successfully treating patients while also gaining valuable experience. Some students, having interned at Bethesda's Naval Medical Center, return to the College with renewed enthusiasm and wonderful descriptions of their positive



University at Buffalo School of Medicine

experience. These types of opportunities will continue to open more doors in the future, both for the College and for the profession.

Our interns have also participated in career fairs, such as the recent career day at Medaille College in Buffalo, and they continue to make presentations at schools and community gathering places. One team of students, together with their clinician, conducted an essay contest to promote Good Posture Month this past May, targeting local Middle Schools. The contest success-



Good Posture Month essay contest winner Christina Nemeti receives a check from Depew intern Peter Emary, 9th trimester.

fully taught youngsters about good posture and educated them about various chiropractic career choices. In addition, the essay contest helped promote NYCC's Depew Health Center. We again sponsored the American Red Cross blood drive this past June. This, and similar projects, help maintain the Depew Health Center's vital participation in the community.

A second radiology group that joined Greater Amherst Imaging educates our students here in Depew. Each week the 8th trimester students spend



Depew Health Center

time with the neuroradiologist at Buffalo MRI and CT while he is reading films. Our 9th trimester interns observe radiologists at work in the new Amherst facility of Greater Amherst Imaging. Feedback from the interns has been positive and they are always encouraged to avail themselves of such educational opportunities.

Some of our students have provided chiropractic services at sporting events, both locally and around the state. The Rochester Raptors Women's Football team requested that Depew Health Center interns provide physical examinations and chiropractic care at the onset of their season this past spring. Our interns also provide chiropractic care to the Buffalo Gladiators Semiprofessional Football Team, now in the middle of its season. Interns from all of the NYCC health centers conducted physical exams and chiropractic adjustments for participants of running events occurring around the state, including Friehofer's 5K Race and the Boiler-maker 15K event.

Our motivated faculty members have put much effort into providing diverse opportunities for our students, and I am proud to work with them.

CHIROPRACTIC HEALTH CENTERS OF NYCC

Levittown Chiropractic Health Center

*by Dr. Joseph E. Pfeifer, Director of
Chiropractic Health Center, Levittown*

We have been busy with a variety of projects – clinical and otherwise. We recently performed scoliosis screenings for several thousand children in the East Meadow and Manhasset school districts, and provided support services for the annual swim around Manhattan Island. In addition, I recently met with Dr. Karen Erickson (NYCC '89), chiropractor for Beth Israel Medical Center's Continuum for Health & Healing in New York City, who discussed her possible participation in the development of various programs involving our interns. On the home front, we are in the process of significantly redecorating the interior of our facility.

We have recently undergone some changes in our clinical faculty. Dr. Mariangela Penna and Dr. Patricia Flynn



Levittown Health Center

left us during the Spring trimester to attend to other responsibilities and pursuits. We wish them both all the best. We're pleased to have Dr. Michael Perillo rejoin the clinical faculty after a short hiatus, and we

are in the process of searching for two clinical fellows to provide various teaching and service responsibilities, while at the same time pursuing additional scholarly activity.

We would like to congratulate the Independent Women's Football League's New York Sharks, for whom we provide support and health-care services. The Sharks, after an undefeated 8-0 season, became the 2002 IWFL champions by defeating the Western Division Austin Outlaws. Befitting their perfect 9-0 year, the Sharks were ranked the number-one women's football team throughout all leagues in the U.S. and Canada by the American Football News. We were thrilled and proud to be a part of their championship season.

Syracuse Health Center's Dr. William Dolengo Launches Semi-Pro Sports Chiropractic Effort

Clinicians and interns at the Syracuse Health Center have been working with the Syracuse Vipers Semiprofessional Football Team, due largely to the efforts of Dr. William G. Dolengo, D.C., C.S.C.S., Clinician/Instructor and Certified Strength & Conditioning Specialist at NYCC's Syracuse Health Center. Interns examine and manage team members' pre-existing conditions prior to the start of the season at no charge. They also advise regarding applicable manipulative, stretching, taping, and wraps. Evaluation and management of subsequent injuries that occur during the season (whether related to their sport participation or not) are not performed free of charge. Rather, these services are the financial responsibility of the players. NYCC's clinic and interns remain the team's obvious first line of contact.

Interns are selected for this program based on their demonstrated interest, commitment to team meetings & promotion, and on their educational background and achievement. Students involved with the elective(s) at NYCC related to sports injuries, or those with a prior background in exercise science/athletic training, were eligible. Taping experience are a plus.

Players undergo pre-season health screenings complete with patient histories and confirmation of health insurance, as required by the team management, before interns treat conditions amenable to chiropractic care. This was done to reduce the team liability by properly documenting and/or addressing health concerns prior to season play. Additionally, many players continue for treatment for active injuries and for preventative measures.

The College enjoys valuable promotional opportunities through working with the Vipers. Interns may wear NYCC emblem shirts and/or uniforms at the games, set up a booth, and disseminate College and health-center information on the Vipers' web site as well as in game programs.



Syracuse Health Center

Placebo – Suddenly Taken Seriously

If one thing was hammered home at Harvard's most recent Complementary & Integrative Medicine Symposium, it was that *placebo* is no longer a dirty word. Symposium discussions taking place about complementary therapies focused, in large part, on the therapies' unique and powerful ability to combine physiological treatment with the healing power of the patient's own mind. Michael Murphy's book *The Future of the Body* (1992) taught that doctors as far back as Greek antiquity were very familiar with placebos – well aware that their cures depended largely upon psychological



factors such as their patients' expectations of therapeutic success. Nor is it particularly challenging to mention that the various disciplines' health-care prescriptions bestow morale-boosting benefits every bit as important to healing as their ability to alter specific physiological processes. In the early 1900s, scientific research began examining the topic of placebo in earnest. Hospitals, research centers, medical schools and drug companies all found that dummy

treatments could relieve a surprising range of afflictions. Why, they could even produce toxic side effects! Successful treatments were often based, not upon pharmacological factors, but rather on the healing power of a patient's expectations. What's more, it was becoming clear that a doctor's *belief* in his diagnosis and in his intended treatment, mattered! Drug companies have found that a placebo's effectiveness may be determined, to some extent, by a particular pill's size, shape and color. Documented research has found a basis for placebo relieving such ailments as warts, asthma, pain, arthritis, hay fever,

coughing, headache, diabetes, peptic ulcer, seasickness and the common cold. These effects, according to Murphy, dramatize the human capacity for dramatic psychosomatic changes. *Transitions* magazine has chosen to feature the topic of placebo in this issue. Herein, we will investigate placebo through the opinions of experts and through the documented (though not entirely understood) instances of psychologically based relief.

Transitions surveys current literature and reports items bearing relevance to featured *Transitions* topics. Our staff makes every effort to relate the information in a relaxed and unencumbered style. We therefore, in many cases, dispense with citations that might otherwise detract from the magazine's overall readability. While we attempt to ensure that the information provided is accurate, timely and useful, we nevertheless acknowledge the possibility of human error and changes in medical sciences. The authors and New York Chiropractic College consequently cannot 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 and is presented in summary form in order to impart general knowledge relating to certain clinical trials diseases, ailments, physical conditions and their treatments. The data should not be used for diagnosing or treating a health problem or a disease, nor is it a substitute for sound medical advice. Content herein does not replace the advice and care of a qualified health-care provider. Note also that rapid advances in the medical field may cause this information to become outdated, incomplete, or subject to debate. New York Chiropractic College does not recommend or endorse any specific tests, products, procedures, opinions, or other information that may be mentioned herein. 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.

Harvard Doctor Publishes Research Regarding Placebo

Dr. Ted J. Kaptchuk of Harvard Medical School recently published "The Placebo Effect in Alternative Medicine: Can the Performance of a Healing Ritual Have Clinical Significance?" in the June 4th issue of *The Annals of Internal Medicine*. The article examines the placebo effect, particularly within the context of alternative medicine therapies, and uses the term placebo in a broadened sense that extends beyond the narrow effect of a dummy intervention. Kaptchuk's use of the term includes the variety of nonspecific effects in the patient-physician relationship such as attention; compassionate care; and the modulation of expectations, anxiety, and self-awareness. In addition, he examines five components of the placebo effect: patient, practitioner, patient-practitioner interaction, nature of the illness, and treatment and setting.



Dr. Ted Kaptchuk

Enhancing Placebo's Healing Effects

Cognizant that unconventional healing often involves heightened placebo effects, Dr. Kaptchuk pondered the possibility that certain healing methods may indeed enhance placebo effects. His approach to the topic is a novel one, and a dramatic departure from conventional research's handling of placebo. He queried whether an alternative ritual with only nonspecific psychosocial effects might offer more positive health outcomes than existing proven, specific conventional treatments.

Traditional research regarding placebo assessed a therapy's efficacy by determining whether the therapy offered positive effects that were greater than those of an indistinguishable dummy treatment in randomized controlled trials. Consequently, questions relating to alternative medicine and placebo have long centered upon whether alternative medicine demonstrates more than just a placebo effect. The author notes, however, that discarding all placebo effects and relegating them as "untruthful" results in diminishing knowledge that might otherwise assume important dimensions in health care.

Instead, Dr. Kaptchuk theorized that

some types of unconventional medicine might very well produce placebo outcomes that are dramatic and, from the patient's perspective, especially compelling. The author encourages a closer look at the nonspecific effects present in any patient-practitioner relationship, including attention; communication of concern; intense monitoring; diagnostic procedures; labeling of complaint; and alterations produced in a patient's expectancy, anxiety and relationship to the illness.

Kaptchuk queries whether alternative medicine's particular rituals might not greatly impact healing, and whether alternative medicine may be an especially successful placebo-generating health-care system. If so, alternative medicine would enjoy the benefits of having provided both specifically intended physiological results, in addition to nonspecific healing effects that arise through belief, imagination, symbols, meaning, expectation, persuasion, and self-relationship.

Favorable Conditions for Placebo

Dr. Kaptchuk thinks, that it would perhaps be prudent to try to identify person-

ality traits common to persons who frequently react to placebo. We may uncover not only how patients' expectations influence outcomes of placebo, but also how placebo effects are greatly enhanced when coupled with specific treatments. For example, there may be particularly effective combinations of placebo-friendly characteristics that work in tandem to render optimal results. Patient preferences for participative interventions such as exercise or diet programs may contribute significantly to outcomes, as well as to placebo responses. Some therapies characterize their own active processes in a manner that encourages placebo-assisted healing. The author uses the examples of chiropractic's innate intelligence and acupuncture's qi as characterizations that may lend themselves favorably.

A doctor's attitude enhances healing. Research comparing optimistic or enthusiastic physician attitudes toward placebos versus neutral or doubtful physician attitudes showed that provider-induced expectancies were a powerful mechanism for placebo effects. Enhancing patients' expectations through positive information about the treatment or illness, and providing support or reassurance, significantly influenced health outcomes. Studies also indicated that, in addition to the doctor's attitude, the doctor-patient encounter was a potent factor in health outcomes. One study demonstrated that where the treatment itself made no difference, a positive interaction between doctor and patient nonetheless produced a significantly faster recovery.

Alternative Therapy and Successful Placebo Enhancement

Why would alternative medicine's therapies tend to have more success in enhancing placebo effects than conventional medicine? Perhaps, in part, because practitioners of unconventional medicine tend to be less restrained than are practitioners of conventional medicine. They may manifest more optimistic and positive behavior than their mainstream counterparts. Such

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demonstrations of optimism and enthusiasm, it turns out, are characteristics long thought to enhance placebo effects.

Types of Illness Experienced

Kaptchuk points out how placebo effectiveness may depend, in part, on the types of illness experienced. Alternative therapies commonly treat highly subjective symptoms lacking identifiable physiologic correlates, as well as chronic conditions with fluctuating courses. These conditions are precisely those that researchers believe are especially susceptible to inordinately strong placebo responses. They may include back and chronic pain, fatigue, arthritis, headache, allergies, hypertension, insomnia, asthma, chronic digestive disorders, depression and anxiety.

Placebo and Feedback Loops

Active placebos – that is, placebos containing medications that are ineffective for the condition being studied but nonetheless produce recognizable drug-related side effects – seem to provide heightened placebo effects. This kind of “feedback loop” often produces exaggerated placebo effects. Alternative medicine treatments that provide such placebo-stimulating feedback loops include the audible “pop” of a chiropractic adjustment, or the acupuncturist’s needle sensations.

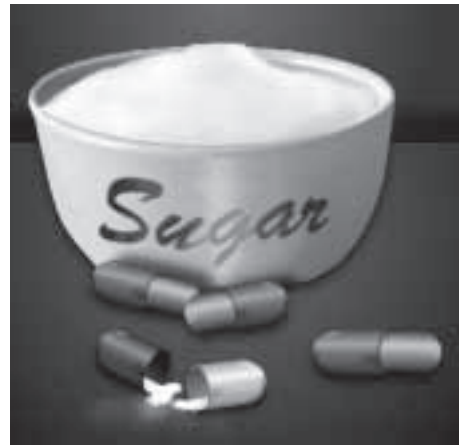
The Ethics of Placebo

The question of enhanced placebo effects raises complex ethical questions concerning what is “legitimate” healing. Is it simply important that relief results from the patient-doctor interaction, or do ethics demand more? As Kaptchuk puts it, “Should a patient with chronic neck pain who cannot take diazepam because of unacceptable side effects be denied acupuncture that may have an ‘enhanced placebo effect’ because such an effect is said to be ‘bogus?’” For many patients, the end result may be more important than their requirement for firm scientific grounding.

Questions to Dr. Kaptchuk:

Transitions: In your article you took pains to appropriately define the term “placebo” and chose to broaden the definition beyond the narrow effect of a dummy intervention, to include instead the variety of nonspecific effects. Why was it important to do this?

Dr. Kaptchuk: The term *placebo* is often used with at least two different meanings: a narrow sense of the effects of a dummy intervention and a broad sense of the nonspecific effects that are attributable to the patient-practitioner relationship. I wanted to be clear that the focus of this article was the broad sense.



Transitions: In what ways do you think people’s current understanding of the term *placebo* restricts a more thorough understanding of it, and the potential for beneficial results?

Dr. Kaptchuk: I think medical people use the term *placebo* in both senses. I just wanted to be precise. Both senses have important value and meaning.

Transitions: Your article suggests that research be conducted to identify person-

ality traits that tend to respond well to placebo. Do you envision traits that will include a patient’s ability to temporarily suspend belief or suggestibility, as many do when they read a good book or watch a movie? Or rather, do you anticipate we will find patients whose bodies more intimately respond to their thoughts? How would you design the research?

Dr. Kaptchuk: An examination of past research makes it seem unlikely that a placebo personality will be discovered. Shapiro and Shapiro’s *The Powerful Placebo* (Johns Hopkins University Press, 1997) certainly summarizes the literature this way. I think it is likely that all people to some extent have the ability to, in some situations, modify their experience of illness. I think personality research won’t get much. On the other hand, mechanism research using brain imaging has begun to suggest the brain may be involved in eliciting placebo responses.

Transitions: How can practitioners optimize the likelihood of favorable placebo effects during their encounters with their patients?

Dr. Kaptchuk: I think this is the art of medicine and requires all the skills that are usually not the subject of scientific inquiry. Perhaps this will change soon.

Transitions: What do you see as the next step for placebo research? Do you consider this to be an important research item?

Dr. Kaptchuk: I think this is an important venue for science. There needs to be mechanism studies and more clinical studies to understand the magnitude, duration and factors that form the placebo effect clinically.

Evidence from the Placebo Effect

Arthur P. Smith, Ph.D. is one of the few who have studied, at the doctorate level, the power of thought to heal. With over 30 years of formal and private study, he brings scholarly and scientific discipline to a field that has thus far been dominated by pop psychology and religious writers. Dr. Smith grew up as the son of two board-certified physicians in Northern Maine; however, his own interest in health care did not develop until his wife suffered a life-threatening flare of systemic lupus erythematosus, which was almost immediately followed by his own battle with cancer the next year. These hurdles underscored his long-felt need to find a coherent, scientifically based theory of mind-body medicine. His studies of the mind's power began as a philosophy major at Yale in the early 1970s. In the fall of 1989, he enrolled in a Ph.D. program at the Claremont Graduate University. His publications explain both the successes and failures of mind-body medicine, based on the philosophical models of some great twentieth-century thinkers, and mounting empirical evidence. A veteran lecturer, trainer, and published author, Dr. Smith has delivered lectures and seminars on scientific and technical subjects throughout the United States and Canada for over twenty years. For more information access website www.noetichealth.com, contact Dr. Smith at drsmith@noetichealth.com or call 949-460-0480.



Transitions: In your excellent work, *The Power of Thought to Heal: An Ontology of Personal Faith*, you describe placebo as a chemically ineffective treatment, such as a sugar pill, provided to patients who believe it works – thereby paving the way for the patient's belief itself to serve as a healing agent. How might the healthcare system best utilize placebo?

Dr. Smith: The one disease that the placebo can cure once and for all is skepticism about mind-body medicine. It is the most incontrovertible proof of Norman Cousins's claim that belief becomes biology. When I encounter hard-nosed skeptics in my seminars, the first thing I ask them is if they had any objections to drug companies abandoning their blind and double-blind studies in testing new drugs. (I have yet to encounter anyone who says they should.) I then explain that if the mind cannot affect the body, these kinds of studies should not be necessary. That approach usually gets their attention, if nothing else.

The best way to utilize the placebo is to convert the current health-care system, which is actually a disease-care system, into one that treats the whole human being and doesn't wait until the patient is physically ill before it acts. We will need to be patient here, however, because this conversion is a monumental undertaking.

Transitions: When I taught my child to ride a bicycle he began to peddle on his own quite well — that was, until he noticed my hand was no longer touching the bike. He promptly fell thereafter. In the same light, can you anticipate similar regressions when patients come to realize their treatments are placebos?

Dr. Smith: Your experience with your son points to my main argument against using the placebo itself as standard treatment, although there may be times when its use is indicated. The placebo doesn't work if the patient knows it's a placebo. But that isn't the worst of it. What I call the inherent evil in the placebos is that it necessarily involves intentional deceit: either of others, if the doctor knowingly dispenses or prescribes them; or the patient, if treating himself. There is undoubtedly some power in deceit. Just ask any crook. However, over time, it invariably undermines credibility, and that is a price no health-care system can afford to pay. I don't know whether you deliberately assured your son that you were not going to let go of the bike. If you did, and subsequently let go, and he fell and hurt himself, you might have problems in the future reassuring him that you have the situation "in hand" (pun only somewhat intended). The loss of trust is far more damaging than the skinned knee.

To show how the problem surfaces in health care, we can look at a case study from Dossey cited in my dissertation (p. 26 in the e-book), in which a man was given the drug Krebiozen as a "miracle" cancer treatment. Although the drug was soon to be completely discredited, his tumors "melted like snowballs on a hot stove" after he took it. Then the man found out that Krebiozen had been discredited, and the tumors came back. Says Dossey, "At this point his doctor, acting on a hunch, administered a placebo intravenously. The man was told that plain water was a 'new, improved' form of Krebiozen. Again, his cancer shrank away dramatically." Then the patient found out that the "new improved" Krebiozen was a hoax, and "he was dead within days." In this case the damage done by the loss of credibility appeared to be fatal to the patient.

We need to look at the deliberate use of placebos in two contexts: first, from that of the patient, who is willing to deceive himself in order to get well; and of the paternalistic doctor, who is willing to deceive the patient to heal him. Let's look at the latter first and extrapolate. Assume that physicians, having recognized the power of the placebo effect, begin prescribing sugar pills to unwitting patients. (We will set aside malpractice and other legal issues for the moment, and also assume that such a prac-

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tice has somehow been made legal.) It would not be long before the public learned that doctors were routinely prescribing placebos. (After all, you can't keep a standard medical practice secret. Somebody would blow the whistle eventually.) Because deceit is a necessary ingredient in all placebos, it would lose its power overnight. Moreover, Esther Sternberg, a prominent researcher on mind-body medicine at the National Institutes of Health, estimates that about one third of the benefit derived from actual efficacious medications comes from the placebo effect. Consequently, even the legitimate drugs would suffer a serious loss of effectiveness. I believe that this kind of deceitful paternalism by the medical profession would have catastrophic consequences. And that's just from a medical point of view. Whatever happened to the ethical value of patient autonomy?

Regarding the deliberate taking of placebos by patients, the problem is that this project is normally doomed from the start by the fact that the patient knows it's a placebo — and, of course, placebos don't work if the patient knows he's taking a placebo. Because self-deceit is such an anathema to me, I have had trouble making this one work. The only time I ever succeeded was when I made some warts disappear by “sending warm energy” to them, i.e., I imagined warm, pleasant, almost sexual sensations in the affected areas of my toes. When they came back in different places years later, the treatment didn't work. Other people with greater capacity for self-deceit may get more consistent results.

The interesting area is the gray zone, when the patient might just deliberately refrain from reading the medical journal articles debunking megavitamin therapy, homeopathy, and other such remedies. My doctor actually encouraged me to take large amounts of vitamin C at the onset of a cold or flu — in spite of the fact that he had undoubtedly read the studies that discredited claims by Linus Pauling and others to the contrary. Personally, I stopped megadosing on vitamin C; it just doesn't work for me. However, one of the major weaknesses of our health-care system mod-

eled on the repair shop is the assumption that all human bodies are alike. It may be possible, albeit impossible, to prove that vitamin C actually worked for Linus Pauling but not for me. There may be more differentiating me from Linus Pauling besides

“If you're going to dispense or prescribe placebos, do so in the same manner as porcupines mate — very carefully.”



date of birth and a couple of Nobel prizes.

Then there's chicken soup, a remedy long touted by generations of Jewish mothers as a cure for colds, but largely dismissed by the more recent generations of their doctor sons and daughters — that is, until somebody actually secured funding to do a study on it. What the researchers found out was that any hot liquid speeds recovery from a cold, but chicken soup seems to work better than anything else. *L'chaim!* Of course, I don't know of any follow-up studies on this one, nor do I know of any about the

medicinal benefits of matzo balls. But there are times when you may have to admit your mother was right.

In conclusion, I would tend to agree with William James's essay “The Will to Believe” on this one. James argued that there are circumstances in which it was intellectually permissible to believe something just because you wish that it be so. An example he used was the belief in a benevolent God. Because experience itself will never give us enough evidence one way or another, we have the right to hold such beliefs as true. We are not intellectually obligated to deny all propositions we cannot prove. So as a doctor, you can legitimately say that vitamin C does seem to help some people cure colds or flus, or, if it seems to help you, keep taking it. Don't take this one too far, however, and start eating cheesecake as a placebo treatment for heart disease!

Transitions: Can this be avoided?

Dr. Smith: The disenchantment that people experience when they find out that your treatment is a placebo comes from the loss of the doctor's credibility that happens whenever you lie to someone. If you're going to dispense or prescribe placebos, do so in the same manner as porcupines mate — *very* carefully. And, I also might add, very rarely. Don't get caught in a lie.

Transitions: Researches have taken great pains to combat problems associated with blind and even double-blind studies. For example, it was discovered that single-blind studies were skewed when the beliefs of the experimenters contaminated them, since a doctor's enthusiastic endorsement of a cure was contagious. The patient who adopted the doctor's enthusiasm for a treatment triggered his/her own placebo effect. Why is it that researchers who were so quick to recognize placebo's affects, were so eager to ignore them and construct studies designed to effectively eliminate them?

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Dr. Smith: I'm not sure I understand your question here. Constructing studies designed to eliminate the placebo's effects is not ignoring them. On the contrary, it is recognizing and dealing with them appropriately, according to the scientific method.

What I think you are getting at is why they didn't recognize the *implications* of the placebo effect. A simple answer to this question is that people ordinarily find it hard to see what they're not looking for. Pathologists had been cursing the mold that was spoiling their bacterial cultures for years, but it took a visionary like Alexander Fleming to speculate that the same substance might also kill bacteria inside the body. Likewise, I'm sure that many neurologists had seen receptors for neurotransmitters on the spleen before David Felten saw them and asked what might be their purpose.

If you remember that philosophical materialism was accepted almost as dogma in academia for most of the twentieth century, you can understand why nobody would draw any broad inferences from placebo effect. If you don't ultimately believe that the mind can be a cause, then the placebo effect is just an anomaly, a peculiar quirk of nature. Because it is impossible even in theory to explain in materialist terms, nobody saw any point in investigating it.

Transitions: You cite Norman Cousins' dramatic demonstration of the placebo effect that occurred during a high school football game in Monterey Park, California. As described, four persons had to leave their seats during the game because of severe nausea and dizziness. School officials concluded that the ill people consumed soft drinks made from tainted water. The cheerleaders made a public announcement warning people not to consume the soft drinks, and immediately, people began to faint and retch. One hundred and ninety-one persons were hospitalized and hospital emergency-room physicians reported that the symptoms of food poisoning were genuine. Laboratory analysis subsequently

showed there was nothing wrong with the water. This fact no doubt figured in the subsequent and sudden improvement of all those who had become ill during the game. Are we all currently suffering from suggested diseases? To what extent?

Dr. Smith: What you are talking about here is what Dr. John Sarno, Professor of Clinical Rehabilitation Medicine at NYU and long-time advocate of mind-body medicine in

“...people ordinarily find it hard to see what they're not looking for.”



treating back pain, calls the “nocebo effect,” i.e., the thoughts and beliefs that work on the same principle as the placebo effect, but which cause disease or other harm. Sarno claims that many of the costly, painful, surgical operations performed to cure back pain are both ineffective and unnecessary, because even severe back pain can have psychogenic causes.

Knowing what we do now about the stress response, any false beliefs that contribute to unnecessary chronic stress in our lives can be nocebos. I can't prove it, but I would almost

be willing to bet that words and thoughts spread colds and flus just as much as sneezes do. As we continue to learn more about the intricate and intimate relationship between the immune, nervous, and endocrine systems, I believe we will find more and more links between immune activity — or inactivity — and the nervous system. A widely accepted theory of cancer, the surveillance theory, holds that the body creates malignant cells all the time. Cancer occurs when the normal immune activity that destroys these cells is somehow interrupted or incapacitated. The same could hold true for viruses, or at least some viruses.

Transitions: In the portion of your work that discusses placebo effect, you argue that thoughts do in fact heal. That is, that some kinds of thoughts, namely the belief in the efficacy of a cure, can and does heal. Will we ever arrive at a point whereby disease may be reasonably blamed on counter-productive thinking?

Dr. Smith: I think we already have. The problem is that nocebo effect described above is not likely to stem from a single belief, but whole belief systems, particularly those that comprise what psychologist Claude Steiner called a life script. These negative beliefs, adopted by people in childhood to cope with varying degrees of childhood trauma, underlie (usually subconsciously) our entire cognitive-behavioral structure. Norman Cousins said, “Belief becomes biology.” Caroline Myss more accurately says, “Biography becomes biology.” Deepak Chopra also agrees implicitly, in saying that the psychogenic pathogens are primarily memories.

Transitions: You write that placebos tend to work best under social conditions as summarized in Michael Murphy's book *The Future of the Body*. Such conditions include the physician's interest in the patient, the patient's interest in the physician's treatment, the treatment's reputed success, and relatively large patient groups. Can you anticipate a “science of placebo therapy” wherein patients

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will be screened for appropriate placebos, and where a variety of placebos may be offered them that attempt to meet optimal social conditions, such as those alluded to above?

Dr. Smith: In a way, yes, but mostly no. The best way to get a placebo to work is to convince the patient that it is otherwise efficacious. The best way to do that is to have a solid body of evidence to back up the claim; in other words, proof that it isn't a placebo to begin with. You might conceivably spin a convincing fable about a placebo, as the doctor did with Krebiozen in the case I mentioned earlier. But the whole plot unraveled when the patient discovered the truth. Lies may work in the short run, but over time the price, in terms of lost credibility, is way too high.

Don't forget that about a third of the healing power of real cures is the placebo effect, which is definitely significant. As I see it, the best way to employ "placebo effect therapy" is to do whatever you can to inspire patient confidence in therapies that actually work.

Transitions: Psychoneuroimmunology is the emerging science that takes into account the interaction between the nervous, endocrine, and immune systems. What are its strengths and blind spots?

Dr. Smith: Its strengths are in the possibilities for therapies of all kinds that will almost certainly emerge as a result of it, including conventional surgical procedures and pharmacology. But like the placebo effect, its demonstration of a link between disease and the brain opens up a whole new paradigm for health care, one in which the patients assume much greater responsibility for health and health-care practitioners of all sorts work collaboratively with each other to help the patient.

Today, our health-care system uses the repair shop as its model. Take your car to a mechanic, your TV to an electronics technician, and your body to a doctor. The object of the game is to turn around as many units (people) in as short

a time as possible. Spend only the time with the patient that is necessary to diagnose the physical condition. If it takes over five minutes, the doctor is presumed to be wasting time. Everyone is assumed to have standard parts, and we are all basically the same. The "adult dose" of a drug is the same whether you are a 275-pound linebacker or a retired, 80-year-old, 97-pound great-grandmother.

"...the health-care practitioner will have to learn to behave more like a gardener, who is accustomed to dealing with living things, than a mechanic."



The connection between the brain and health will eventually force the system to deal with the mind, and the great variations among human beings that this entails. Providing health care will involve diagnosing the whole person. I'm not saying that the repair shop model is going to be replaced by that of the group-therapy session or of religious practice. However, the health-care practitioner will have to learn to behave more like a gardener,

who is accustomed to dealing with living things, than a mechanic. This may take visits of longer than five minutes. To optimize patient outcomes, they will have to take the time to get to know the patient a little better as well as work collaboratively with psychotherapists and maybe even the clergy.

On the downside, I see the system failing to grasp immediately the radical changes that this new science implies. I recently attended a symposium put on by the Mind-body Medical Institute (MBMI) of the Harvard Medical School. Although the attendees were a diverse mixture of physicians, nurses, psychotherapists and clergy, I was the only philosopher there. Many of the participants were far more off the deep end than I philosophically, talking about *energy medicine*, whatever that is. However, the presenters were pretty much all hard-nosed, reductionist scientists. For them, the link between the brain and the body was the end of the story. Psychoneuroimmunology is really nothing more than neuroimmunology, as the psyche is seen as identical to the brain. Nobody seemed interested in the equally important link between the mind and the brain.

This is not to say that there is no hope here. During one of the breaks, I asked Dr. Herbert Benson, discoverer of the relaxation response and director of the MBMI, if there was a place for philosophical discussion in all this. He agreed that the philosophical question of mind-brain identity is an important one, even in health care. If the mind and brain really are identical, as the philosophical materialist would claim, then the best way to use psychoneuroimmunology is to develop better drugs, surgery, or some other form of physio-chemical manipulation; i.e., apply the repair-shop model to it. On the other hand, if the mind is a real entity that is not identical to the brain, but can causally affect it, then maybe the best tool to micromanage the brain is the mind. As the John Nash character in the film *A Beautiful Mind* said, with respect to managing schizophrenia, controlling the mind may be simply a matter of "not indulging certain appetites." The simple exercise of free will, which is absent in the materialist model, may

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be the most powerful therapy ever developed.

However, for this to happen, the philosophers and the health-care scientists will have to begin talking with each other. Health-care scientists will have to become aware that many of the assumptions that underlie their practice are really philosophical and not scientific in the sense of having been proven by controlled studies and experiments. Philosophers will have to come down from their ivory tower and begin turning their attention to real problems of real people, instead of writing analytical papers intended primarily for each other. I myself am working to bridge this gap, but there are times when I feel like the Lone Ranger.

Transitions: Your work described Psychoneuroimmunology's early beginnings. You discussed how Dr. David Felten's discovery of nerve fibers in the spleen established a mental/neural component to immune function, and to overall health. Taking into account this direct link between the system that thinks and the one that heals, are we properly benefiting from this discovered link?

Dr. Smith: In one sense, yes. Felten and other researchers haven't stopped working. I am fortunate enough to have personally conversed with Felten, as he is now teaching at the University of California at Irvine's medical school, which is about fifteen miles from my home. He is doing some great follow-up work. For example, as we speak his group is conducting a study comparing the various mind-body therapies in reversing heart disease. So far, he tells me Norman Cousins's laughter therapy is the front runner. Felten and others, such as George Stafano at Duke University, Esther Sternberg at the National Institutes of Health, and several people at Harvard's MBMI, including Herbert Benson, are getting right down to the molecular biological level in their research in this field. For example, they have discovered that nitric oxide (*not* nitrous oxide, or laughing gas) plays a pivotal role in the nervous system's regulation of immune responses. Others such as Harvard's Ari Goldberger are integrating

Chaos Theory into the picture, something I myself intend to do in my upcoming paper on psychokinesis in the brain.

However, in another sense the answer is no. Our modern health-care system is so vast and bureaucratic, and the repair shop model is so entrenched, that the political, economic, and organizational changes involved in capitalizing on these new discoveries will be painfully slow. Let's face it, there's nowhere near as much money to be made in mind-body medicine as there is in physical medicine. Much of it is preventive, which

"People's emotional states are governed by what is going on in their lives, and yet common sense, along with the research, tells us that our emotions affect what happens in our lives."

will never have the urgency of treating an existing illness. Also, health-care practitioners, who feel totally responsible for the outcome, are understandably reluctant to give up the necessary control of the process to the patient, especially when the patients themselves resist taking on the newfound responsibilities for their own health. The model of the health-care practitioner as the repair technician will have to give way to the health-care practitioner as teacher and coach. This is monumental retraining job, to say the least. I plan to remain employed as a teacher in the field for the rest of my natural life, which, with luck, will span over 30 years. The job may or may not be done even by then.

Transitions: Medical science, through its field of Psychoneuroimmunology, has shown us that the nervous system (and brain) can be an agent in the maintenance and recovery of health. It fails, however, to bridge the gap that continues to exist

between brain activities, on the one hand, and thoughts and emotions, on the other. That is, it appears some aspect of our thinking has led us to a state of ill health, even though we may consciously believe we want to be healthy. In our effort to regain health, are we not simply seeking to trade in a negative, unconscious placebo for a positive, conscious one?

Dr. Smith: Yes, but I wish it were that simple. There doesn't seem to be any one-to-one correspondence between a specific nocebo belief and a specific disease, as is the case of the placebo effect. The thoughts and beliefs that cause disease are those which are deeply engrained in our character. Weeding them out is like uprooting well-established dandelions. You chop the top off, and then they come back. Then you dig a little, get down to the root, and they still come back. To get rid of them entirely, you have to dig a hole two feet wide and a foot and a half deep. As Dean Ornish says in his book on reversing heart disease, using the mind to regain health often entails a total transformation of the soul, similar to that of the alcoholic or addict in a 12-step program.

Transitions: Norman Cousins's book *Head First* discusses the important role that emotions play in people's health:

A biology of the emotions is coming into view. For example, discoveries have been made that both the neuroendocrine and immune systems can produce identical substances (peptide hormones, or neuropeptides) that influence both neuroendocrine and immune activity. The two systems also share the same array of receptors with which these substances can interact and transmit their messages.

He goes on to say:

The immune system is a mirror to life, responding to its joy and anguish, its exuberance and boredom, its laughter and tears, its excitement and depression, its

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problems and prospects.... Indeed, the connection between what we think and how we feel is perhaps the most dramatic documentation of the fact that mind and body are not separate entities but part of a fully integrated system.

It appears that the body/emotion relationship describes a “chicken-or-the-egg” scenario. For example, people’s emotional states are governed by their state of health, and yet, research appears to say that health is largely a function of one’s emotions. Your comments?

Dr. Smith: You have touched on what is for me the most fascinating question in all human existence. The same can be said about life itself. People’s emotional states are governed by what is going on in their lives, and yet common sense, along with the research, tells us that our emotions affect what happens in our lives. A good place to watch the dynamics of this process is in the “momentum” in a sporting event. A team can be in a serious slump, with little hope of winning, when a good play or lucky break, such as a double-play, a fumble recovered, or a pass intercepted, breathes new life into a disheartened team and carries them on to victory. Similarly, the failure to make a touchdown from the two-yard line followed by a missed field goal can take the life out of a team and seal its fate. What had seemed impossible only a few moments earlier starts to happen with lightning rapidity.

The death of a loved one not properly mourned, for example, can send a person into a downward spiral of drinking, irresponsibility, financial problems, health problems, and possibly even death. Or, the person might reach a point of despair beyond what he can tolerate and bring himself to that long-dreaded AA meeting. There he discloses his despair and confesses his weaknesses that led up to it. After that, he makes a commitment to trust the Void, the Great Unseen Higher Power, to give him the strength to turn his life around. As if by magic, he finds that strength within

himself, and becomes a better man than he ever could have been before the tragic events that initiated his downward spiral. And it doesn’t always take that long.

Among the recent discoveries in mind-body medicine is that religious faith and practice really do promote health. Whether you believe in God or not, the ability to have faith in the Unseen offers a source of inspiration that can never be taken away from you. You can always draw strength from it regardless of what you have experienced precisely because it is a faith commitment that is not based on experience. It is an unconditional source of strength precisely because it is Unknown. Tapping into it

“The real value of the placebo effect is that it will eventually force a paradigm shift in modern medicine.”

can turn the downward spiral into an upward one, and before you know it, you have rediscovered your soul. You may, and probably will, lose faith again, but you can always return to it.

Transitions: Your work discusses scientific investigations into brain functions, and how their results suggest the brain actually functions as a gland, secreting, combining, and regulating the levels of chemicals, such as endorphins and enkephalins, that serve not only to control pain but also to regulate the immune system and tumor growth. This view appears consistent with Candace Pert’s *Molecules of Emotion* approach to disease. Where do we go from here?

Dr. Smith: Towards what is now called a “holistic” model of health care, in which the role of thoughts, beliefs, and emotions are taken into consideration along with

physical conditions in defining health and disease. Eventually, I believe it will in turn lead to considering the individual’s relationships with other people, the outside world, and even the Eternal.

Transitions: In the end, one cannot help feeling there is an element of artifice in placebos. Discovery of the artifice makes the placebo less effective. How will health care take the necessary leap whereby it abandons techniques associated with unwitting placebo healing and, instead, taps into powerful psychosomatic healing systems revealed to us by placebo?

Dr. Smith: The real value of the placebo effect is that it will eventually force a paradigm shift in modern medicine. The “leap” you are talking about is the willingness to admit that mechanistic medicine is not the only answer. Along with other discoveries, such as psychoneuroimmunology, it will force the system to recognize the patient as an organism, not a machine, and very likely find ways to deal with diseases that are “incurable” by mechanistic methods. As of now, the therapies of mind-body medicine are in their infancy, and, compared to “modern” conventional medicine, relatively primitive. Like the viewers of TV mini-series, we’ll just have to stay tuned to see what happens in the next episode.

A “Breakup” Leads to “Breakdown” in Health

Dr. Sam Graceffo, M.D., writes of various studies indicating how married individuals tend to have better physical and mental health than do their single peers. (The same holds true for cohabiting couples.) Both groups in the studies experienced better health than the single people, and also shared dramatic loss in health when the relationships ended. Researchers theorize why married and cohabiting couples enjoy better health than singles, and why the health of people who experience the termination of a relationship is negatively impacted. Perhaps it’s as simple as, “Healthy people can more easily form relationships.” Other experts theorize about a phenomenon they term the “marriage protections hypothesis”: wedded and live-in couples improve

their health by providing each other with social, monetary and health support. This pooling of resources and mutual care helps to maintain good health. On the flip side, however, when all those advantages are lost due to a breakup, stress and declining health follow.



Psychological Interventions Prove Useful in Asthma Treatment

In yet another example where the mind plays an important role in the healing process, the June issue of the *Journal of Consulting and Psychology* reports findings that asthma morbidity can be reduced by combining conventional medicine with psychological techniques such as biofeedback, stress management, and hypnosis.



According to the article authors, previous studies demonstrated that asthma can be triggered not only by irritants, allergens, exercise and infection, but also by stress, anxiety, sorrow, conditional stimuli (e.g., odors and images). Even behavioral factors such as exposure to asthma, can trigger asthma symptoms. In addition, certain psychiatric conditions, including panic disorder and depression, are more com-

mon among asthma sufferers. Science lacks a complete understanding of this relationship. The special June issue of the *Journal of Consulting and Psychology* is dedicated entirely to behavioral medicine and includes topics such as smoking cessation, obesity, diabetes and chronic pain, among others.

The Hypothalamus: Where Mind Meets Body

Vladimir M. Dillman’s book *The Neuroendocrine Theory of Aging and Degenerative Disease* helps to explain the close connection between the mind and body, particularly where disease is concerned. Dillman describes the mechanisms of aging and age-associated degenerative diseases in light of the hypothalamus’s sensitivity to feedback signals. For proper health, it is critical that the hypothalamic feedback system remain relatively stable. When homeostatic systems falter, the result is inevitably the onset of disease.

External factors can cause increase hypothalamic resistance to important feedback signals and thereby accelerate aging and age-related diseases. Such external factors include stress, overeating, inadequate physical activity, and toxic chemicals and carcinogens. Since stress has a decidedly emotional component, a clear connection reveals itself between the mind’s emo-

tions and physical health. In fact, during periods of stress, the body shifts its energy production from the utilization of glucose to the freeing of fatty acids. Over time, the body adapts to stress conditions and adopts an overall stressed response to life itself. More specifically, the pituitary gland’s activity is controlled by signals generated by variations in the body’s hormone levels. This is where the activity of the entire endocrine system is integrated and adjustments to it are made. Hypothalamic hormones generally depend upon information from the autonomic nervous system, including the pineal gland, the organs of sense, and the central nervous system. These hormones impact such things as appetite, body temperature, water balance, blood pressure, heart rate, sleep and – of particular relevance – emotional behavior. Hence a self-reflecting feedback loop is created whereby mind, affecting body, affects mind.

Is Your Skin Revealing Your Thoughts?

Recent studies show a close connection between one's thoughts and the tone of one's skin. According to the research of Christos C. Zouboulis, M.D., of the Free University of Berlin, Germany, and as published in the May 14 issue of the journal *Proceedings of the National Academy of Sciences*, stress hormones cause the skin's oil glands to increase oil production. This is the first time a clear connection has been scientifically demonstrated linking the thoughts on one's mind to skin tone. Oil glands comprise part of a major system through which the brain sends signals to the body in response to stress. Hormones are then produced that rev up the skin's oil glands. The triggered stress system may also lead to hair loss, skin aging, and other skin problems. While enterprising entrepreneurs have suggested the development of a skin lotion that blocks the stress hormone, perhaps identification of the stress's original cause, as well as the mind's deleterious response to it, might prove more fruitful in the long run.

Mind's Stress and Its Dire Bodily Effects

Research conducted by David Sheps, as reported in June's *Integrative Medicine Consult*, reveals a disturbing link between mental stress and poor outcomes experienced by patients with coronary artery disease. The study documents, for the first time, that the presence of mental stress-induced ischemia is predictive of subsequent death. While prior epidemiologic studies had shown an association between stress and adverse cardiac events, and while chronic mental stress such as hostility, depression and low social support were known to heighten rates of coronary artery disease, Sheps' investigations revealed stress-induced, ischemic responses in 40 to 70 percent of these patients.

NCCAM Launches Redesigned Web Site

The National Center for Complementary and Alternative Medicine (NCCAM) announced the launching of its redesigned Web site, nccam.nih.gov, which houses an array of information on complementary and alternative medicine (CAM) practices and research. In addition to the site's new architecture that eases navigation and access to information, the new design offers fresh content and links as well. Aware that the public has expressed growing interest in the field of CAM, the Center is currently making every effort to ensure that consumers and professionals can easily find up-to-date CAM information. NCCAM's Web designers were faced with a hard act to follow: the Center's former Web site had been nationally recognized, and was named by *Yahoo! Internet Life* magazine as one of the "Top 100 Web Sites" in 2001 and in 2002. It was also recognized as having the "Best Alternative Medical Information."

Nevertheless, business on the new Internet site has been brisk. In the first four months of 2002, NCCAM's Web site logged over 419,000 user sessions.

"As the lead Federal agency for complementary and alternative medicine (CAM) research, an integral part of our mission is to disseminate authoritative information to the public and professionals," said Stephen E. Straus, M.D., NCCAM Director. "The Internet is critical to our efforts, and having an effective, easy-to-use Web site is one way to ensure that people with Internet access have accurate and credible CAM information."

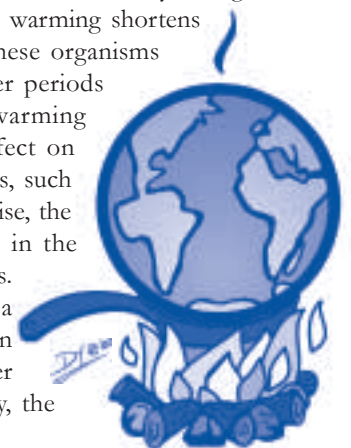
The content of the NCCAM site was reorganized to help users find information more intuitively. Not only is the site's information better organized, but in addition, the site sports a contemporary look that emphasizes the strong connection between science, nature and CAM's innovative health-care approach.

Global Warming Could Make You Sick

Researchers are now blaming changing weather patterns for a rise in infectious disease outbreaks among plants and animals across the globe. Humans are the next victims, they say. The results of a two-year study appear in the June 21 issue of the journal *Science*. "Climate change is disrupting natural ecosystems in a way that is making life easier for infectious diseases," says study author Andrew Dobson, D.Phil., an epidemiologist at Princeton University. "The accumulation of evidence has us extremely worried. We share diseases with some of these species. The risk for humans is going up."

The study authors analyzed ways that changes in temperature or climate could influence disease epidemics among plants and animals on land and in the oceans and what that may ultimately mean for humans. As the temperatures rise, disease-carrying bacteria, viruses, and fungi may spread to new areas and have potentially dangerous effects on the native ecosystems, wildlife, and even

humans. Cold winter months normally act as a safeguard against the growth of dangerous viruses and bacteria by killing them off each season. However, as global warming shortens winters and extends summers, these organisms can grow unrestrained for longer periods of time. Dobson says global warming may have the most dramatic effect on diseases that are spread by insects, such as malaria. As the temperatures rise, the insects that carry these diseases in the tropics spread across larger areas. Although tropical regions have a greater variety of species that can keep these insects in check, other regions do not, and consequently, the diseases spread more easily.



Unity Day/Reunion Weekend 2002

Think Fast Trivia Game

The Unity Day theme this year was “Friday Movie Matinee.” Emblemed T-shirts were sold that displayed a cinematic graphic. Signs were posted that appeared as marquees. Cardboard cutouts of movie popcorn hung from tent poles. This year’s trivia contest included a number of questions relating to movie trivia. Fourteen teams, each consisting of six contestants, assembled in the “Main Theater” tent to test their movie trivia skills. Questions displayed on a screen called for answers in a multiple-choice format. Students, faculty and alumni joined forces, keying their answers onto remote-control devices. Speed was essential: teams who answered questions correctly in the shortest amount of time were rewarded. After 20 questions, the top four teams sent representatives to compete in the semi-final round.

Participant Mark Grisko, a 7th trimester intern, was encouraged playing the *Think Fast* trivia game. He said, “I really believe we can win this. I mean, look around us! If we can’t beat these guys... we’ll probably take this whole thing.” Ultimately, Mark’s prediction didn’t carry the day. Even the College’s President, Dr. Frank Nicchi, had a taste of battle as he volunteered to represent a team expressing hesitance to assume the stage.

The winners of the *Think Fast* trivia game were the “Sith Lords.” Its members included Dr. John DeCicco, Dr. Lillian Ford, and students Fuad Amer, B.J. Wentzel, Tricia Nolan and Kelly Dwyer. The Sith Lords received a \$200 cash prize and “Emmies” trophies. Good sport Jessica Levy thought the competition was “fun,” but was convinced her semifinal round representative Allison Wolak fell victim to a faulty buzzer. Better luck next year, Jessica and Allison!



“Think Fast” trivia game winners: (Front Row) Samantha Lizzio; (Middle Row) third-trimester students B.J. Wentzel, Kelly Dwyer, Tricia Nolan and Fuad Amer; (Back Row) Mike Ingelmeyer, gameshow co-host, Dr. John DeCicco, '82, Dr. Lillian Ford, '85, and Mike, gameshow co-host.

Mix ‘n Match Reception

Unity Day culminated with a student/alumni Mix ‘n Match reception at the Holiday Inn in Waterloo. Students in attendance had an opportunity to visit with practicing chiropractors. Dr. Nicchi and NYCC Chancellor Dr. Kenneth Padgett shared stories with old friends. Attending students found alumni to be great sources of information. Alumni fielded the many questions students and colleagues posed them, relating their varied experiences. They also contributed through the purchase of 50/50 raffle tickets in



(Left to Right) Adam Palmer, D.C., '97, Lonnie Gross, D.C., '90, NYCC Trustee Serge Nerli, D.C., '83, and Gregory Gordon, 3rd trimester..

support of upcoming Chiro Games events.

Students came away from the reception with a much better understanding about the practice of chiropractic. A common thread uniting the alumni at the Mix ‘n Match reception was a strong desire to help students and to provide them with a better understanding of chiropractic’s business and practical aspects. Students were grateful.

Alumni & Friends Golf ‘n Gab

At the break of a calm, cool Saturday morning, seven teams consisting of NYCC students and alumni assembled on the grounds of Silver Creek Golf Course in Waterloo, to play golf and socialize. Competitors were greeted by volunteers Greg Angermyer and Fran Hudec, who presented participants with bags containing an NYCC cap, golf towel and sleeve of balls as well as golf tees and donuts. What better way to spend a Saturday morning?

The competition was keen: 18 holes of par 3, 4 and 5 awarded prizes for closest ball off the tee and the longest drive to land on the fairway. Alumni Bill Dolengo '96 and John LaMonica '85 earned these prizes, respectively. After nine holes of golf, most teams took a break at the snack hut, where hamburgers, hot dogs and refreshments were served. Once energized, the teams finished the remaining nine holes.

Team scores ranged from an impressive seven under par to a well-intended nine over par. Ultimately, first place went to alumnus Bill Dolengo and to his student teammates Paul Winters, Stephen Redmond, and Kevin Deonaire. Second place went to NYCC faculty member Lilian Ford and to her teammates Tom Ventimiglia (alumnus) and students Michael Grano and Dan Godbout.

Unity Day/Reunion Weekend 2002

Panel Discussion - Starting Your Own Practice, Making Informed Choices

Midday events for alumni weekend were plentiful, each proving itself valuable to students, faculty and alumni alike. This year's panel discussion, moderated by Dr. Frank Minissale '96 (NY), featured Drs. Richard Pashayan '82 (NY), Marissa Wallie '00 (MD), Yusef Barnes '97 (NC), Lonnie Gross '90 (NY and NJ), Joanne Cancro '96 (MA)

Hailey found the panel discussion to be a valuable experience. A native of Virginia, Andrea was able to sort out the pluses and minuses relating to working as an associate in a chiropractic office. Fourth-trimester student Rob Inesta also enjoyed the panel discussion. He discovered that many of the panelists successfully started their own practice without first associating with another D.C.. This was especially encouraging for Rob, who desires to follow suit. *Transitions* student writer Alana Starr, 5th trimester, benefited from advice relating to establishing a practice.



(L to R) Drs. Rosemarie Bou '93, Genetta Greer-Mitchell '92, Anthony Siano '92 and ninth-trimester student Jennifer Bou.



(L to R) Drs. Richard Pashayan, Marissa Wallie, Yusef Barnes, Lonnie Gross, Joanne Cancro and Rosemarie Bou.

and Rosemarie Bou '93 (NY). Panelists entertained questions posed by both the audience and the moderator. Students in attendance voiced their concerns about school loans and practice success. Panelists encouraged the students, explaining that financial viability reaches its fullest potential once caring for the patient becomes the top priority. A discussion about practice marketing revealed that the panelists were approaching the subject similarly. Clearly, internal and external marketing strategies play significant roles in developing and maintaining a successful practice. Getting your face known in the community and familiarizing people with your capabilities has proven to be more effective than Yellow Page ads in promoting one's practice, according to the panelists.

Other aspects of private practice were discussed and many helpful hints surfaced. Fifth-trimester student Andrea

Dance. As hors d'oeuvres were served prior to the dinner attendees, had yet another opportunity to visit with one another. After two days of fun, professional chats and interactions, the Dinner Dance effectively broke any remaining ice.

As the filet mignon and grilled chicken were served, Drs. Nicchi and Lizzio took the podium and formally recognized the attendees. Diane Zink and Diane Dixon were applauded for their efforts in organizing the event. Subsequently, alumni were identified and awarded a lapel pin in appreciation for their support of NYCC.

As chocolate mousse was served, winners of the two drawings were announced. NYCC faculty member Dr. Catherine Bruckner won the Elite adjusting table. Dr. Padgett drew Dr. Lucia Colletti's ('94) winning ticket for the 50/50 raffle in support of the upcoming Chiro Games. She instantly donated the

Alumni Recognition Dinner Dance

Reunion Weekend concluded with the Alumni Recognition Dinner

\$160 winnings back to the Chiro Games. Once the dinner, recognitions and awards were concluded, the DJ stepped up the tempo and several eager guests took to the dance floor.

Dance. As hors d'oeuvres were served prior to the dinner attendees, had yet another opportunity to visit with one another. After two days of fun, professional chats and interactions, the Dinner Dance effectively broke any remaining ice.



(Front Row) NYCC Trustee Serge Nerli, D.C., '83. (Back Row) Mrs. Carol Nicchi, NYCC President Frank J. Nicchi, D.C., '78, Michelle Lester, D.C., '91, John Spano, D.C., J.D., '88, Mrs. Linda Ventimiglia, Thomas Ventimiglia, D.C., '80, Frank Lizzio, D.C., '80, and Lillian Ford, D.C., '85.

September 2002 - December 2002 Seminars

September 7-8, *Acupuncture Orthopedics*, 1 weekend; 12.5 hours; Course Coordinator: John Amaro, D.C.; Location: Des Moines, IA; Chairperson: Int'l Academy of Med Acup; Contact: IAMA, 800-327-1113.

September 7-8, *Electrodiagnosis Certification Program, Session 1*; 15 hours; Course Coordinator: J. Donald Dishman, D.C.; Location: Seneca Falls, NY; Chairperson: NDX Consultants; Contact: J. Donald Dishman, D.C., M.S.C, 315-224-1626.

September 7-8, *Chiropractic, Pediatrics & Pregnancy* 1 weekend; 12 hours; Course Coordinator: Lora Tanis, D.C.; Location: Columbus, OH; Chairperson: ICA Council on Chiro Peds; Contact: Molly Rangnath, 703-528-5000.

September 14-15, *2002 Risk Management Seminar Series*, 1 weekend; 12 hours; Course Coordinator: Anna Allen, RN; Location: Del Mar, CA; Chairperson: NCMIC; Contact: NCMIC, 800-247-8043.

September 14, *Nutrition A to Z - Support for the Subluxation*, 1 day; 6 hours; Course Coordinator: Tyran Mincey, D.C.; Location: Pittsburgh, PA; Chairperson: Nutri West; Contact: Nicole Mincey, 973-744-1155.

September 14-15, *Activator Methods Chiropractic Technique*, Sessions 1, 2 or 3; 12 hours ea; Course Coordinator: Antonette Stowell; Location: Boston, MA; Chairperson: Activator Methods Int'l, Ltd.; Contact: Activator Methods, 800-598-0224.

September 14-15, *Applied Kinesiology - 100 hr program*, Session 2; 12 hours; Course Coordinator: Paul Sprieser, D.C.; Location: Parsippany, NJ; Chairperson: Applied Kinesiology Study Institute; Contact: Paul Sprieser, D.C., 973-334-6053.

September 14-15, *Clinical/Medical Acupuncture Fellowship & Diplomate*, Session 4; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Orlando, FL; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

September 14-15, *EMG Certificate and Electrodiagnosis*, Session 1 of 11; Must start at 1 and take all 11 sessions; 12 hours ea; Course Coordinator: Roger M. Nelson, PT, PhD, FAPTA; Location: King of Prussia, PA; Chairperson: Ex Clin Benchmarks; Contact: Roger M. Nelson, PT, PhD, FAPTA, 800-814-8712.

September 14-15, *Whiplash Case Management*, on 1 weekend; 12 hours; Course Coordinator: Guy Annunziata, D.C.; Location: Kansas City, MO; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 843-342-7777.

September 14-15, *Acupuncture Orthopedics*, 1 weekend; 12.5 hours;

Course Coordinator: John Amaro, D.C.; Location: Boise, ID; Chairperson: Int'l Academy of Med Acup; Contact: IAMA, 800-327-1113.

September 15, *HIPAA Compliance Solutions*, 1 day; 5 hours; Course Coordinator: Guy Annunziata, D.C.; Location: Chicago, IL; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 843-342-7777.

September 20-22, *NYSCA 2002 Convention*, 3 days; 42.5 hours; Course Coordinator: Lloyd Kuperferman, D.C.; Location: Saratoga Springs, NY; Chairperson: NYSCA; Contact: Rose Hunsberger, 518-785-6346.

September 21-22, *Clinical/Medical Acupuncture Fellowship & Diplomate*, Session 1; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Dallas, TX; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

September 21-22, *Enhancing Golf Performance*, 1 weekend; 12 hours; Course Coordinator: Raymond Trotter, D.C.; Location: Hilton Head, SC; Chairperson: Back to Basics Golf Academy; Contact: Ray Trotter, D.C., 603-279-6348.

September 21-22, *NYSCA Certified Insurance Consultant's Program*, Session 1; 12 hours; Course Coordinator: NYSCA; Location: Saratoga Springs, NY; Chairperson: NYSCA; Contact: Rose Hunsberger, 518-785-6346.

September 21, *Applied Kinesiology in Clinical Practice Certification Program*, Session 1; 12.5 hours; Course Coordinator: Eugene Charles, D.C.; Location: New York City, NY; Chairperson: Charles Seminars, Inc.; Contact: Lisa, 800-351-5450.

September 21-22, *Diplomate in Neurology*, Session 1; 15 hours; Course Coordinator: Joseph Ferezy, D.C.; Location: Levittown, NY; Chairperson: NYCC/Event Mgmt Services; Contact: Rosemarie Burrafato, 800-434-3955.

September 22, *Muscle Testing Seminar; 1 day*; 4 hours; Course Coordinator: Eugene Charles, D.C.; Location: New York City, NY; Chairperson: Charles Seminars, Inc.; Contact: Lisa, 800-351-5450.

September 26-28, *Active Release Technique - LE*, 3 days; 26 hours; Course Coordinator: P. Michael Leahy, D.C.; Location: Toronto, On; Chairperson: Champion Health; Contact: A.R.T., 888-396-2727.

September 28-29, *Graston Technique, Session 1 & 2*; 12 hours ea; Course Coordinator: Richard Vincent, D.C.; Location: Newark, NJ; Chairperson: Graston Technique; Contact: Carla Vincent, 866-926-2828.

September 2002 - December 2002 Seminars

September 28, *Risk Management / HIV Seminar, Emphasis on FL Rules and Regs* -1 day; 8 hours; Course Coordinator: Anna Allen, RN; Location: East Elmhurst, NY; Chairperson: NCMIC; Contact: NCMIC, 800-247-8043.

October 5-6, *Clinical/Medical Acupuncture Fellowship & Diplomate*, Session 5; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Orlando, FL; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

October 5-6, *Applied Kinesiology - Structure Your Success*, 1 weekend; 12 hours; Course Coordinator: George Goodheart, D.C.; Location: Detroit, MI; Chairperson: Goodheart Seminars; Contact: Joanne Goodheart, 313-882-4868.

October 5-6, *Graston Technique*, Session 2; 12 hours; Course Coordinator: Richard Vincent, D.C.; Location: Seattle, WA; Chairperson: Graston Technique; Contact: Carla Vincent, 866-926-2828.

October 5-6, *Activator Methods Chiropractic Technique*, Sessions 1, 2 & 3; 12 hours ea; Course Coordinator: Antonette Stowell; Location: Rochester, NY; Chairperson: Activator Methods Int'l, Ltd.; Contact: Activator Methods, 800-598-0224.

October 5-6, *Graston Technique*, Session 1; 12 hours; Course Coordinator: Richard Vincent, D.C.; Location: Orlando, FL; Chairperson: Graston Technique; Contact: Carla Vincent, 866-926-2828.

October 5, *Applied Kinesiology in Clinical Practice Certification Program*, Session 2; 12.5 hours; Course Coordinator: Eugene Charles, D.C.; Location: New York City, NY; Chairperson: Charles Seminars, Inc.; Contact: Lisa, 800-351-5450.

October 5-6, *Documentation, Record Keeping*, 1 weekend; 12 hours; Course Coordinator: Vincent Loia, D.C.; Location: A Video Teleconferenced Seminar Broadcast from Syracuse, NY to Depew, NY and Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

October 11-12, *Electrodiagnosis Certification Program*, Session 2; 15 hours; Course Coordinator: J. Donald Dishman, D.C.; Location: Seneca Falls, NY; Chairperson: NDX Consultants; Contact: J. Donald Dishman, D.C., M.S.C, 315-224-1626.

October 12-13, *Clinical/Medical Acupuncture Fellowship & Diplomate*, Session 2; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Dallas, TX; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

October 12, *Applied Kinesiology in Clinical Practice Certification*

Program, Session 1; 12.5 hours; Course Coordinator: Eugene Charles, D.C.; Location: Seneca Falls, NY; Chairperson: Charles Seminars, Inc.; Contact: Lisa, 800-351-5450.

October 12-13, *Acupuncture Orthopedics*, 1 weekend; 12.5 hours; Course Coordinator: John Amaro, D.C.; Location: Hartford, CT; Chairperson: Int'l Academy of Med Acup; Contact: IAMA, 800-327-1113.

October 13, *Muscle Testing Seminar*, 1 day; 4 hours; Course Coordinator: Eugene Charles, D.C.; Location: Seneca Falls, NY; Chairperson: Charles Seminars, Inc.; Contact: Lisa, 800-351-5450.

October 12-13, *Nimmo Chiropractic Technique* 1 weekend; 12 hours; Course Coordinator: Jeffrey Cohen, D.C.; Location: Seneca Falls, NY; Chairperson: NYCC Contact: Rosemarie Burrafato, 800-434-3955.

October 19-20, *Certified Chiropractic Sports Physician*, Session 1 of 10; 12 hours; Course Coordinator: Philip Santiago, D.C.; Location: Levittown, NY; Chairperson: NYCC/NY Sports Chiropractic; Contact: Rosemarie Burrafato, 800-434-3955.

October 19-20, *Acupuncture Orthopedics*, 1 weekend; 12.5 hours; Course Coordinator: John Amaro, D.C.; Location: St. Louis, MO; Chairperson: Int'l Academy of Med Acup; Contact: IAMA, 800-327-1113.

October 19-20, *Applied Kinesiology - 100 hr program*, Session 3; 12 hours; Course Coordinator: Paul Sprieser, D.C.; Location: Parsippany, NJ; Chairperson: Applied Kinesiology Study Institute; Contact: Paul Sprieser, D.C., 973-334-6053.

October 19-20, *Sacro Occipital Technique - Extremities*, 1 weekend; 12 hours; Course Coordinator: Rob Klingensmith, D.C.; Location: New Orleans, LA; Chairperson: SOTO-USA; Contact: SOTO-USA, 336-760-1618.

October 19-20, *Enhancing Golf Performance*, 1 weekend; 12 hours; Course Coordinator: Raymond Trotter, D.C.; Location: Orlando, FL; Chairperson: Back to Basics Golf Academy; Contact: Ray Trotter, D.C., 603-279-6348.

October 19-20, *ADD, ADHD, Autism & Chiropractic*, 1 weekend; 12 hours; Course Coordinator: Joan Fallon, D.C.; Location: Philadelphia, PA; Chairperson: ICA Council on Chiro Peds; Contact: Molly Rangnath, 703-528-5000.

October 19-20, *NYSCA Certified Insurance Consultant's Program*, Session 2; 12 hours; Course Coordinator: NYSCA; Location: A Video

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Teleconferenced Seminar Broadcast from TBA, for Syracuse, NY, Depew, NY and Levittown, NY; Chairperson: NYSCA; Contact: Rose Hunsberger, 518-785-6346.

October 24-27, *Active Release Technique - LE, 3 days*; 26 hours; Course Coordinator: P. Michael Leahy, D.C.; Location: Vancouver, BC; Chairperson: Champion Health; Contact: A.R.T., 888-396-2727.

October 25-27, *Diplomate in Neurology, Session 2*; 24 hours; Course Coordinator: Joseph Ferezy, D.C.; Location: Levittown, NY; Chairperson: NYCC/Event Mgmt Services; Contact: Rosemarie Burrafato, 800-434-3955.

October 26, *The Nutritional Adjustment, 1 day*; 8 hours; Course Coordinator: David Seaman, D.C.; Location: King of Prussia, PA; Chairperson: Anabolic Laboratory; Contact: Bob Rosenberg, 609-239-0358.

October 26-27, *Clinical/Medical Acupuncture Fellowship & Diplomate, Session 6*; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Orlando, FL; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

November 2, *The Nutritional Adjustment, 1 day*; 8 hours; Course Coordinator: David Seaman, D.C.; Location: Norfolk, VA; Chairperson: Anabolic Labs/VA Chiropractic Assn; Contact: Bryan Miller, D.C., 410-296-7574.

November 2-3, *Electrodiagnosis Certification Program, Session 3*; 15 hours; Course Coordinator: J. Donald Dishman, D.C.; Location: Seneca Falls, NY; Chairperson: NDX Consultants; Contact: J. Donald Dishman, D.C., M.SC, 315-224-1626.

November 2-3, *2002 Risk Management Seminar Series*, 1 weekend; 12 hours; Course Coordinator: Anna Allen, RN; Location: Akron, OH; Chairperson: NCMIC; Contact: NCMIC, 800-247-8043.

November 2-3, *Clinical/Medical Acupuncture Fellowship & Diplomate, Session 3*; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Dallas, TX; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

November 2, *Applied Kinesiology in Clinical Practice Certification Program, Session 2*; 12.5 hours; Course Coordinator: Eugene Charles, D.C.; Location: Seneca Falls, NY; Chairperson: Charles Seminars, Inc.; Contact: Lisa, 800-351-5450.

November 2-3, *2002 Risk Management Seminar Series*, 1 weekend; 12 hours; Course Coordinator: Anna Allen, RN; Location: Garden Grove, CA; Chairperson: NCMIC; Contact: NCMIC, 800-247-8043.

November 2-3, *Enhancing Golf Performance*, 1 weekend; 12 hours; Course Coordinator: Raymond Trotter, D.C.; Location: Scottsdale, AZ; Chairperson: Back to Basics Golf Academy; Contact: Ray Trotter, D.C., 603-279-6348.

November 9-10, *Chiropractic Biophysics Level 5: Neurology, Posture, and Systemic Health*, 1 weekend; 12 hours; Course Coordinator: Christopher Colloca, D.C.; Location: A Video Teleconferenced Seminar Broadcast from Levittown, NY to Depew, NY and Syracuse, NY; Chairperson: Neuromechanical Innovations; Contact: Harrison CBP Seminar, 800-346-5146.

November 9-10, *Acupuncture Orthopedics*, 1 weekend; 12.5 hours; Course Coordinator: John Amaro, D.C.; Location: Toronto, Canada; Chairperson: Int'l Academy of Med Acup; Contact: IAMA, 800-327-1113.

November 9-10, *Applied Kinesiology - 100 hr program, Session 4*; 12 hours; Course Coordinator: Paul Sprieser, D.C.; Location: Parsippany, NJ; Chairperson: Applied Kinesiology Study Institute; Contact: Paul Sprieser, D.C., 973-334-6053.

November 9-10, *Whiplash Case Management*, 1 weekend; 12 hours; Course Coordinator: Guy Annunziata, D.C.; Location: Cincinnati, OH; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 843-342-7777.

November 9, *Applied Kinesiology in Clinical Practice Certification Program, Session 3*; 12.5 hours; Course Coordinator: Eugene Charles, D.C.; Location: New York City, NY; Chairperson: Charles Seminars, Inc.; Contact: Lisa, 800-351-5450.

November 14-17, *Active Release Technique - U.E.*, 3 days ; 26 hours; Course Coordinator: P. Michael Leahy, D.C.; Location: Chicago, IL; Chairperson: Champion Health; Contact: A.R.T., 888-396-2727.

November 16-17, *Clinical/Medical Acupuncture Fellowship & Diplomate, Session 7*; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Orlando, FL; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

November 16-17, *Clinical Electromyography for Beginners*, 1 weekend; 15 hours; Course Coordinator: Roger M. Nelson, PT, PhD, FAPTA; Location: King of Prussia, PA; Chairperson: Ex Clin Benchmarks; Contact: Roger M. Nelson, PT, PhD, FAPTA, 800-814-8712.

November 16-17, *NYSCA Certified Insurance Consultant's Program, Session 3*; 12 hours; Location: A Video Teleconferenced Seminar Broadcast from TBA, for Syracuse, NY, Depew, NY and Levittown,

September 2002 - December 2002 Seminars

NY; Course Coordinator: NYSCA; Location: Depew, NY; Chairperson: NYSCA; Contact: Rose Hunsberger, 518-785-6346.

November 16-17, *Activator Methods Chiropractic Technique*, Sessions 1,2 & 3; 12 hours ea; Course Coordinator: Antonette Stowell; Location: Newark, NJ; Chairperson: Activator Methods Int'l, Ltd.; Contact: Activator Methods, 800-598-0224.

November 16-17, *Certified Chiropractic Sports Physician*, Session 2 of 10; 12 hours; Course Coordinator: Philip Santiago, D.C.; Location: Levittown, NY; Chairperson: NYCC/NY Sports Chiropractic; Contact: Rosemarie Burrafato, 800-434-3955.

November 16-17, *Acupuncture Orthopedics*, 1 weekend; 12.5 hours; Course Coordinator: John Amaro, D.C.; Location: Houston, TX; Chairperson: Int'l Academy of Med Acup; Contact: IAMA, 800-327-1113.

November 16-17, *Diplomate in Neurology*, Session 1; 15 hours; Course Coordinator: Joseph Ferezy, D.C.; Location: Des Moines, IA; Chairperson: NYCC/Event Mgmt Services; Contact: Rosemarie Burrafato, 800-434-3955.

November 22-23, *Clinical/Medical Acupuncture Fellowship & Diplomate*, Session 4; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Dallas, TX; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

November 23-24, *Graston Technique*, Sessions 1 & 2; 12 hours ea; Course Coordinator: Richard Vincent, D.C.; Location: Newark, NJ; Chairperson: Graston Technique; Contact: Carla Vincent, 866-926-2828.

November 23-24, *Chiropractic Meridian Orthopedics*, 1 weekend; 12.5 hours; Course Coordinator: John Amaro, D.C.; Location: Honolulu, HI; Chairperson: Int'l Academy of Med Acup; Contact: IAMA, 800-327-1113.

December 1, *Nutrition - 10 Step Protocols - 1 day*; 6 hours; Course Coordinator: Tyran Mincey, D.C.; Location: Pittsburgh, PA; Chairperson: Nutri West; Contact: Nicole Mincy, 973-744-1155.

December 5-8, *Active Release Technique - Spine*, 3 days; 21 hours; Course Coordinator: P. Michael Leahy, D.C.; Location: San Diego, CA; Chairperson: Champion Health; Contact: A.R.T., 888-396-2727.

December 6, *Risk Management & Georgia Law*, 1 day; 5 hours; Course Coordinator: Guy Annunziata, D.C.; Location: Atlanta, GA; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 843-342-7777.

December 6-8, *Diplomate in Neurology*, Session 2; 24 hours; Course Coordinator: Joseph Ferezy, D.C.; Location: Des Moines, IA; Chairperson: NYCC/Event Mgmt Services; Contact: Rosemarie Burrafato, 800-434-3955.

December 7-8, *Applied Kinesiology - 100 hr program*, Session 5; 12 hours; Course Coordinator: Paul Sprieser, D.C.; Location: Parsippany, NJ; Chairperson: Applied Kinesiology Study Institute; Contact: Paul Sprieser, D.C., 973-334-6053.

December 7-8, *Rehabilitation of the Spine* 1 weekend; 12 hours; Course Coordinator: Guy Annunziata, D.C.; Location: Atlanta, GA; Chairperson: Dr. Guy's Seminars; Contact: Guy Annunziata, D.C., 843-342-7777.

December 7-8, *Sacro Occipital Technique - Level I*, 1 weekend; 12 hours; Course Coordinator: Rob Klingensmith, D.C.; Location: Greensboro, NC; Chairperson: SOTO-USA; Contact: SOTO-USA, 336-760-1618.

December 7-8, *Electrodiagnosis Certification Program*, Session 4; 15 hours; Course Coordinator: J. Donald Dishman, D.C.; Location: Seneca Falls, NY; Chairperson: NDX Consultants; Contact: J. Donald Dishman, D.C., M.SC, 315-224-1626.

December 7-8, *Treating the Female Patient*, 1 weekend; 12 hours; Course Coordinator: Diane Benizzi Dimarco, D.C.; Location: Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, 800-434-3955.

December 14-15, *NYSCA Certified Insurance Consultant's Program*, Session 4; 12 hours; Course Coordinator: NYSCA; Location: A Video Teleconferenced Seminar Broadcast from TBA, for Syracuse, NY, Depew, NY and Levittown, NY; Chairperson: NYSCA; Contact: Rose Hunsberger, 518-785-6346.

December 14-15, *Clinical/Medical Acupuncture Fellowship & Diplomate*, Session 5; 15 hours; Course Coordinator: John Amaro, D.C.; Location: Dallas, TX; Chairperson: Int'l Acad of Med Acup; Contact: IAMA, 800-327-1113.

December 14-15, *Certified Chiropractic Sports Physician*, Session 3 of 10; 12 hours; Course Coordinator: Philip Santiago, D.C.; Location: Levittown, NY; Chairperson: NYCC/NY Sports Chiropractic; Contact: Rosemarie Burrafato, 800-434-3955.

December 14, *Applied Kinesiology in Clinical Practice Certification Program*, Session 3; 12.5 hours; Course Coordinator: Eugene Charles, D.C.; Location: Seneca Falls, NY; Chairperson: Charles Seminars, Inc.; Contact: Lisa, 800-351-5450.

NYCC Team Garner \$80,000 NIH Grant

NYCC's Research Department has earned an \$80,000 grant from the Consortium Center for Chiropractic Research through the National Institutes of Health (NIH). J. Donald Dishman, D.C., M.Sc., the principal investigator, together with NYCC co-investigators Jeanmarie Burke, Ph.D., Kevin Ball, Ph.D., and Matthew Cowley, M.S., is seeking to determine the efficacy of spinal manipulation (SM) for the treatment of neck pain and low back pain through in-depth investigations of the mechanisms of spinal manipulation. Put another way, the team is explor-

ing the basic physiologic response to spinal manipulation in order to identify pathophysiologic abnormalities that it may correct. Recent data suggests that a basic physiologic response to spinal manipulation is a transient inhibition of spinal motoneuron activity. This basic response may assist in reducing muscle spasms in back and neck-pain patients. Dishman's research aims to determine the degree to which various cervical spinal manipulation procedures alter motoneuron activity.

Additional research will be needed to differentiate between the effects of spinal manipula-

tion on cortical excitability and motoneuron pool excitability; however, Dishman's experimental protocol is an accurate assessment of the overall central motor system excitability prior to, and subsequent to, a spinal manipulation. Dishman's is groundbreaking research relating to spinal manipulation and excitability of the central motor system. The results of this investigation will further substantiate the scientific merit of spinal manipulation and may allow researchers and clinicians to identify a distinct population of patients who have a high probability of benefiting from SM procedures.



Dr. J. Donald Dishman



Educational Technology at NYCC

(Continued from page 7)

dents participate no matter what health center they are located at. The instructional material is viewed by all locations on a large, eight-foot screen, while the image of the instructor is constantly seen on a 32-inch video monitor suspended in the front of the room. Interaction between the lecturer and the remote locations can take place at any time with the utilization of desktop microphones at each site. The instructor can view the image of the remote locations on the 32-inch video monitor located at the back of the room. The advantage for continuing education is obvious and can be seen in the multiple seminars offered per each through this technology.

One of the biggest benefits of technology, and having this private network setup, is that it gives the Health Centers an actual physical connection to the main campus. In the past, the health centers had a feeling of separation from the main campus. This network structure provides the access to e-mail and a high-speed Internet connection, which all goes to making communication more efficient, and gives a closer NYCC community feeling for everyone. Live, face-to-face communication can take place anytime it is needed – for meetings, training, support, or any reason to share information – without the inconvenience and costs asso-

ciated with travel.

The technology changes and upgrades can also be seen in our mobile equipment delivery inventory. The overhead projector is still requested occasionally, but on a daily basis computers, document cameras and three of the brightest and highest resolution computer/video projectors are asked to be set up in rooms that don't have the technology of Academic III. Each health center has also been equipped with a mobile, educational technology unit that includes a computer/video projector, computer, VCR, and document camera. These units are not only used for the regular class schedule, but also for any postgraduate seminars that may be conducted at each location.

Liz Larzelere (LL): There's more. A digital camera is used to document case studies that arise in the health centers as well as private practice and can be ready to display in the classroom with minimal effort; scanners have been purchased to aid in the creation visual aids that are essential for better retention of some course materials; and students have access to 90 computers on

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Anatomy Department Research Efforts At “Full Throttle”

This has been a very exciting trimester for Dr. Michael Zumpano. In addition to his having begun a three-year appointment to the Advisory Committee of Young Anatomists – a committee of the American Association of Anatomists – he also received a promotion to Associate Professor. As if that’s not enough, he has had three manuscripts accepted for publication. The first paper, “Growth and development of the fetal craniofacial complex in humans (*Homo sapiens*) and pigtailed macaques (*Macaca nemestrina*): A 3D-CT comparative analysis,” was accepted for publication in the

American Journal of Physical Anthropology.

The second paper, “Three dimensional form changes during late fetal growth (137-157 gestational days) in the pigtailed macaque (*Macaca nemestrina*) craniofacial complex: An appli-



Dr. Michael Zumpano

cation using three dimensional coordinate data and finite element scaling analysis,” was accepted for publication in the *Anatomical Record*.

While the previous two provided groundbreaking research in craniofacial biology, the third paper was geared directly to a chiropractic audience. This paper, “A cadaveric survey exploring the prevalence, sex bias and tissue-type of the soft-tissue connection between rectus capitis posterior minor and the posterior atlanto-occipital membrane,” co-authored by Mr. Carl Jagos and Dr. Sandra Hartwell-Ford, was just accepted for publication in the *Journal of the Neuromusculoskeletal System*.

Heat Beats Pills: Low Back Pain Relief

Researchers from the Department of Physical Medicine and Rehabilitation, UMDNJ-NJ Medical School, sought to determine which was more effective in the treatment of acute lower back pain: topical heat? or oral analgesics? Accordingly, they compared the efficacy of continuous, low-level, heat-wrap therapy (40 degrees Celsius for eight hours each day), versus daily doses of either ibuprofen at 1200 mg or acetaminophen at 4000 mg. After the first day, pain relief for the heat wrap was higher than for ibuprofen or acetaminophen. Extended pain relief during days 3 and 4 also revealed that the heat wrap provided more pain relief than did ibuprofen or acetaminophen.

Educational Technology at NYCC

(Continued from page 34)



four campuses (one student to every 6.6 computers) in the student computer labs and Library.

Lee Van Dusen (LVD): And computer technology has allowed interns at one of our health centers to view MRI and CT images of their patients that have been taken at a local imaging center. Both the College and the imaging center are excited about the interns opportunity to view not only images of their patients, but other normal and pathological images housed in the collection.

LB: How are people trained in the use of educational/instructional technology equipment, and to what extent are faculty and other individuals utilizing it?

LL: There are many different ways that we reach the user with training. Faculty development workshops, a computer application user group, via the IVC Room for health center personnel and students, and one-on-one training as the need arises. User-friendly technical handouts, such as our “Techie Tidbits” newsletter and notices via e-mail, are critical ways to reach users based

on frequently asked questions or procedures. At NYCC we have a technology help line for students, faculty and staff which fosters many “teachable moments” when helping users. The Library and Center for Academic Support also have various books, videotapes and tutorial CD’s which are used for self-training; and lastly, but very important, individuals are motivated by what they see that others have done and this helps to “raise the bar” for newer users.

LVD: The instructional technology equipment is currently being used by nearly 100 percent of the faculty. Faculty are continually upgrading their presentations through the use of technology and the ongoing support provided by the College.

BC: Although there is a tremendous amount of programming, wiring and behind-the-scenes coordination to make this technology work, we try to make things as user-friendly as possible for instructors so all they need to be concerned with is delivering their material. The instructors/presenters are given a training and orientation session that covers the operation of the rooms and

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NYCC Alumni Wall of Fame



NYCC Erects Alumni “Wall of Fame”

The College is assembling its own Alumni “Wall of Fame,” a collection of photographs (mostly from previous *Transitions* magazines) that show NYCC alums with famous people – either patients or those they have met through professional chiropractic affiliations. For example, the Wall currently displays such notables as Tiger Woods with P.G.A. Sports Medicine Staff Chiropractor Dr. Thomas LaFountain, NYCC ’82. Arnold Schwarzenegger is shown with Dr. Jack Barnathan, NYCC ’84, as is Olympic gold medal swimmer Dara Torres. NYCC President Dr. Frank Nicchi, NYCC ’78, was photographed while conducting a seminar with Dr. Janet Travell, personal White House physician to President John F. Kennedy and co-author of definitive text on Myofascial Trigger Points. Former NYCC Board Chairman Dr. Jay Okin, NYCC

’63, is shown with Miss World of Canada, Shawna Roberts. Dr. Durlan Castro, NYCC ’93, poses with former Mr. Olympia Dorian Yates. The Wall also portrays music and movie celebrities, including actor Christopher McDonald together with Dr. Jonathan Davis, NYCC ’97, and Grateful Dead rhythm guitarist and lead singer Bob Weir with Dr. Lester Licht, NYCC ’83.

If you have any photos you would like to share with us, we would be thrilled to scan, print and frame them for inclusion in NYCC’s Wall of Fame. Please include a brief description of your association along with your year of graduation. Original photos will be happily returned to their owners after they are scanned. You may send them to NYCC, Public Affairs Office, 2360 State Route 89, Seneca Falls, NY 13148-0800.

NYCC Announces a Sports Track

by Vicki Baroody

Sports Club members and faculty got some excellent pointers on June 20th when Dr. Lee (Lundgren) Wiebe spoke to them about developing and maintaining a successful Sports Injury Program. Dr. Wiebe, a graduate of Penn State University in Health Education and Athletic Training, and Palmer College of Chiropractic in Daventport, was a founding clinician of Palmer's Chiropractic Rehabilitation and Sports Injury Department. The Sports Chiropractic Program that she instituted and developed at Palmer sent representatives to high-profile events such as the Kona Hawaiian Ironman and the Boston Marathan. In fact, the program was so successful that it was not uncommon for the college to receive more invitations than it could accept. Students and faculty clinicians

often covered two or three events in one weekend.

Dr. Wiebe's presentations are an integral part of the creation of a Sports Track at NYCC – the first of several tracks being developed. The Sports Track – to be introduced by the Winter 2003 trimester – will consist of at least two electives as well as other requirements, such as CPR certification, which may be completed within one trimester or over three trimesters. It will prepare students to adjust athletes at a variety of sporting events as representatives of NYCC, and receive outpatient credit. Once the program is in full swing, completion of the Sports Track will be a requirement for any student wishing to adjust at outside sporting events. This structured, focused program will significantly enhance students'

education in sports and human performance and augment NYCC's reputation to the point where athletes request the services of NYCC student interns at their events.

In her presentations to faculty and Sports Club members, Dr. Wiebe outlined the ingredients for a successful sports program and emphasized the importance of standardization of all aspects – from training to patient processing, to techniques for treatment... even including dress and dialogue – so that all involved are on the "same page." This will encourage sports organizations to develop realistic expectations and feel comfortable inviting NYCC sports program participants to provide chiropractic care at their events.

So, what's the next step? Administration is working



Dr. Lee (Lundgren) Wiebe

closely with Dr. Wiebe, interested faculty, the health centers and the Sports Club to flesh out the details necessary for implementing the Sports Track by the Winter 2003 trimester. Students will receive notice well in advance to enable those interested to plan their academic schedules accordingly.

Rates For School Loans Plummet: Never A Better Time To Go To Chiropractic College

Going to chiropractic college just got easier. Parents and students who borrow to pay for college are likely to find extremely attractive interest rates – perhaps as low as 4% for most student loans. Stafford loans are recalculated annually on July 1, based on a formula tied to interest rates for short-term Treasury bills. It is therefore anticipated that the loan rates will fall to record lows. Federal Reserve Board Chairman Alan Greenspan testified before Congress, telling legislators that he is not anxious to raise interest rates because the economic rebound could still falter. Since inflation appears to be under control, it is not likely he will need to raise interest rates to keep inflation at bay.

Faculty-Authored Textbook Translated Into Italian

The textbook, *Skeletal Imaging: Atlas of the Spine and Extremities* (WB Saunders, 2000), co-authored by faculty member John Taylor, D.C., D.A.C.B.R., and his colleague in osteoradiology, Donald Resnick, M.D., has recently been translated into Italian by the Verduci Editore publishing company of Rome, Italy. The Italian translation, entitled *Diagnostica per Immagini dell' Apparato Scheletrico* (2002), comes in at just over 1050 pages, slightly shorter than the original English edition. When asked what he thought of the new publication, Dr. Taylor quipped, "The pictures are nice, but I can't understand a word of the text!"

Palmer's Dr. Marchiori Addresses NYCC Journal Club

Dr. Dennis Marchiori, Chairman of the Department of Radiology at Palmer College of Chiropractic, addressed the NYCC Journal club regarding the paper "Asymptomatic Degenerative Disk Disease and Spondylosis of the Cervical Spine: MR Imaging." Dr. Marchiori is active in chiropractic and health administration research, and is currently earning his Ph.D. degree in education at the University of Iowa. His intense interest in imaging was most evident in this most informative presentation.

NYCC Students Attend Nimmo Seminar

by Jeb Albro, 7th Trimester

Every trimester, many NYCC students avail themselves of the opportunity to train under one of chiropractic's most knowledgeable and charismatic personalities, Dr. Sheila Laws. Dr. Laws conducts seminars in Nimmo technique (aka Receptor-Tonus technique.) This soft-tissue approach was originally developed by Dr. Raymond Nimmo in the mid 1960s as he tried to resolve a patient's problems faster, more consistently and more completely while also striving to gain a better understanding of the physiological processes involved.

Dr. Laws attended her first Nimmo seminar in 1965, three years after graduating from Palmer College of Chiropractic as her class's valedictorian. As did Dr. Nimmo, Dr. Laws found that Receptor-Tonus technique significantly helped resolve many of her tough cases in private practice. Inspired, Dr. Laws attended 44 additional Nimmo seminars around the country and graciously offered her expertise at the majority of them. A resident of St. Louis, MO, Dr. Laws has taught over 400 Nimmo sessions nationally and internationally at chiropractic colleges and state and national associations.

To become certified in Nimmo technique, students and D.C.'s must attend three separate training sessions and pass a practical competency test administered at the end of the third session. Once certified, future seminars may be taken free of charge.



Dr. Sheila Laws demonstrates a technique on Benjamin Andrulot while Irene Vamos, Dietra Dotschkal and Heather Connolly (all 6th trimester students) look on. The seminar took place in May 2002 at the Seneca Falls campus.



NYCC Collaborators Publish Skeletal Text

Robert A. Walker, Ph.D., M. Elizabeth Bedford, Ph.D., William Yee, D.C., L.Ac., (all of New York Chiropractic College) and C. Owen Lovejoy, Ph.D., of Kent State University, recently published an exciting new skeletal anatomy text for students of gross anatomy: *Skeletal and Developmental Anatomy for Students of Chiropractic*. The textbook emphasizes structure and development of the bones as well as the ligaments that connect them. Special focus is given to the spine itself. Clinically oriented discussions and descriptions of skeletal disorders throughout the book illustrate the structures described lending themselves to study by students of chiropractic manipulation. The book consists of 180 original illustrations, including 132 exceptional two-color anatomical line drawings and 48 photographs, all fully labeled to clarify the text. The text's coverage is broad: it introduces anatomical terminology and explains bone growth, anatomy, development of the vertebral column, postcranial skeleton and human cranium. It also references further readings and resources that speak to muscle origins, insertions, innervations, blood supplies and principal actions.

Dr. Charles Berg Enthuses New Students



Dr. Charles S. Berg, '77

Dr. Charles S. Berg, NYCC '77, who operates the River Vale Chiropractic Center in River Vale, New Jersey, visited campus and delivered a rousing talk to NYCC's new students during orientation luncheon. Dr. Berg, a former NYCC faculty member during the late seventies and early '80's, also guest lectured for Koslow Management, and for Markson Management.

Dr. Berg became curious about the profession when he happened upon a chiropractor in the local gym. Though he had been preparing to begin doctoral study in exercise physiology at the University of Maryland, the chiropractor convinced him that pursuit of a chiropractic degree might offer advantages in that: he could act as his own boss, study the human body, and still help a variety of people. Persuaded, he enrolled in chiropractic college.

Dr. Berg told his audience how, in the beginning, business was slow. Within a year, however, he was so busy he had to hire an associate. This freed him to recruit even more patients. A long-time fan of time management concepts, Dr. Berg remarked, "When I hired an associate I was able to schedule patients during times *they* wanted to come in, and meet business's peak demands. Much of a successful chiropractic practice is about leveraging time." Dr. Berg discovered he could attract business by conducting outside lectures and healthcare classes where new patients and their spouses were requested to participate in healthcare classes that emphasized good health management. Those who took the classes invariably wound up bringing in their whole family.

"There has been no better time to become a chiropractor," says Berg. He remarks how Baby Boomers control most of the nation's money and emphasized the fact that they do not want to grow old. "They want options," he says, "There is a mass of humanity out there who need what we have. We can all become doctors who enhance bodily function and lifestyle." In his terms, this is *successful thinking*. Dr. Berg reminded his audience that "the most important space in the universe is the space between your ears." He explained that meaning comes only from the meaning we give things. "Your subconscious mind is like a garden. What you plant in it will grow." Having said that he recommended that people constantly evaluate their thinking in order to determine what is working, and what is not.

Dr. Berg clearly approaches life creatively, and his approach to the business of chiropractic is equally inventive. He airs a radio

show called *Reclaiming Your Health*. The talk show series encourages people to call in and discuss matters relating to their health. The overall theme is the "wellness revolution." It soon became apparent that Dr. Berg is a busy man. He has taken on interns in the past and helped to set them up in practice, and is currently looking for an associate.

Dr. Berg counseled his NYCC audience that there was much more to success than academics. According to him, 85 percent of chiropractic success was attributable to people skills while only 15 percent resulted from clinical skills. He explained, "It is important to emphasize patient relations and build a rapport with people. Only enthusiastic patients refer patients to chiropractors."

Asked how he happened to end up in River Vale, N.J., Dr. Berg explained that when he graduated from NYCC he lacked pre-professional requirements for practice in New York. He, therefore, explored opportunities in Connecticut and New Jersey only to discover River Vale, a beautiful bedroom community where rents were cheap and located just 24 miles outside New York City. It fit the bill! He located his family practice there and he treats both children and elderly, alike. Residing in the community with his wife Ruth, son Jason, 20, and daughter Lidsey, 18, he is very content.

NYCC Hosts Chiropractic Examining Board CEOs



NYCC President Dr. Frank J. Nicchi played host to two neighboring countries' Chiropractic Examining Board Chief Executive Officers: Dr. Peter Ferguson, President of the National Board of Chiropractic Examiners (US) and Dr. Douglas Lawson, CEO of Canadian Chiropractic Examining Board (Canada).

NYCC Faculty Member Dr. Finn Launches On-line Education

The New York Chiropractic College Post-Graduate Department now can offer you courses on-line in addition to its excellent traditional curriculum already available. Dr. Maggie Finn ('92) is the brains behind Brightcourse L.L.C., a company she founded in an effort to help the College meet the profession's continuing education needs with the ease of a few clicks of a computer mouse 24 hours a day, 7 days a week. Dr. Finn is a graduate of NYCC and currently teaches in the Diagnosis Department. Because of her efforts, NYCC is one of only four chiropractic colleges that offer online continuing education. She lives in Geneva, New York, possesses a masters degree in both nursing and teaching as well as a doctor of chiropractic degree. She was



Dr. Margaret Finn

awarded both NYCC's Student Government Association Teacher of the Year Award as well as the NYCC Faculty Award for Teaching. She holds the rank of Associate Professor in Diagnosis at the chiropractic college.

Who is most likely to use the new interactive web-based continuing education format?

Chiropractors who run busy practices and are mandated by law to take continuing education can easily take the courses without leaving home. The convenience and savings in travel and parking expenses are well received by this group of professionals. Dr. Finn also identified those chiropractors who simply lack one or two continuing education credits and are seeking a convenient way to comply with state continuing education mandates at the last minute. "A professional can pick up needed credits quickly and easily online," says Finn.

Dr. Finn was the perfect person to develop the online program. She received a master's degree in teaching methods via internet technology, and as a faculty member,

has observed as her students enter chiropractic college with increased computer savvy. She wanted to meet this newly emerging computer savvy student population.

Finn's online program was not without its challenges. For example, a variety of pilot testing and re-testing was undertaken to ensure that her website was effectively relaying course information and in a meaningful way. The site was also stress tested to ensure that the site could accommodate as many as 10,000 users simultaneously. As a result of her thoroughness, however, she has received a number of flattering letters by users of the site who comment positively about both the sites ease and quality of content. Dr.

Continued on next page

Thank You, NYSCA District #3

On behalf of the Public Education Committee of New York Chiropractic College, I extend our thanks to New York State Chiropractic Association, District #3 for their generous donation. Their gift enabled NYCC to convert its public education video series, **Chiropractic Today**, onto the format required to air the program on Queens Public Television - Channel 35. Their contribution helps ensure the program's success in the public education of chiropractic.

Beth Donohue, D.C., F.A.C.C.
Director of Accreditation and Planning
Chair, Public Education Committee

Thank you, Dr. Spano



NYCC President Frank J. Nicchi, D.C. and John J. Spano, D.C., J.D., at NYCC Alumni Day in Queens, NY. Dr. Spano was available at Alumni Day 2002 to answer legal questions.

NYCC Physiopathology Chairperson Elected Secretary of IAMSE

Deborah A. Barr, Sc.D., Chair of the Physiopathology Department, was elected Secretary of the International Association of Medical Science Educators (IAMSE) and assumes those duties on July 1, 2002. IAMSE is the only interdisciplinary professional organization dedicated to promoting the teaching and learning of basic sciences in the context of training health-care providers. Dr. Barr, honored to have been elected to serve on the Executive Committee, says, "It is

very exciting to represent chiropractic education in an organization that encompasses individuals from 47 countries from allopathic, osteopathic, podiatric and veterinary medical schools." IAMSE provides a forum for members to share experiences and strategies for teaching the fundamental sciences. The group recognizes those challenges shared by all health-associated schools in preparing students to be clinicians. The integrative health-care model is gaining acceptance. Accordingly, IAMSE is an effi-



Dr. Deborah Barr

cient vehicle for educating members about the strengths of NYCC's chiropractic program. Dr. Barr encourages anyone with an interest in health-care education issues to check out IAMSE and its resources at www.iamse.org. A charter member of the organization, Dr. Barr currently serves as chair of a standing committee of the Board, and is the first representative from any chiropractic school to be elected to office in IAMSE.

NYCC Faculty Member Dr. Finn Launches On-line Education

Continued from previous page

Finn has plans to broaden the site to include Board Review content as well as online textbooks.

Online learning is much more than simply posting articles on the net. In fact, the premise behind quality online learning is the ease with which users may interact with the site and its content. The user manipulates the site by clicking on links that will take the user to definitions of words and concepts that require further elaboration. A link may play a short movie demonstration for the user. Finally, after the course has been presented, the user may take a quiz and the web site will score it. If the user passes the quiz, a certificate may be instantly generated evidencing completion of the continuing education course. If the user

fails the quiz, the website will identify the questions answered incorrectly and permit subsequent study followed by a re-test.

Dr. Finn indicates that there is a lot of research relating to online learning. It generally works well for people who do not need a live teacher present in order to learn. In fact, there is an aptitude test provided before signing onto the online learning portion of the program that permits users to determine whether or not they are good candidates for online learning. In her own research, Dr. Finn compared online learning to both live lecture learning and video teleconferencing. Students self-selected for their preferred learning format. In the end, the students' grades did not differ within the various

courses, indicating no compromise in pedagogical efficacy.

Practitioners choose the schedule that works best for them, pace the learning to their own needs and receive a certificate of completion immediately upon successful conclusion of their chosen program(s).

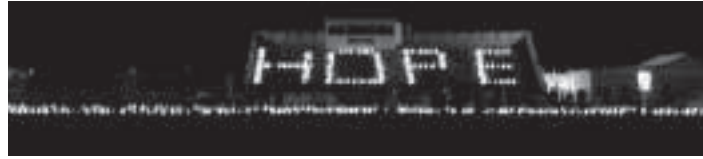
Those who are interested in taking a closer look at Finn's pet project may visit the site at www.brightcourse.com where course topics and authors' credentials are displayed. The various lessons offered were designed specifically for Internet education. They are more than simply text articles posted on the Web.

In an effort to attract on-line learners, Brightcourse L.L.C. will be sponsoring a free mini-course at the upcoming NYCC Reunion on the Seneca Falls

campus in July. NYCC actively encourages its faculty to play an important role in the achieving excellence in Post-Graduate education. For additional information regarding C.E. credits contact the NYCC Center for Post-graduate & Continuing Education at (800) 434-3955.



Relay for Life



by Wendy Maneri, D.C.

Friday, June 14th, NYCC students, faculty, and staff participated in the American Cancer Society's Relay for Life – an annual event whose participants perform laps around a track from 7:00 p.m. Friday until 6:00 a.m. Saturday. NYCC's team, "spinal manipulators," had the largest number of members at 81. Throughout the night they conducted spinal screenings and

blood pressure checks on participants. During the luminaria ceremony, bags filled with sand and candles lined the track. The bags bore names honoring the memory of loved ones, and people would approach the bags and read the names. Team captain Ciaran Grant raised approximately \$1300 for the American Cancer Society!



Dr. Larson Addresses NYCC Students About SOT



Dr. Kurt Larson

Dr. Kurt Larson arrived on campus from Arkansas May 31 to teach NYCC students and faculty about his success in using Sacro Occipital Techniques. He told his audience that as many as 49 percent of practicing chiropractors use some form of cranial techniques, though they often refer to the adjustments by different names. Larson explained that Sacro Occipital Techniques derive from the research of Dr. M. B.

DeJarnette, which began in 1925. DeJarnette, who was working near a boiler when it exploded, was catapulted into a wall across the room. His injuries were treated at an osteopathic college. Impressed with his treatment, he thereafter attended college and

became an osteopath. Then he attended chiropractic college.

According to Dr. Larson, SOT's Chiropractic Craniopathy can identify the causes of ill health through a unique system of diagnostic indicators based on physiologic principles, and seeks to normalize the relationship between the sacrum (the spine's foundation) and the occiput at the skull's base. These two bones mirror one another and affect the entire nervous system. Dr. DeJarnette began to recognize how external indicators matched internal disturbances. He went to work to confirm his theories, and was able to base much of his research on a busy patient flow of 200 people per day through 19 treatment rooms. Patients who required surgery because they failed to respond to treatment provided Dr. DeJarnette with the opportunity to observe their operations and associate observable physiological manifestations with the patient's chief health complaints. These observations led to Dr. DeJarnette's "bloodless surgery" techniques – visceral procedures that worked to normalize organ function without drugs or actual surgery.

Consolidating Student Loans As Student Loan Rates Drop

by Darrin Rooker, NYCC's Director of Student Aid

The U.S. Department of Education has announced the interest rates on variable-rate Stafford loans effective from July 1, 2002, through the June 30, 2003, repayment period. Depending upon when the loans were disbursed, the new rates may be as low as 3.46%. These rates are lower than at any time in the program's history.

So the question for most graduates is, How do I hold on to this interest rate for the rest of the repayment of my loan? The answer is student loan consolidation, a process by which you refinance all of your outstanding student loans into one single loan. This option is available to anyone who has not already consolidated his or her student loans in the past, and currently has more than one student loan outstanding.

By consolidating before June 30, 2003, you lock in at the weighted-average interest rate of all the loans. Once the consolidation lender has calculated the average rate, this new rate will be fixed for the remainder of the loan's repayment.

Another common question is, What lender should I choose to consolidate my loans with? When comparing consolidation lenders, there are a few things to keep in mind:

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1. After the loan is consolidated, some lenders offer ways to lower the interest rate even further. They may offer a .25% reduction on the interest rate if the payments are made through a direct debit from a checking or savings account. The lender may also offer an additional percentage off after making a specified number of payments on time.

2. Another thing to keep in mind is that the loan servicer may change depending upon the lender with whom the loan is consolidated. Remember that many lenders only buy student loans, but hire another company to service the repayment of the loan. For example: A loan may be serviced by SALLIEMAE currently; but after consolidating with another lender, the servicing may be transferred to another loan servicing company. If you are comfortable with your current loan servicer, this may be something for you to consider.

Finally, refinancing debt is a personal finance decision that has specific advantages and/or disadvantages depending upon your overall financial picture. Consult your financial advisor as to how this decision may affect you. If the NYCC Financial Aid office can be of any assistance to you, feel free to call us at 315-568-3063.

NYCC Students Invent a "Better Mouse Trap"

Seventh-trimester students Jessica Loda and Diane Garmon put their heads together and came up with an innovative visual chart called "Chirologic," which displays the various aspects associated with chiropractic subluxation. Beginning with exhibits of the external stressors that contribute to subluxation, the chart goes on to map the different pathways they take and the body's response to them. The idea for the chart first occurred to the duo as they studied for their exams in their 3rd trimester. "There just had to be a better way!" said Ms. Loda, referring to her wish for a more concise and user-friendly compilation of the mounting data in her subluxation classwork.

The chart is intended to be used by students and practitioners alike. Doctors can use it to educate patients, while students will find it to be a great study aid. Apparently it works as it has helped both inventors to make the Dean's List. Is the chart for everybody? Its developers are convinced it will find a warm reception from people within a spectrum of interests and specialties as diverse as their own. Ms. Loda, who formerly practiced massage therapy, is a musician with an undergrad specialization in genetics. Ms. Garman has a degree in psychology and serves as a community nurse on weekends.

If you are interested in learning more about Chirologic, visit www.chirologic.com or call 1-800-494-0382.



Diane Garmon and Jessica Loda, 7th Trimester

Chiropractic Assistant Doubles as Published Novelist

Imagine, you are a successful chiropractor in Syosset, Long Island, running a general family practice, and the people in your waiting room are lining up to get your receptionist's autograph. Imagine further, the receptionist is your wife! This is a day in the life of Dr. Steven Tremaroli and his wife, published novelist Marianne. He tells that he would drop in at the local Border's Book Store to see how his wife's books were selling. One day he was standing in the aisle where the romance novels were, checking up on Marianne's book. A lady came over, studying the shelves. Dr. Tremaroli said to her "Are you looking for a romance?"... meaning a romance novel. She looked at him strangely and it dawned on him how she interpreted his question. He quickly explained that his wife had just published a romance novel and was suggesting she check it out. He then made a quick exit!

Marianne recalls how she had always loved to write and started doing so more seriously when she was in high school. An avid reader of historical romance novels, she wanted to write one of her own, but like most people she kept putting it off, then her father died unexpectedly. Right there and then she decided life was too short to put off one's dreams. She writes under her maiden name, Marianne Petit.

Asked where she gets her material, she responds, "Everyday living." The idea for her published time travel came when talking to a friend about a television documentary regarding Custer's battle. As they talked, her mind began to generate ideas and before she knew it, *A Find Through Time* was born. The idea for her second novel came after talking to her mother about a friend of hers who played an instrument created by Ben Franklin. Her most recent novel came from researching articles about police cases. She says she loves Native American stories and anything about the Old West, as well as stories with a paranormal element.

Husband Steven Tremaroli, D.C., NYCC '80, says his regular patients were very excited when Marianne first got published. There was a book signing at their local Borders Book Store attended by lots of friends, family and patients. Though Steve and Marianne rarely mention the book propped on the receptionist's desk, eventually a new patient will pick it up and ask about it. When they learn that Marianne wrote it, they become intrigued. Many patients have bought a copy for themselves.

As for preparation, it must be hard to manage a chiropractic office and research topics. Nonetheless, Marianne does do a lot of research. If she can get the information close to home, she'll make



Novelist Mrs. Marianne Tremaroli and Dr. Steven Tremaroli

the trip. If it's a distance away, she'll get creative. For *A Find Through Time*, for example, she couldn't get out West, but instead found a group of people through Hofstra University that enjoyed Native American learning weekends. Her mother and son joined her, they learned how to put up a tepee and slept in one. They also built a sweat lodge and sat in the small structure as the drum beat and the rocks sizzled. All this, along with many picture and research books, plus phone calls to tourist centers out West, helped her to piece it all together.

Marianne's current novel is a departure from the norm. It is a murder suspense, and she spends time reading some pretty gruesome books on autopsies and murder cases in preparation. She went on line to a police department site and spoke with a detective to find out crime scene procedure. For example, one scene involves a car accident and her detective character is looking over the body. She had to know positions upon impact, times of death and anticipated trace evidence. She needed to know what the basement-morgue of a funeral pallor would look and smell like, and what autopsy findings might suggest foul play. As she puts it, "Today's readers are smart, and the last thing a writer wants to do is get the facts wrong."

How does she feel about her celebrity status? "I love having my book at the front desk and talking to patients. They are surprised that I've found the time between working full-time and being a mom to also write," she says. Marianne also credits her husband for his support: "It helps tremendously!"

Anyone wishing to read an excerpt of her book can visit her website: www.mariannepetitbooks.com.



ChiroTeach Program

by Ciarán Grant, 9th Trimester (ChiroTeach Program Founder)

When was the last time you were impressed by a 10-year-old's knowledge of human anatomy? Well, take a trip to a 5th grade classroom at West Street Elementary School in Geneva or any 7th grade classroom at Seneca Falls Middle School and they'll tell you all about your "Ischial Tuberosities" or the role your nervous system plays. Ciaran Grant's visits to the schools are a tremendous success. Under his program, students from NYCC have the opportunity to share their knowledge with eager young minds and the reception has been overwhelming.

ChiroTeach is an educational outreach program, established as a joint venture between NYCC students and regional schools, that enhances students' knowledge of wellness and promotes awareness of chiropractic to both student and adult populations. The concept originated during the 2000-01 school year, when NYCC students presented in 5th grade classrooms at West Street Elementary School. Aimed at reinforcing the district sci-



Ciarán Grant, founder of the ChiroTeach Program, with skeleton donated by Dr. Brian Cunningham, on behalf of NYCC's Technique and Principles Department.

ence curriculum, the sessions educated the children about a healthy body and provided an overview of chiropractic practice. Due to the overwhelming success of these visits, discussions of establishing a program began. The program would perpetuate the relationship between NYCC and other schools. The result is the ChiroTeach Program.

Education is ChiroTeach's number one goal. The program aims to educate the community about chiropractic while providing NYCC students with an opportunity to enhance their communication skills. In addition, the extensive training and education of the program's members enhances the GSC science curriculum and knowledge base. In addition, the ChiroTeach Program stimulates school kids' career awareness and makes them think seriously about health care, and more specifically chiropractic, as a serious career option. The response to the Program has been extremely positive, and efforts are being made to bring the program to other school districts.

Educational Technology at NYCC (Continued from page 35)

how everything works and can schedule additional hands-on time with the equipment if needed. When it comes time for their lecture, we make sure that all the connections are established and all equipment is functioning prior to the time they walk in. All they need to do is select which source (or sources) they will be utilizing to deliver their material, and that is done by simply selecting that source from the touch panel.

LB: What impact has the technology had on our ability to offer the D.C. curriculum, and to conduct other academic activities to include meetings?

LVD: Technology has a profound impact on education here at NYCC. IVC has allowed interns to spend three full trimester (one calendar year) developing the clinical skills in our health centers. IVC is also regularly used by faculty, staff and administration for meetings and ongoing training. Guest speakers from NCMIC

and the Chiropractic Department at the National Naval Medical Hospital at Bethesda have been connected via interactive videoconferencing to all other locations. Some postgraduate education is currently being delivered through interactive videoconferencing and has received a strong positive endorsement by field practitioners. The use of both internet and intranet has allowed diverse information and presentations to be brought into our classrooms. Classes frequently contain animation activities involving the Internet and video and audio enhancement of presentations. Technology has allowed NYCC to facilitate different learning styles among students and have more efficient use of classroom time. Students can access course-related information using NYCC Online (Intranet) from on or off campus 24 hours a day, seven days a week.

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Robert Daley, Ph.D.

by Alex Giraldo, 7th Trimester

Dr. Robert Daley, born, raised and currently living part-time in New York City, served for many years as chief psychologist for the New York City Police Department. His primary responsibilities tended to the mental health of the department's police officers. Since law enforcement employees are subjected to tremendous amounts of stress throughout their careers, it was not uncommon to treat conditions that included suicidal tendencies, alcoholism, anxiety and depression disorders, post-traumatic stress disorders and family difficulties. Dr. Daley often co-treated his patients with other physicians and health-care practitioners.

Asked how he relates his police health-care work to chiropractic treatment, Dr. Daley alluded to the fact that chiropractic's benefits are not restricted to neuromusculoskeletal or spinal complaints, but



Dr. Robert Daley

rather encompass the whole person: "A good bedside manner with the patient validates the patient's pain and confirms his inherent value." He similarly emphasizes the importance of relating to the entire being in any health-care context.

Dr. Daley was exposed to the New York Chiropractic College through chiropractor and current NYCC Trustee, Dr.

Lewis Bazakos. He has found his contact with the chiropractic profession to be an enlightening experience and has personally benefited from chiropractic care as a patient. Dr. Daley has been a member of the Board of Trustees since October 1998 and presently serves as chairperson of the Academic Affairs Committee and as a member of the Committee on Trustees.

Dr. Daley feels that, as an insider who has come to know other members of the board quite well over the past four years, his favorable opinion about NYCC's administrative talent resides on firm ground. He enthusiastically expresses great confidence in Dr. Nicchi's leadership, describing him as both flexible and intellectually versatile.

Asked about his perception of the chiropractic profession, Dr. Daley responds, as someone from outside the profession,

that chiropractic appears to be mainstream even though the profession continues to view itself as a complementary therapy. Though he describes his perspective as that of an outsider, Dr. Daley in no way feels he is out of touch with the College, its administrators or its mission. In fact, he is intimately aware that chiropractic has overcome tremendous challenges over the years, and that some still remain.

Asked what he would particularly like to see students take with them from their NYCC experience into their practices, Dr. Daley responds, "Students have an opportunity to take with them the spirit of professionalism, tenacity, and a capacity to stay the course no matter what. These are traits that follow closely on the heels of discipline and continue the tradition of chiropractic pioneers, past and present, who have carried the profession forward."

Educational Technology at NYCC *(Continued from page 45)*



LL: Technology helps get the message across to individuals regardless of their learning styles, be they auditory, visual or kinesthetic. Teaching adults (andragogy) is different from pedagogy in that adults have many more real life experiences than children. Some adults are already comfortable with using technology and others are technophobic. Of course, e-mail as a form of asynchronous communication affects all aspects of academics and is used by students, faculty and staff. Sixty-five to 70 percent of NYCC students enter with access to a computer at their residence and 95 percent of those students also have Internet access.

BC: The IVC network allows for all NYCC locations to take

part in any meeting or training session and be able to see, hear, respond, and participate as if they were all in that same room. No information is lost because of not being physically present where the meeting is being held.

LB: Are there any cautions or limitations regarding the use of technology in an instructional or academic environment?

LVD: When using technology in the classroom, it is helpful to remember that for the majority of learners live, face-to-face inter-

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Brian M. Cunningham, D.C., M.S.

This issue of *Transitions Magazine* spotlights Brian Cunningham, D.C., who first began serving NYCC as adjunct instructor in the spring of 1993. He subsequently came on board as full-time clinician at the Seneca Falls Health Center. While working as a clinician, he assisted in various extremity and spinal chiropractic technique lab classes. In 1995 Dr. Cunningham left the clinic to join the technique department, where he assisted in numerous technique laboratory classes and was lead instructor for the former curriculum's thoracic technique course. He also served as a lead lab instructor for the Orthopedic and Neurological Physical Assessment course (PA I).

Dr. Cunningham, born in Brooklyn, NY, moved out to the suburbs in Suffolk County, Long Island, at the age of seven. He remained on Long Island until 1992 when he moved to Upstate New York. Currently living in Skaneateles, a picturesque town on the northern tip of a Finger Lake just 25 miles east of the College, he doesn't miss the daily commute he formerly made along the Long Island Expressway. In fact, he finds the drive to work amid the Finger Lakes a pleasure. As he puts it, "Most of my ride now offers views of cows and cornfields, and there are never any traffic jams!"

Dr. Cunningham brought a wealth of experience and training to his various campus positions. He earned an Associate's degree in Biological Technology at SUNY Farmingdale in 1974, a B.A. degree in Biology at Hofstra University in 1976, and worked in various hospital and university settings as a clinical microbiologist and medical technologist. In addition, he completed some graduate work in microbiology. Dr. Cunningham's chiropractic education began in 1983 at New York Chiropractic College, where he graduated in 1986. In 2000 he completed an M.S. degree in Neuroscience at the L.C. Smith School of Engineering and Computer Science at Syracuse University.

Dr. Cunningham's work at NYCC has included stints in Physiotherapy, Microbiology and Laboratory Diagnosis lab classes. As the new curriculum phased in, he developed the Diagnosis and Management of Spinal Conditions II course and taught as one of the lead instructors in the laboratory portion of that course. He also assisted in the College's new Spine I course.

Since 1998 Dr. Cunningham has been Department Head for the Technique and Principles Department and for the past year also assumed the position of Acting Department Head for the Diagnosis and Practice Department, overseeing and supervising the day-to-day operations of these two departments. More specifically, he deals with class schedules, supervises and evaluates faculty, oversees and develops the clinical sciences curriculum and, of course, attends lots of meetings. He enjoys the kind of participation that has resulted in the development and improvement of

NYCC's clinical science departments. Though he misses teaching and close student interaction, he has enjoyed working with the administration in effecting progress at the College. Dr. Cunningham hopes to get back into the classroom on a more regular basis in the coming year.

Having worked as an associate chiropractor for a couple of years after graduating from NYCC, he practiced for several years on Long Island and thereafter in Upstate New York, focusing on wellness, preventative care and musculoskeletal problems. The hands-on experience with chiropractic patients helped Dr. Cunningham teach students about basic science's strong relevance to patient care. His education in neurology and orthopedics has benefited patients and students alike.

Dr. Cunningham remains optimistic about the College and the profession, and is extremely impressed with the quality of NYCC's faculty and curriculum. In his opinion, the College has improved and matured greatly since he graduated from the Long Island campus 15 years ago. "The upstate campus and its facilities are really quite extraordinary," he says: "Add to this the high-caliber applicants NYCC attracts, and it is no surprise we continue to graduate extremely well-prepared doctors from a world-renowned, and admittedly rigorous, educational program."

As for future prospects, Dr. Cunningham remarks, "I see a very positive future for the profession. This is a great time to be a chiropractor!" He observes chiropractic's increasing acceptance in mainstream health care. With this acceptance come opportunities for chiropractors to work in hospital settings and multidisciplinary clinics. Fortunately, NYCC finds itself at the forefront, developing a variety of programs and opportunities consistent with the profession's growing integration. Dr. Cunningham also predicts enhanced opportunities for successful private practice experiences.

Married for 19 years, Dr. Cunningham met his wife, Christine, at the Health Sciences Center at Stony Brook University, where he worked in the late '70's. Christine is a medical technologist with a Master's degree in Health Science Education and has enjoyed extensive hospital experience in medical technology.



Dr. Brian Cunningham

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NYCC's Dr. Karen Erickson Successfully Integrates Beth Israel

Karen Erickson, D.C., ('88) has combined an extensive background in biology and chemistry with her passion for healing the human body, and has called upon them daily during her many years of practicing chiropractic. She began practice on Manhattan's Upper West Side, and currently conducts business at the Continuum Center for Health and Healing at Beth Israel Medical Center in New York City. Her move to Beth Israel arose naturally as a result to trading referrals with an holistic internist at that facility for over 10 years. In fact, Dr. Erickson is among the first chiropractors to be credentialed by a teaching hospital in the United States. She is making every effort to expand the role of chiropractic in health care, and believes this is most efficiently done through chiropractic research and excellent patient care. Dr. Erickson blends traditional chiropractic techniques with an assortment of gentle, non-force techniques, deep muscle releases, and craniosacral therapies. She first entered the profession because of an abiding interest in holistic health care. Armed with a degree in biology and chemistry, she sought clinically challenging work and felt that chiropractic embodied both her philosophy of health and her philosophy of life. She has loved being a chiropractor ever since.

As a senior staff member at Beth Israel's Continuum Center for Health and Healing, Dr. Erickson works with an assort-



Dr. Karen Erickson, '88

ment of health professionals. In addition to a homeopath, a massage therapist, and an acupuncturist, she also works with the Center's medical doctors, who enthusiastically incorporate integrative treatment into their practices. Beth Israel Medical Center, in partnership with three other distinguished health-care institutions, established a broad network of integrated health-care services throughout the metropolitan New York region. The philosophy at the Continuum Center for Health & Healing is obvious: to provide cutting-edge health-care services based on the best scientific research, combined with the most effective complementary therapies. The outpatient facility located on the second floor of an elegant office building appointed with such environment-conscious materials as non-toxic glues and recycled materials, and its architectural flow respects the energy principles of Feng Shui. Hers, however, is a departure from traditional CAM offerings that are

typically provided as "spa" services.

A Warm Welcome From Medical Doctors

Dr. Erickson firmly believes that chiropractors should take every opportunity to phone or write other physicians with any concerns about medical conditions not within chiropractic's scope. She says, for example, "If I am not getting good results in my treatment of a patient's sciatica, I may seek neurological consultation. The last thing I want is to delay the best care for my patient." She is not in the least intimidated. She may explain to the medical specialist her anticipated regimen of conservative care involving muscle relaxation and restoring range of motion. "I don't burden them with the names of techniques they may have never heard of," she says. When she speaks with medical doctors she tries to maintain communication on a sophisticated level and makes every effort to stay in touch. In her words, "Doing so adds to the legacy of chiropractic. This is the standard of care employed by good medical doctors."

Dr. Erickson is acutely aware that medical doctors don't learn anything about chiropractors in medical school and yet they want to know how to use chiropractic to the patient's advantage. She lets them know about the kinds of cases chiropractors would enjoy treating, as opposed to, say, physical therapists or orthopedists. She also demonstrates

chiropractic's clinical thought process and relates it to effective approaches for repetitive stress problems, scoliosis and other musculoskeletal problems. As Dr. Erickson sums it up, "Chiropractic is on an amazing frontier. Medical doctors want a road map so they can learn how best to utilize chiropractic." Dr. Erickson never feels proprietary over her patients. Quite the contrary: referring out suggests she knows what she's doing – not the opposite.

Patient (and Physician) Education

Educating patients and healthcare professionals about chiropractic is a passion of Dr. Erickson's. She takes great pains to explain her diagnosis to patients and to recommend treatments – confident her patients can handle complexities. The result is patients referring other patients to Dr. Erickson. Often, medical doctors will schedule office visits with Dr. Erickson because their patients raved about her care.

"I particularly enjoy speaking with medical residents," says Erickson. She makes every attempt to get to medical doctors early, before they are fully licensed. She invites them to observe chiropractic in action so that it becomes less academic and more real. She normally explains chiropractic in about 15 minutes – telling how she orients the patient, chiropractic history and licensure, scope of practice – and ends the pre-

Continued on next page

NYCC's Dr. Karen Erickson Successfully Integrates Beth Israel

sentation with a chiropractic treatment. "Once they experience chiropractic with their own body, they develop a whole new understanding. They finally 'get it,'" exclaims Dr. Erickson.

More Room for Research

"There is a growing body of research that supports the safety and efficacy of chiropractic. Further research on musculoskeletal and visceral conditions, as well as in basic science, should continue to be a top priority of the chiropractic profession," urges Erickson. She feels it is important for chiropractors to be able to communicate the clinical logic of chiropractic to patients and their physicians alike. "Chiropractors have already been doing this pretty effectively," she explains. "This is why the world is changing."

Just Plain Good Business

Medical doctors are coming to recognize the value of having a chiropractor in the office. The total amount of insurance reimbursement collected by a physician depends on the number of patients treated. Having a competent chiropractic practitioner on staff is often just a matter of good business.

Is Patient Rapport Important?

Current literature suggests that good rapport with patients aids treatment and positively impacts outcomes. Asked to comment, Dr. Erickson responded that chiropractic has historically been relationship

centered. She feels the most powerful fact about chiropractic care is that it is a model to which medicine is trying to return. Chiropractors can bring this uniquely chiropractic approach to mainstream medicine. The mind-body connection is a holistic approach, one that is traditionally chiropractic in nature; early chiropractic philosophy embraced mind-body principles.

During grand rounds at the Continuum, Dr. Erickson feels that one of her roles is to interject, in a friendly way, the patient into the doctors' conversations. She is continually challenging the reductionist model of Western medicine – convinced that much more is going on in a person's life and health than meets the eye. She feels humans are "unfathomable." Her interjections are welcomed at the Continuum and cause professionals there to appreciate more fully what's going on in a patient, particularly when it is not obvious. For example, where a patient has diabetes, or MS, and all conventional care fails, an integrated setting can remind doctors that there are multiple ways to heal. She would like to see this creative brainstorming take place for all patients.

Chiropractic Opportunities at the Continuum's Health and Healing Center

Dr. Erickson wants to create internship opportunities for NYCC students at the Continuum Center. The fortunate students selected would enjoy

invaluable exposure, viewing chiropractors in action and attending grand rounds. The Continuum Center is also seeking students and graduates to assist in publishing case histories, and to help conduct clinical chiropractic research. Dr. Erickson will soon be writing a chapter in an integrative textbook for publisher McGraw Hill. The text, to be used by medical students, will likely be clinical in nature. Dr. Erickson seeks assistance with this project. Finally, Dr. Erickson wants to help bring more chiropractors into hospitals. In this regard, she wants to start advanced-training, chiropractic-fellowship hospital programs like those traditionally established for medical doctors.

The Market is Ripe

Health care is clearly a consumer-driven market. The public wants chiropractic and its philosophy, according to Dr. Erickson. The public also wants a team approach. Chiropractors need not compromise their philosophy or their scope of practice. As she sees it, there will be a great deal of integration between chiropractic and medicine over the next five years, and it would be unfortunate if chiropractic becomes simply another modality by prescription. As she puts it, "Chiropractic cannot afford to relinquish its hard-earned scope of practice. It cannot afford to become a linear, reductionist and mechanistic treatment for pain. We do not seek to become simply another physical-thera-



pist approach for pain relief. If that happens, chiropractic will have lost something very precious."

Multidisciplinary Centers Under Close Scrutiny

Asked about the close scrutiny that many multidisciplinary practices now suffer due to alleged improper billing practices, Dr. Erickson responded that she does "pretty simple billing" and doesn't "fool around with codes." For example, she doesn't bundle codes to increase fees – usually either 98940 or 98941 for most regular office visits.

Chiropractic's Future

Dr. Erickson sees enormous opportunities for the profession, though chiropractic is not without its challenges. According to her, chiropractors should continue to venture into new arenas, yet maintain a grounded chiropractic philosophy and protect their hard-won scopes of practice. It is also important that the profession make every effort to teach mainstream medical professionals how and when to refer patients to doctors of chiropractic. Dr.

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NYCC's Dr. Karen Erickson Successfully Integrates Beth Israel

Erickson feels the profession will continue to attract intelligent, principled and caring doctors who practice through solo and group practices. She envisions many more chiropractors in hospitals and believes that multidisciplinary facilities (similar to the Continuum Center for Health and Healing) will flourish. Educational credentials will mount as well. Dr. Erickson predicts that more people will choose chiropractic as a career, and more practicing doctors of chiropractic will pursue additional advanced degrees in allied fields including research, business, law, education, medicine and a variety of other healing arts.

The Role of Chiropractic Colleges

According to Dr. Erickson, colleges should assist in the establishment of internship opportunities for their students. She would also like to see the creation of chiropractic fellowship programs that would encourage chiropractors to pursue post doctoral training – perhaps even as an alternative to some diplomate programs. Chiropractic colleges are the profession's "think tanks." As such, she feels they play a major role in offering conferences and seminars that support the professional agenda, educational programs, and the academic and research support framework for

the profession's future growth. She says, "NYCC is on the right track!"

Tips To Graduating Students

Dr. Erickson encourages graduates to perfect their adjusting and clinical skills, and strive to maintain high professional standards. In addition, she says they should endeavor to communicate their clinical thought process to their patients and to patients' physicians whenever possible.

At Home

Dr. Erickson is happily married to her husband Yasha, and thoroughly enjoys her two



beautiful children, Lucas 8 and Juliette 5. She says she likes playing with her kids, hiking, and having great dinner parties.

Parting Words

"Believe in the power of intention – dream your dream, and be honest and fearless. If you go out and live your best life, you'll end up where you need to be."

Educational Technology at NYCC *(Continued from page 46)*



action is often most useful. The use of technology in classrooms can be labor intensive, can contribute to difficulty in classroom management, is highly dependent upon technical support and doesn't work when there is a power outage. Students who are not self-motivated can have significant difficulties with some types of technology-based coursework.

BC: From a technical standpoint, we are always concerned about power failures, network problems, equipment failure and things of that nature. We try to stress the point of having some kind of backup plan in the event of any issues that may arise. If the network is down, have the presentation saved on a disk; or, for problems on a larger scale, physical documentation that can be displayed on an overhead/document camera, or be prepared to "chalk and talk."

LL: Not everyone is comfortable using technology. Individuals are more receptive to learning to use technology in a non-intimidating situation. It is critical for people to recognize the importance of technology in their daily and future lives. To encourage the embracing of technology, we encourage use of low-threshold applications at first and then increase ways to further utilize technology.

Hardware problems, lost data, user error, software glitches are all very FRUSTRATING to users, and that is why support personnel is so important. Technology is very expensive and becomes obsolete very quickly.

LB: If financial resources were not a constraint, what else should we do or would you like to see done in the educational/instructional technology area?

BC: I'd like to see the student residence halls physically networked to the main campus, creating a true network environment where (the lack of) information and communication is never an issue.

LL: Every student, faculty and staff would have a wireless laptop and a Personal Digital Assistant (PDA). There would be virtual labs in some course areas, delivered via student laptops with special software. Faculty would have the courseware software and time to put courses online so that we could reduce "seat time" in our curriculum. By creating more web-based applications for data with

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Ergonomics and the Placebo Effect

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

Perception is everything. Accordingly, some might argue that perception is more important than reality! The placebo effect may be described as the experienced change in health, feeling or well-being arising from exposure to items or events they *believe* will cause a change. This phenomenon can both help and frustrate attempted improvement in ergonomic conditions. Take, for example, the following:

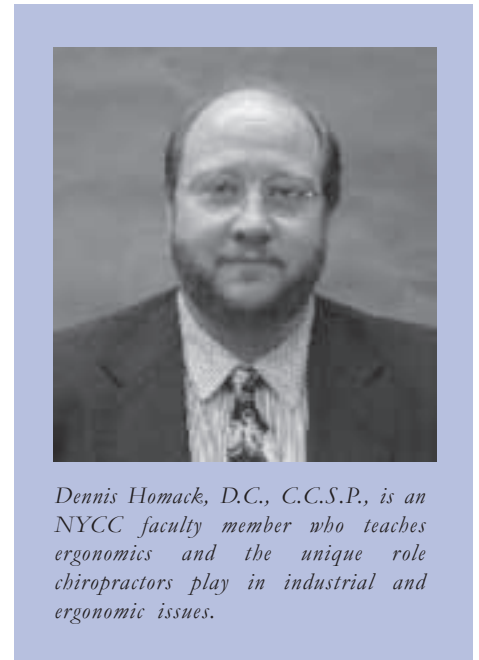
Employees at an Oklahoma meat-packing company had experienced a high incidence of carpal tunnel syndrome (CTS). The company implemented wrist exercises with assistance from a local rehabilitation center (the only ergonomic change that the company implemented during the year). The *Journal of the Oklahoma State Medical Association* (Seradge et al, 2000) reported an improvement in the company's workers' compensation loss ratio, which decreased from 13.89% to 11.61%. The incidence of CTS was reduced 45.4% and other cumulative trauma injuries, excluding carpal tunnel syndrome, improved 37%. According to the study's authors, the exercise program's results were thought significant enough to warrant the company's permanent adoption of the program. Perhaps the health improvements arose, in part, due to employee expectation or because they knew they were part of a study. Might these dramatic results reveal a variation known as the "Hawthorne Effect"?

The Hawthorne studies, one will recall, were conducted during the 1920s and '30s at Western Electric's Hawthorne plant. The study, intending to demonstrate that better lighting conditions would improve productivity, involved the separation of workers into two groups. The first group experienced a gradual lighting decrease over time; the second was a control group where the lighting was held at a constant level. Interestingly, performance rose steadily in both groups, even though the lighting for

the experimental group became so dim that the workers ultimately complained that they could hardly see. When other changes were tested, from compensation to vacation incentives, the results were similar — performance always increased (Roethlisberger, et. al. 1941). Researchers later concluded that improved lighting had little to do with productivity; rather, improvements in performance may arise due to participation in a study!

Other studies sought to quantify the extent to which office environments benefited from plants and foliage. Interestingly, though no evidence supports the notion that plants improve air quality, workers nearly always report improved health, mood and perceived improvement in their performance when, in fact, their productivity decreased as the number of plants increased (Larsen, et al 1998). Other studies have revealed that telling people of changes in environments (when in fact no change actually occurred) resulted in per-

"In fact, their productivity decreased as the number of plants increased."



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.

formance changes. Workers who felt they had control over room temperature (though the thermostats were secretly disconnected) voiced fewer complaints. Similarly enlightening, employees who were told that they had received new "full spectrum lights" (but hadn't) also felt better. (Vietch, 1997, Jewett, et al, 1986, Menzies, et al, 1993).

The point is not that meaningful efforts to improve work environments will not have a positive effect on individual health and employee productivity, but rather that simply telling someone of beneficial changes is often all that is required to create the benefit. Adjustment time may also be required before experiencing benefits. Lowering a computer monitor may be the appropriate step to correct a physical problem, but if it doesn't "feel good" to the worker the correction may not be perceived as effective. This is where educating the patient (or worker) is so very important. Simply stated, the *perception* of effectiveness will likely influence the outcome.

Update: Important Sources for Chiropractic Information in the NYCC Library?

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



Daniel Kanaley, Library Director

Medical science changes constantly as new research questions existing practices and confirms new theories. Similarly, chiropractic practices undergo continuous review as new research demonstrates the effectiveness of various treatment methods. The NYCC library makes every effort to collect chiropractic research information as soon as it is published in books and journals, and to make it available expeditiously to students, faculty, staff and alumni. The library provides access to medical and chiropractic literature through a variety of means. The following databases are available on the Internet.

1. The **NYCC online catalog** (called **Horizon**) helps find books, media materials, and journal cataloging information: Go to the NYCC homepage and click on "library" (in the menus under "student life," "alumni" or "research"). The home page is also available from the NYCC Online page by choosing the library from the "campus links" list.

Choose the "Horizon Library Catalog" link at the top of the library home page.

Book, media, or journal bibliographic information can be retrieved using the library's Horizon on-line catalog by means of author, title, subject, or any keyword search terms.

When bibliographic information for books and media mate-

rials is retrieved, Horizon also displays the shelf location (e.g. "Seneca Falls library" or "Levittown Clinic") and the circulation status (e.g. "available" or "unavailable").

2. The **Index to Chiropractic Literature** (ICL) can be used to find chiropractic journal articles published between 1980 and the present.

Indexing for 1985 to the present is available free on the Internet at <http://www.chiroindex.org>.

Library staff members at each North American chiropractic college index individual journal articles. The indexing is then integrated to become the Index to Chiropractic Literature. Printed indexes covering 1980-1984 are available in the library. Chiropractic books and media materials are not included, as they are individually catalogued and assigned subject headings. They may be found in the NYCC Online catalog called "Horizon" (see #1 above).

3. **MANTIS** (Manual Alternative, & Natural Therapy Index System), a subscription database created by Action Potential, Inc., and started by Dr. Ronald Rupert in 1990 used to find journal articles.

Covers acupuncture, chiropractic, exercise therapy, herbal medicine, homeopathy, massage, midwifery, moxibustion, naturopathy, nutrition, osteopathic medicine and wellness care.

Selective indexing by Action Potential of chiropractic and alternative health literature from 1990 to present. Provides abstracts of items retrieved, with full text available for selected articles.

Currently available in the library passwords supplied at the main library circulation desk.

Off-campus use is possible, but individual registration is required by MANTIS. Contact the library for the required registration code, plus the passwords. On the Internet, go to <http://www.chiroaccess.com/MANTISabout.html>.

4. **MEDLINE** (a database of medical research compiled by the US National Library of Medicine, and also referred to as **Pubmed**) is available from the NYCC library home page (click on "Internet Links"). It is also available free on the Internet at: <http://www.ncbi.nlm.nih.gov/pubmed/>.

Indexes medical research literature and some chiropractic journal literature from 1966 to the present.

Indexes important chiropractic journals, e.g.: *Journal of Manipulative & Physiological Therapeutics* and also *Spine*.

References contain links to some full-text articles via Linkout. Click on the NYCC icon near the title in each reference.

5. Alternative medicine data-

bases: **Alt-HealthWatch** database, and **AMED** database.

a. **Alt-HealthWatch:**

A full-text database of journal articles "focusing on the many perspectives of complementary, holistic and integrated approaches to health care and wellness...from more than 170 international peer-reviewed and professional journals, magazines, reports, proceedings, association and consumer newsletters plus hundreds of pamphlets, booklets, special reports, original research and book excerpts."

Available through Ebsco Electronic Journals Service (EJS). Click on the "Comp. Med. Databases" icon on the library desktop, then click on "Ebscohost Web."

Search by subject; click on "full text" option to display article.

b. **AMED** (Alternative Medicine Database): "This database contains citations and abstracts from over 400 biomedical journals, relevant articles from books, newspapers, conference proceedings and several other document types...from 1985 to the present."

Bibliographic reference (no full text) database of journal articles

Continued on next page

Love For Coffee: Sometimes Heartfelt

by Nancy Almann, D.C.



Reuters Health reported two small studies released at the American Society of Hypertension indicating that small doses of caffeine, even as little as that in one cup of coffee, can cause temporary stiffening of the blood vessel walls. Researchers led by Dr. Charalambos Vlachopoulos of Athens Medical School in Greece investigated the effect caffeine had on people with mild hypertension (high blood pressure) versus those individuals with normal blood pressure.

People with mild hypertension, who took a pill that contained 250 milligrams (mg) of caffeine, the amount found in 2 to 3 cups of coffee, demon-

strated a temporary increase in blood pressure and stiffness of the aorta, the main artery leaving the heart. In the other study, people with normal blood pressure who were given a pill containing as much caffeine as one cup of coffee showed temporary increase in the stiffening of arterial walls. Arteries should be supple so they can expand when muscles, including the heart, demand more oxygen. Loss of elasticity spells trouble for the body.

Vlachopoulos explained that increased arterial stiffness that attends caffeine might worsen hypertension in people already suffering from high blood pressure. The increased

stiffness also reduces the amount of oxygen that is supplied to the heart, he noted. Consequently, until more research is done, Vlachopoulos suggests that certain patients, such as those whose arteries are already stiff, may wish to start reducing caffeine consumption now.

Educational Technology at NYCC *(Continued from page 50)*

regards to many documents, online evaluations, online testing, etc., we could strive towards a “paperless” campus. A video conferencing camera and microphone on each computer would facilitate participation in webcasts and webinars over the Internet, and computer lab management software would be provided for teaching and training in the computer labs.

LVD: If we were not limited by financial resources, educational technology could result in all students having laptop computers that they take to class and that are an integral part of the courses’ delivery. Examinations could be given through the laptops, scored, analyzed, and

returned in the end, to the student – essentially instantaneously. All lecture courses could be delivered both in the traditional method or online, facilitating the students who learn better in a setting other than lectures. PDA’s could be used for laboratory and health center assessments and provide feedback and tracking of student performances on an ongoing basis throughout the entire 10 trimester program. Patient records and billing might eventually live in an electronic format, allowing for easier access to records by interns and more efficient and timely processing of “paperwork”. Production and offering of an extensive variety of postgrad courses could make NYCC a leader in postgrad distance education.

Through the use of video streaming, DC classes, postgrad classes and tutorials for students in need could be delivered anywhere in the world. Educational technology is developing at a very rapid rate, and it is difficult to comprehend what other opportunities may be available two or three years from now.

LB: Thank you all.



Faculty Spotlight Dr. Brian Cunningham, D.C., M.S.

Continued from page 47

She also worked as an instructor in the medical technology department at Stony Brook, and now works as an adjunct instructor at New York Chiropractic College. Together they are successfully raising three boys: Brendan, 12; Nolan, 10; and Ryan, 6. For diversion, Dr. Cunningham coaches little league baseball and enjoys golf, good books and travel.

Dr. Cunningham offers *Transitions* readers these concluding comments: “I believe we are experiencing an important phase in our evolution as a profession and an academic institution. New York Chiropractic College is poised for significant growth and maturation over the next several years. With the leadership that now exists at the college, I am confident that we will become the premier chiropractic college and leader in the profession in the coming years.”

Update: Important Sources for Chiropractic Information in the NYCC Library?

Continued from previous page

on chiropractic and the “alternative medicine” literature compiled by the British Library.

Available through Ebsco Electronic Journals Service (EJS). Click on the “Comp. Med. Databases” icon on the library desktop, then click on “Ebscohost Web.”

The NYCC library would like to know of any additional sources for chiropractic information, and we will make every effort to make them available.

NYCC Graduates April 2002 Class

NYCC conferred Doctor of Chiropractic degrees on graduating doctors during its April 7th commencement exercise. Father Richard Murphy offered the opening invocation. President Frank J. Nicchi, D.C., offered his congratulations to the class and introduced Jacqueline Robinson-Melchor, who delivered the Board of Trustees'



Kevin T. Schroeter, Salutatorian

greeting and remarked that graduations are occasions of transition where students prepare to assume their respective places in the profession. She congratulated the graduates for their achievements and wished them well in their careers.

Dr. Maggie Finn offered the faculty greeting, expressing her great honor in addressing the graduates. She urged them to aim high, and to never sell themselves short. Dr. Finn closed her talk with the exhortation, "Get out there and adjust!"

Executive Vice President

and Provost G. Lansing Blackshaw, Ph.D., recognized valedictorian Chadwick J. Minor and salutatorian Kevin Thomas Schroeter. Minor said he felt that all the hard work had finally paid off. As he put it, "The ship has come in with great treasures we shall use for the rest of our lives." In making the best use of these treasures, Dr. Minor urged his fellow graduates to earn respect within their communities and to make every effort to optimize people's health. He noted that his classmates would soon be heading toward their respective destinations and encouraged them to become the best chiropractors possible – ever demonstrating their unswerving commitment to their patients.

Commencement Speaker

Mr. David O'Bryon, Executive Director of the Association of Chiropractic Colleges, served

as the commencement speaker. He is a lawyer who is also founder and president of O'Bryon & Company, a multiple association management and consulting firm that specializes in public affairs. Mr. O'Bryon has, for over 20 years, been a leading architect for major national legislation involving the chiropractic profession. In addition to his national work, he wrote the laws that govern chiropractic in the District of Columbia, as well as the ancillary procedures bill and independent board bill. Mr. O'Bryon has served as chief executive officer for several nonprofit organizations and has occupied a number of key staff positions, including those involving congressional affiliation. In September 2000, the American Chiropractic Association honored Mr. O'Bryon with the *ACA Humanitarian of the Year Award*. Dr. Nicchi, in introduc-



Chadwick J. Minor, Valedictorian

ing him, credited Mr. O'Bryon for his successful efforts on behalf of chiropractic inclusion legislation with the Department of Defense and with the Veterans Administration.

Mr. O'Bryon began his talk with an offering of both good news and bad news. The good news was that the graduates were about to enter a chiropractic profession at a wonderful time. The bad news was that school was over, "It's time to go to work!" His talk emphasized a theme first uttered by Horace Mann at Antioch University's first graduation: "Be ashamed to die until you have achieved some victory for humanity." He commented that the graduates were healers and that their hands will touch and heal thousands of people. He implored the class members to reach outside their practices and serve their communities.

Aware that the graduates would soon be joining 60,000 fellow colleagues, Mr. O'Bryon



NYCC President Frank J. Nicchi, D.C., NYCC Board of Trustees member Mrs. Jacqueline Robinson-Melchor and Executive Director of the Association of Chiropractic Colleges Mr. David S. O'Bryon

NYCC Graduates April 2002 Class



Dr. Margaret Finn

suggested they join their state and national associations: "They need your pioneering energy and spirit." He also noted that within the vast array of practicing chiropractors there would be many excellent

mentors. He closed his talk advising the class to set their paths high: "You will reach them!"

Class advisor Dr. Eileen Santipadri called the graduate's names as Dr. Nicchi hooded them. Dean of Chiropractic Education Lee Van Dusen, D.C., administered the Chiropractic Oath and 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. "The true measure of your success will be the gratitude you receive with every adjustment you administer." Dr. Lizzio welcomed the

class as the College's newest alumni and requested that they stay involved with their alumni association.

Dr. Nicchi closed the ceremonies, remarking how commencement marked a turning

point for those who had just recited the chiropractic oath.

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



Chiropractic Oath

Olympic Sports Chiropractic Symposium at Giants Stadium

A tenth-year reunion/symposium of DACBSP's and CCSP's was held May 18 and 19 sponsored by the New Jersey Chiropractic Society Sports Council, ACA Sports Council and New York Chiropractic College with proceeds from the event donated to help defray the medical costs of Laura Santiago, who is currently battling lymphoma. Pictured from left to right are: Andy Klein, DC, DACBSP, 2000 United States Olympic Team Chiropractor, Sydney, Australia, American Chiropractic Board of Sports Physicians; Phil Santiago, DC, DACBSP, 1992 United States Olympic Team



Chiropractor, Barcelona, Spain, United States Olympic Committee Sports Medicine Advisory Committee; Margaret Karg, DC,

DACBSP, 1995 United States Pan American Team Chiropractor, Caracas, Venezuela, Past President, ACA Sports Council;

Jan Corwin DC, CCSP, 1988 United States Olympic Team Chiropractor, Seoul, Korea, Past President, ACA Sports Council; Robin Hunter, DC, DACBSP, 2002 United States Olympic Team Chiropractor, Salt Lake City, USA, Past President, ACA Sports Council; NYCC President Frank J. Nicchi, DC; Kathy Baumgarder, DC, DACBSP, 2002 ACA Sports Chiropractor of the Year; John Danchik, DC, CCSP, Chairman, United States Olympic Chiropractic Selection Committee, Inductee, ACA Sports Council "Hall of Fame," Past President, ACA Sports Council.

Class of '77

Neal Wieder, D.C., became the Ergonomic Consultant for the central Florida hub of United Parcel Service (UPS). Dr. Wieder gives safety talks to up to 250 UPS truck drivers about various topics every week. As a result of his involvement, last summer this hub had zero injuries during the time of year known for high injury rates. He was recently asked by UPS to provide the same service to its staff who load trucks called preloaders. Dr. Wieder has a practice at Wieder Family Chiropractic Center, Chiropractor and Acupuncturist, 820 West Lake Mary Boulevard, Suite 107, Sanford, FL 32773. His phone number is 407-330-0240 and his e-mail address is drnwieder4747@cfl.rr.com.

Class of '82

Jay DiCicco, D.C., has been practicing in Waynesboro, VA, in the Shenandoah Valley since 1984. He was recently unanimously appointed by the City Council of Waynesboro to serve the city as a health advisor and member of the Board of Health. His term of office began in November 2001. This past April, Andrea Hailey, fourth trimester NYCC student, shadowed him as he treated patients in his rural office. A long-time patient, Ruby Ely Weade, was invited to come in for an adjustment and spent time talking to Andrea about the history of chiropractic. Her mother, Blondina Wilimina Schroeder, was the secretary to B.J. Palmer of Davenport, IA, and thereafter became a chiropractor who practiced with her husband, John Ely, in Waynesboro, VA.

Class of '85

Loretta Macri, D.C., has recently expanded her practice into a complete wellness center. In addition to traditional chiropractic services, Macri Chiropractic & Wellness

Center currently has a Reiki Master, Swedish Massage Therapist and a Neurolinguistic Practitioner on staff. The center offers weekly meditation along with a variety of weekly workshops dealing with holistic healthcare topics. Further expansion is underway to include a yoga center and acupuncture. Dr. Macri has been practicing in Point Pleasant for the past 16 years, where she also lives and is raising her two children, Christina, 10 and Jake, 4. Her address is 908 Richmond Avenue, Route 35 South, Point Pleasant Beach, NY 08742 and her phone number is 732-295-1211.

Class of '86

Paul S. Inselman, D.C., was interviewed and featured in *The American Chiropractor's* "Millionaire Series" in March 2002. He was in the first class to graduate from the Loomis Institute and has been credentialed as a Loomis Digestive Health Specialist (LDHS). Dr. Inselman can be reached at 516-747-1122 or www.drinselman.com.

Class of '89

Melissa Shapkin, D.C., and Thom Freeman announce the birth of their son, Joshua Harrison Freeman on April 1, 2002 at 5:31 am. He weighed 6 lbs. 12 oz. and was 20 inches long. Joshua was welcomed home by his 3-year-old big sister, Rachel Simone. Everyone is doing just fine. They can be contacted at mtsdc@msn.com.

Christina Pastor, D.C., a.k.a. Christina Pope (pen name), is publishing her first novel, *Locker 141*. For a synopsis of her mystery-suspense novel go to 1stbooks.com.

Class of '90

Maxine Cappel Mayreis, D.C., and her husband Dean Mayreis are excited to announce the birth of their twins on January 6, 2002. Glory Violet Mayreis made her

debut at 2:15 p.m. and weighed 7 lbs. 9 oz. and Jesse Robert Mayreis made his appearance by cesarean birth 46 minutes later and weighed 8 lbs. 8 oz. Both were 21 inches long with plenty of hair and nails. Everyone is doing exceptionally well and the parents are adjusting happily to a busy, new lifestyle.

Class of '93

Robert Frankel, D.C., M.D., has graduated from St. George Medical School and starts residency in emergency medicine at Albert Einstein Medical Center.

Paul J. Schaefer, D.C., M.D., has graduated from St. George Medical School and starts residency in anesthesia at Yale University Medical Center.

Class of '94

John J. Rotundo, D.C., and Elisabeth A. Segali have become engaged and are planning a September 1 wedding. Dr. Rotundo is practicing at Hudson Family Chiropractic in Hoboken, NJ.

Kevin Lynch, D.C., and his wife Linda celebrated the birth of their first child, Sean Patrick, on October 12, 2001. Their address is 90 Cresci Boulevard, Hazlet, NJ 07730 and their phone number is 732-203-0174. Dr. Lynch opened a new practice, Family Chiropractic of Belford in January 2002.

Class of '95

Ralph Cardia, D.C., and **Elaine Pompa Cardia, D.C.**, celebrate the birth of their son, Alexander, born March 20, 2002 weighing 6 lbs. 15 oz. Their address is 19 Avondale Drive, Avon, CT 06001 and their phone number is 860-404-7462 and 860-243-3815.

Dena Kerr, D.C., had a baby boy, Gavin Patrick, on April 11, 2002. He weighed 8 lbs. 7 oz. and was 21 1/2" long. He has two big sis-

ters, Jordan and Jenna. Their address is 218 Wilbur Blvd., Poughkeepsie, NY 12603 and their phone number is 845-483-0911.

Anthony A. Lafferty, D.C., has been treating professional athletes for the past four years. He is currently the chiropractor for the Philadelphia Flyers and traveled with them last season during the NHL playoffs. He established Lafferty Family Chiropractic in 1997 and is happy to welcome his twin brother, **Edward T. Lafferty, D.C.**, (901) into his practice. His address is 115 Route 73 North, Cherry Plaza, Suite 5, West Berlin, NJ 08091 and his phone number is 856-768-7737.

Class of '96

Ronald M. Braun, D.C., and his wife Leza welcomed their new daughter, Vanessa Renee, to their family on February 24, 2002. Big brothers Alexander (6) and Sebastian (3) are glad she's here too. Their address is 4917 William Street, Lancaster, NY 14086 and their phone number is 716-706-0600.

Joseph Simone, D.C., and Veronica Frisari will be married on August 3, 2002 in Staten Island, NY. Dr. Simone is a partner in a multi-disciplinary office, Monmouth Total Health Care, 285 Parker Road, Eatontown, NJ 07724. His office phone number is 732-229-3344 and his e-mail address is jtsimdc@aol.com.

Dawn Balnicki, D.C., of Summit, NJ, recently became engaged to Gregory Tobin of North Haven, CT. A November 2002 wedding is planned. Dr. Balnicki will be relocating to Connecticut this summer. She can be reached at DawnBalnickiDC@aol.com.

Kara Liebenauer, D.C., and her husband Scott Remole are expect-

ing their second child in late July 2002. Their first child, a girl, was born on February 3, 2001. Illa Evon Remole is doing great. Dr. Liebenaurer is still practicing with Stallings Chiropractic in Owensboro, KY although she only works ten hours per week in order to stay home with Illa and the new baby when it comes. Their address is 5728 Bickett Road, Owensboro, KY 42301 and their phone number is 270-229-4315.

Class of '97

Joseph K. Maranchie, D.C., and Jennifer E. Foley were recently married in Wellesley, MA. After honeymooning on a Pacific and Caribbean cruise, they are at home in Falmouth, MA. Dr. Maranchie has a private practice in Vineyard Haven on Martha's Vineyard.

Ralph A. Cafiero, D.C., and Darcy L. Poormon were married on September 22, 2001 on Long Island. Following a honeymoon cruise to the Panama Canal, they are at home in Brooklyn, NY.

Christopher J. Sigillo, D.C., and his wife Wendy announce the birth of their son, Ryan Andrew, on February 1, 2002. They currently reside at 60 Sugar Tree Circle, Brockport, NY 14420 and their phone number is 585-395-9838.

Jonathan L. Donner, D.C., opened a private practice in Fairport, NY in February 2002. His office address is 6605 Pittsford-Palmyra Road, Suite E2 (Black Watch Office Park), Fairport, NY 14450. Dr. Donner can be reached at 585-223-1580.

William Johnson, D.C., and Virginia McHale have recently become engaged and are planning a November 2002 wedding. Dr. Johnson owns Advance

Chiropractic in Nanuet, NY.

Agatha Barreca, D.C., and **Heath Edwards, D.C.**, announce the birth of their second son, Blaise Alexander Edwards, born November 14, 2001. He joins his brother Gabriel. Mom and Dad are doing well and want to say hello to all of their fellow classmates. Their address is 104 John Stark Highway, Newport, NH 03773 and their phone number is 603-863-6680.

Class of '99

Tracy M. Ball, D.C., and Richard A. Ostowicz, Jr. are engaged and planning a May 2003 wedding.

James M. Yadanza, D.C., announces the opening of his practice Wolcott Chiropractic Clinic at 12033 Main Street, Wolcott, NY. His phone number is 315-594-9400.

Kirk Chirico, D.C., will be moving and expanding his practice with the purchase of a new 2500 square foot clinic two blocks from his existing location alongside a medical center. He will continue practicing the art, science and philosophy of chiropractic complemented with herbal medicine and incorporated with a rehabilitation facility. He has his own line of herbal products (Doc Kirk's Healing Herbs). Dr. Chirico can be contacted by e-mail at kirkdc@hotmail.com or by telephone at 719-775-0705.

Class of '00

David Kingwater, D.C., announces the opening of Marcy Family Chiropractic at 9478 River Road in Marcy, NY. His phone number is 315-735-2250.

Christopher Acquisto, D.C., has opened his practice, Acquisto Family Chiropractic, located at 6989 Transit Road, P.O. Box 483, East Amherst, NY 14051. His

phone number is 716-639-0839.

Marianna Roitman, D.C., had a son born April 9, 2001 at 24 weeks weighing 1 lb. 4 oz. They have recently celebrated his first birthday. She is buying a practice in Rahway, NJ. Her e-mail address is mroitman_k@hotmail.com.

Ilija Arar, D.C., and **Jennifer Stanton, D.C.**, (Class of '01) were married on July 13, 2002. She is currently practicing at Ryan Chiropractic, Waterloo, NY, and he is an anatomy instructor and research collaborator at NYCC.

Jonathan Nou, D.C., recently opened his own practice at Patuxent Place on Main Street in Laurel, MD.

Brian A. Pokorski, D.C., and Alanna Garbatowicz have recently become engaged and are planning a June 28, 2003 wedding. Dr. Pokorski is an owner of Chiropractic Lifestyle Family Practice, PC, in Williamsville, NY.

Lisa Francey, D.C., opened St. Lawrence Chiropractic, 16 Park Street, Canton, NY on June 17. Her phone number is 315-379-1800.

Class of '01

Shane R. Stainton, D.C., and Rosanna Marie Castiglione are engaged and planning a September 14, 2002 wedding. Dr. Stainton is currently in private practice in Collingwood, Ontario, Canada.

Brian M. Bayzick, D.C., of Conyngham, PA, is associated with Oxford Valley Chiropractic in Langhorne, PA.

Stacy A. McClosky, D.C., recently joined the staff of A Peaceful Place Wellness Center, 1733 Route 9, Clifton Park, NY. Her phone number is 518-371-2225.

Michael Kobre, D.C., has a practice in the Dewitt Mall, Ithaca, NY. His phone number is 607-272-9785.

Andrew Gallinaro, D.C., and **Margaret (Peg) Campbell, D.C.**, announce the opening of their new practice, Comprehensive Chiropractic Care, located at 182 Rockingham Road, Unit 8, Londonderry, NH 03053. They were also recently engaged and are planning a May 31, 2003 wedding. They can be reached at 603-425-7660 or compchirocare@yahoo.com.

Cynthia Zygmunt, D.C., has opened Hamlin Chiropractic Center in the Hamlin Professional Complex, Routes 590 and 348, Hamlin, PA. Her phone number is 570-689-3950.

James Carl, D.C., has opened an office at 114 S. Front Street, Milton, PA. His phone number is 570-742-2979.

Timothy DelMedico, D.C., and Lori Sablich are planning a July 27 wedding. Dr. Del Medico owns a practice in Utica, NY.

Melissa Costanza, D.C., and Attorney Dean Sallam were married on January 19, 2002. They had a baby girl named Peri Costanzo Sallam on April 18, 2002. Their address is 76 Barthold Avenue, East Patchogue, NY 11772 and their phone number is 631-654-3628.

Patrick Finn, D.C., recently opened Finn Chiropractic at 213 N. Second Street, Clearfield, PA. His phone number is 814-765-2350.

enrollment MANAGEMENT

The following students are recipients of NYCC's Academic Scholarships for the Fall 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.



*Diane Dixon,
Executive Director of
Enrollment Management*

Kenneth Adams
Jamal DeVita
Pervinder Panwar
Heather Wilt
Jeremy Lindstrom
Robert Inesta
Daniel Steigerwalt
David Allensen
Laura Bowen
Melissa Riley
Jennifer Scharle
Kristen Rayball
Catherine Martin
Kristen Dutcher
Joseph Albert
Trisha MacIntosh
Randy Hallman
Donna Balfour
Son Nguyen
Jeff Meiri

Gregory Bauer
Timothy Purcell
Kimberly May
Melanie McIntosh
Kevin Schroeter
Soong Ahn
Gregory Masci
Edward Semeslberger
Krzysztof Wroblewski
Mark Morris
Shauna Dougley
Michael James
Gregory Richardson
Suzanne Plano
Angela White-Oberst
John Saratsiotis
Todd Personett
Mark Lessey
Jennifer Button
Bradley Brooker

Gregory Larivee
Susan Striegler
Pietro Fonti
Biancia Treski
Tara Haas
Eric Vincent
Christine DePietro
Danny Goncalves
Scott Trescott
Matthew Davis
Paulete Matuszewski
Jason Sonners
Joel Stutman
Thomas Keating
Aleck Wong
Amanda Gray
Edwin Vega
Kimberly Brown
Christopher Steacy
Lucas Resig

Ryan Pearlman
Matthew Lederer
Benjamin Andrulot
Joseph Hong
Jeb Albro
Michael Lalonde
Tanya Hintz
Stephanie Szentimiklosy
Christa Campbell
Peter Emary
Rachel Assayag
Laura Bellows
Chad Minor
Keren Roth

The following students are recipients of NYCC's International Scholarships for the Winter 2002 trimester. This scholarship is awarded in recognition of academic merit, as well as the content and quality of any essay submitted by each recipient.

David Allensen
Donna Balfour
Gregg Larivee
Anoy Lin
Catherine Martin
John Saratsiotis

Marc Baker
Michele Kin
Janice Lee
Jennifer Moore
Pervinder Panwar

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“HOT” CAREERS IN ALTERNATIVE CARE!

FORENSIC CONSULTING

Forensic chiropractors collect and evaluate information, and thereafter present their findings as expert witnesses in court cases. Opportunities exist for these consultants through law enforcement agencies, insurance companies, medical directors and lawyers. Special training and certification is required and is available through an organization called National Board of Forensic Chiropractors. The training includes such topics as using scientific methods to evaluate information and arrive at unbiased conclusions, knowledge of the litigation process, how to prepare a quality forensic report, and handling questions and cross-examination in court.

Forensic consulting can be a lucrative sideline to an existing practice, or a way to expand your options as you establish yourself in a career. Forensic consultants also play an important role in promoting the chiropractic profession through their interactions with other health-care and legal professionals. To learn more about forensic chiropractic consulting, the National Board of Forensic Chiropractors has an excellent website at <http://www.forensicexaminers.org>.



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

Consider Making a Donation to National Chiropractic Legal Action Fund

Dear Alumnus,

The American Chiropractic Association (ACA) has requested NYCC's assistance in soliciting funds for the profession's current legal efforts against both CMS (formerly HCFA) and Trigon Blue Cross Blue Shield. The CMS suit was filed after Medicare patients were routinely denied access to chiropractic care – an unfortunate pattern that only seemed to worsen over the years.

It is important that the profession prevail in this litigation in order to safeguard the profession's offerings, and to ensure that patients have access to the chiropractic care they deserve. The Blue Cross Blue Shield legal action continues in an effort to halt anti-chiropractic policies that reimburse chiropractors 40% less than other providers for the same services. It is hoped that a chiropractic victory would lead to increased economic prosperity for members of the profession and better patient access to chiropractic care.

The profession is at a critical juncture in both lawsuits. In the CMS suit, all sides have filed their motions for summary judgment and await the judge's decision. ACA's legal team continues to

request any and all evidence from Trigon relating to their contention that DCs should be paid less than other providers of similar services. The trial is set for November.

The ACA is confident that George McAndrews and his expert legal team will continue to do an outstanding job. However, they could use your financial assistance. Please consider making a donation to the National Chiropractic Legal Action Fund. The ACA hopes that 1000 doctors will be inspired to contribute \$100 per month for as long as it takes to win these suits. You may send your contribution to: **National Chiropractic Legal Action Fund, Post Office Box 75359, Baltimore, MD 21275.**

Thank you for your generous support.

Yours truly,

Frank J. Nicchi, D.C.
President



Tanya Hintz Awarded Kenneth W. Padgett Alumni Scholarship

Seventh-trimester student Tanya Hintz was awarded the Kenneth W. Padgett Alumni Scholarship in the amount of \$1,000 for her essay that discusses how, upon becoming an alumna, she will promote and support her alma mater in its academic leadership role. Tanya expressed a commitment to “get out and educate the public on the merits of NYCC and chiropractic.” She also voiced her desire to write articles in local newspapers and to conduct a series of ongoing seminars that would promote the College and the profession. Ms. Hintz feels it is her mission to establish strong working relationships

with other health-care professionals and to educate them about NYCC’s rigorous train-

ing. She plans to counsel potential chiropractic college candidates, mentor recent

graduates, and participate actively in alumni functions. Tanya supports the compilation of updated registries in order to help graduating students build their businesses and stay in touch with one another. The registries, she writes, are likely to benefit the College’s fund-raising efforts as well. Tanya looks forward to a time when she will return to NYCC and share success tips with matriculating students. She says her confidence is a reflection of NYCC’s leadership in the profession, and she looks forward to “promoting” her alma mater for years to come.



Tanya Hintz, 7th trimester, and NYCC President Frank J. Nicchi, D.C.

Christa Campbell Awarded NCMIC Scholarship

Seventh-trimester student Christa Campbell has been awarded the NCMIC Scholarship in the amount of \$800. Ms. Campbell’s essay discussed the role that doctor/patient communications play in risk management. She wrote that the chiropractor who takes time to educate patients regarding the various aspects of health care is going to be a lot better off down the road. This includes vertebrobasilar artery insufficiency and any

other relevant conditions and treatments. Ms. Campbell feels that when patients are told what to expect from treatment, together with possible side effects, they will be less likely to jump to erroneous conclusions. Christa urges chiropractors to allow patients to take an active role in their treatment since, as she puts it, patients who make the effort to change their lifestyles are more likely to have successful treatment results and remain healthy.



Christa Campbell, 7th trimester, and NYCC President Frank J. Nicchi, D.C.

Daphne Maxwell Awarded the Marion and Jean Griffel International Scholarship

Daphne Maxwell, 2nd trimester student, has been awarded the Marion and Jean Griffel International Scholarship in an amount of \$500. Ronald Wellikoff, D.C., NYCC, '76 established the scholarship in honor of his in-laws, who survived the horrors of internment in Auschwitz during World War II. It is given annually to a student from a foreign country who has demonstrated financial need, set goals, exhibited academic success, and completed an accomplished essay entitled *The Future of Chiropractic In My Country*. Dr. Wellikoff desired to fund a scholarship that would help foreign students in their pursuit of a chiropractic degree in



Daphne Maxwell, 2nd trimester

the United States. Following World War II, Marion and Jean Griffel were transferred to a displaced persons camp in Germany, where Dr. Wellikoff's wife Suzie was born. Having lost everything, the Griffels moved to New Jersey, where Mr. Griffel worked

as a carpenter, though he spoke no English. Today they both continue to live in New Jersey, own their own home and have accumulated no debt. Dr. Ronald Wellikoff is past president of the Florida Chiropractic Association and is the Florida Chiropractic Association's representative to the Department of Health Board of Chiropractic Medicine.

Daphne Maxwell's essay indicated there are many wonderful things about the state of chiropractic in her native Canada. Chiropractic referrals have increased and chiropractors are finding their place in multidisciplinary health facilities and hospitals. Increasing demand for chiropractic ser-

vices in aboriginal communities, where chiropractic has long been accepted as an alternative to their health care needs, is likely to continue. This is not to suggest, however, that chiropractic in Canada is without its challenges. For example, patients who suffer from neuromusculoskeletal conditions are often unable to obtain adequate chiropractic services. Ms. Maxwell hopes that chiropractic's continued growth in Canada will ease the pressure on national health care by allowing innovative use of multiple systems at a lower cost. She hopes to return to Canada to practice and plans to be an active member of the profession there.

Trisha MacIntosh Awarded Fein Scholarship

The Dr. Wendy Fein Memorial Scholarship in an amount of \$500 was awarded to sixth-trimester student Trisha MacIntosh for her well-written essay, "My Perspective on Chiropractic as I Enter the Final Half of My Chiropractic Education." Having been a patient of chiropractic for the majority of her life,

Trisha had long taken it for granted that chiropractic care was both necessary and beneficial for good health. In her written submission she expressed that the more she learned about chiropractic the more thrilled she was with it. She is ever receptive to the various methods chiropractors use, and is committed to pursuing high standards in practice. There is no doubt in



Trisha MacIntosh, 6th trimester

Trisha's mind that chiropractic points the way for health care's future, and it remains to be seen just how far and wide its impact will be felt. In short, chiropractic is not only a health-care profession, but rather a lifestyle Trisha is proud to integrate into her life.

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Program Directors:



Sal Arria, DC, ISSA co-founder and Executive Director, is a recognized leader in sports chiropractic.

Former Director of the Santa Barbara Chiropractic and Sports Medicine Clinic, Dr. Arria was

appointed as a Special Advisor to the Governor's Council on Physical Fitness. Dr. Arria was a team doctor for the USA Track and Field team for the 1984 Olympic Games and a team doctor for three U.S. Powerlifting Federation World Championships. He has been a member of the Sports Medicine Committee for the U.S.P.F. since 1985 and has treated professional and Olympic athletes from around the world.



Jack Barnathan, DC (NYCC 84') is an international authority on strength development. He is an award winning sports doctor, IFBB gold medal honoree, ISSA Master of Fitness Sciences, and fitness

innovator for elite champions from Pro and Olympic Sports. Through his New York Strength Consulting Group and Center for Strength and Performance he has lectured and consulted for some of the world's most exclusive events and organizations including The U.S. Celebration of Physical Fitness & Sports at The White House, The Kennedy Space Center, The United States Military, Arnold Schwarzenegger's VIP Training Seminar, and The Miss Universe Organization.

Earn CEUs through NYCC

The International Sports Sciences Association has made it possible for the D.C. to earn a Certified Fitness Trainer Certificate through a variety of study options, while at the same time earning twelve Chiropractic CEUs through the New York Chiropractic College department of continuing education.

License Renewal: appropriate applications relating to credit hours for license renewal in selected states have been executed for these programs. For information regarding these applications, please contact NYCC Postgraduate Department.

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TRANSITIONS

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My News _____

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