



TRANSITIONS

Winter 2003

SPORTS CHIROPRACTIC

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Programs in Acupuncture
and Oriental Medicine



D. J. [Signature]
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Dr. Peter Ferguson,
Chairman of the Board of Trustees

I am thrilled about the recent passage of legislation calling for chiropractic inclusion in the National Health Service Corps Loan Repayment Program — the wonderful result of dedicated work by the American Chiropractic Association and the Association of Chiropractic Colleges. Now, for the first time, chiropractic graduates

a message from

THE CHAIRMAN OF THE BOARD

of trustees

Pleased By NHSC Legislation

may serve those most in need of their services and concurrently rid themselves of daunting college debt. The health policy journal *Health Affairs* predicts that the United States will experience a physician shortage over the coming decades, resulting in a large deficit in primary and specialty health care. This too spells opportunity for chiropractors. As chiropractic utilization increases, as legislation enables chiropractic practitioners to render service to underserved populations, as rigorous research confirms the broad range

of effective services attending chiropractic treatment, as chiropractors expand their therapies to include nutritional counseling, relief of visceral ailments, acupuncture and other therapies, people's demand for chiropractic treatment will only accelerate. I applaud the colleges that prepare chiropractic students for an increasingly astute and receptive public, and I extend my deepest appreciation to professional associations that help to educate the legislators and the market about chiropractic's wonderful benefits.

from the PRESIDENT'S desk

Sports Chiropractic: A "Natural" at NYCC

This issue of *Transitions* is dedicated to Sports Chiropractic - and what could be more fitting? After all, our campus is blessed with 286 acres of lush, rolling grounds and excellent facilities that encourage athletics. The College has formerly staged the profession's premier collegiate sporting competition - the Chiro Games - and will soon welcome 1200 athletes and coaches for their participation in the 2003 and 2004 Special Olympics Fall Games that include bocce, cross-country running, cycling, equestrian, golf, soccer and softball events. Our students, faculty

and staff currently attend a variety of area NCAA and professional sporting events. Down the road from Seneca Falls people hike and cross-country ski in scenic national forests, bike along the shores of the Finger Lakes, fish Cayuga and Seneca Lakes, and walk the historic Erie Canal Way Trail. Our enviable recreation center offers intramural events in a full-size gym, Olympic pool, tennis courts and executive nine-hole golf course. The College's curriculum, research efforts, student clubs, and health centers all support this athletic orientation. As our research staff explores gait and the dynamics



Dr. Frank J. Nicchi,
President

of human movement, our Sports Club provides chiropractic treatment to participants of track and sporting events and our health centers busily cultivate relationships with amateur and professional sporting teams. Please join us as *Transitions* plumbs the exciting opportunities in sports chiropractic and celebrates the many social, spiritual and mental benefits athletics bring to people's lives.

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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 2003



President's Council Profile: Eugene (Barry) Bradshaw, Esq.

Eugene (Barry) Bradshaw, Esq., is the focus of this issue's President's Council article. He is an attorney who focuses largely on business and real estate issues in his Seneca Falls law practice, and who had previously served as corporate counsel for internationally known Goulds Pumps, headquartered also in Seneca Falls. It wasn't always Mr. Bradshaw's wish to be an attorney. Having grown up in Dakota City, Nebraska, Mr. Bradshaw first set his sights on becoming an engineer. He traveled to South Dakota for training before taking a job with Goulds in Seneca Falls in 1962. He was assigned a sales territory in the Chicago area to sell Goulds products. While in Chicago, Mr. Bradshaw attended and graduated from John Marshall Law School. He was admitted to the Illinois Bar in 1969 and to the New York State Bar in 1970.

Mr. Bradshaw uses terms to describe life in Seneca Falls such as "good," "simple" and "beautiful." He and his wife Mary Ann have resided at the First Ward School on State Street in Seneca Falls for the past three years. He enjoys his daily walk to the office, his visits with friends and colleagues over informal lunches, and ready access to metropolitan areas. He has made every effort to integrate into the Seneca Falls community – having served as president of the local school board and participating on village and hospital boards. He

claims he is still getting used to New York's winters and taxes.

His daughter, Michelle, a licensed occupational therapist, currently attends NYCC. She earned her degree from Boston University and is licensed in Oregon and New York. Mr. Bradshaw has been treated by chiropractors, yet claims that Michelle's decision was one she made on her own. Michelle's respect for the chiropractic profession blossomed as a member of Boston University's crew team. One week prior to a regatta, she injured her back and felt her only relief at the hands of a Boston chiropractor. She was convinced that a chiropractic education would round out her skills and enable her to help more people. She also felt that female patients might find treatment from a female chiropractor to be comforting. She knew she was fit enough to withstand professional practice's physical rigors. She had long been an athlete, competing in basketball, soccer and discus during her high-school years in Seneca Falls. Michelle also participated in the chiropractic colleges' Chirogames.

Mr. Bradshaw enjoys his four children – Eugene, 39, a human resources specialist in Pittsburgh; Janelle, 37, who teaches 2nd and 3rd grades in Waterloo's Border City School; Michelle, 32, attending NYCC; and Beth Anne, 27, who teaches 7th grade English on Long Island. He delights in his role as a grandparent and enjoys attending the swim meets, soccer games and birthday parties of his six grandchildren, two of

whom are twins.

As for hobbies, Mr. Bradshaw describes himself as an "avid bad golfer." He reads a lot, consuming books about everything, especially historical novels. Asked if he likes to fish, he responded, "One cannot be both a golfer and a fisherman – there's not enough time in life." He remains active in his church and attends local basketball games.

Mr. Bradshaw offers up his own recipe for success: "If you have a dream and a set of objectives, get the best education you can get and keep on the lookout for opportunities." He adds, "If you fail, try something else." He points out how, in law, for example, one can be close and still win. That doesn't seem to hold true in engineering, he warns. "Match your goals with your abilities and go after it!" he urges.

Asked why he became a President's Council member, Mr. Bradshaw recalls that his friend (and NYCC Trustee) Russ Lemcke encouraged his participation. Mr. Bradshaw remembered living across the street from what was once a corn field, (the current location of the NYCC campus) and is acutely aware of the talent and rich cultural assets that NYCC brings to the community. He wants to do all he can to support it. He says of doctors in general, "I like and respect them, but I don't want to see them except at parties."

The Pace of Progress at NYCC Accelerates

The past two months have been very good ones for NYCC! As noted elsewhere in *Transitions*, approvals of our Master of Science degree programs in Acupuncture and Acupuncture & Oriental Medicine, and our Bachelor of Professional Studies degree program, have transformed the College from a single-purpose institution to one that offers degree programs at three different levels. Also, as a result of the NYCC Charter change approved by the Board of Regents, we more readily can seek to add other Master of Science level programs in areas we believe to be congruent with the College's mission in the health sciences field. One's imagination can envision that master's programs in certain specialty areas of chiropractic could be proposed, approved, and implemented...in much the same manner as such programs exist in dental education.

In addition, three of our students have been awarded Association of Chiropractic Colleges Research Scholarships via a national competition that saw just seven scholarships granted. Strong research proposals, which are the governing factor in the awards, are challenging for students to write, particularly in view of the academic load they carry in the D.C. curriculum. Hats off both to our students and to their faculty mentors for their dedication and accomplishments! It is expected that at the conclusion of the research projects, the student researchers and faculty will have outcomes worthy of publication and conference presentations.

While laurels are terrific, we can't rest on them. Much work lies ahead. Faculty and academic administrative personnel must be hired during the coming months to launch the new master's

degree programs in September 2003. We are fortunate to have an administrative and financial infrastructure to furnish significant support to the additional programs, and to have been blessed with the talents and incredibly diligent efforts of Dan Seitz, J.D., Founding Dean of NYCC's graduate programs in Acupuncture and Oriental Medicine.

Representatives of the CCE's Commission on Accreditation soon will visit the campus to conduct a mid-accreditation term review of our D.C. program. With no concerns expressed by the Commission during the last formal reaccreditation of the program in January 1999, we believe this visit will provide an opportunity for the College to have productive dialogue regarding some proposed D.C. curriculum revisions; the new Seneca Falls Health Center, which is expected to serve as a prototype for integrative health care; and the increasing presence of our D.C. student interns in hospital and other health care environments outside the NYCC clinic system.

Finally, activities will commence to prepare for development of a comprehensive, institution-wide self-study document that will precede the visit by a Middle States Association of Colleges and Schools site evaluation team during Academic Year 2004-2005. Such a self-study and team visit occurs every 10 years. It is essential to the retention of Middle States Association regional accreditation, which in turn is necessary for NYCC to be eligible to offer federally guaranteed student financial aid.



Dr. G. Lansing Blackshaw
Executive Vice President/Provost

In Memoriam

Dr. Carl Edinger

Dr. Carl Edinger passed away October 4, 2002, having practiced chiropractic in Flushing, New York, for over 40 years and retiring in his early nineties. An eloquent gentleman, Dr. Edinger was an active member of NYSCA's Queens District 3 and served on several association committees.

Prior to his becoming a chiropractor, Dr. Edinger owned and operated a medical supply and orthotic store on Flatbush Avenue in Brooklyn. He suffered with sinus problems for which medical treatment brought no relief. That is, until he met a chiropractor and received chiropractic treatments. He then decided to change careers and become a chiropractor. Dr. Edinger graduated from Atlantic States Chiropractic College (predecessor to New York Chiropractic College) and was subsequently granted the *Chief of Clinic Award* from ASCC. He is survived by his wife, Hildegard, who lives in Flushing, Queens, NY.

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Dr. Gil Rubin

Dr. Gil Rubin, who taught pathology at the Atlantic States Chiropractic Institute during chiropractic's "early years," passed away. Upon retirement, he moved to Clearwater, Florida, found he missed New York, and thereafter returned. Dr. Rubin is survived by his wife Anita who lives in Monticello, NY.

NYCC Gets Regents Approval: Offers Upstate New York's First Acupuncture Program

New York Chiropractic College received approval from the New York State Board of Regents to establish Upstate New York's first Master of Science programs in Acupuncture and Acupuncture & Oriental Medicine (AOM). In addition to the action taken by the New York State Board of Regents, the Middle States Commission on Higher Education has accredited the College's proposed master's as well as its proposed Bachelor of Professional Studies degree in Life Sciences. Amending the school's charter to reflect its new programs, New York Chiropractic College will now offer coursework leading to these degrees. Graduates from either master's degree program will fulfill a requirement for eligibility to take state licensure examinations for the practice of acupuncture. The College's primary focus will continue to be chiropractic, and the school's name, New York Chiropractic College, remains unchanged to reflect its continued emphasis on chiropractic.

Throughout its long history, Oriental medicine has adapted its practices to new cultures and differing medical conditions. In the modern era, it has also been influenced by the Western scientific tradition, and has developed new techniques that reflect technological advances. Today, Oriental medicine is practiced throughout the world and is recognized as a valuable medical practice by the United Nations World Health Organization.

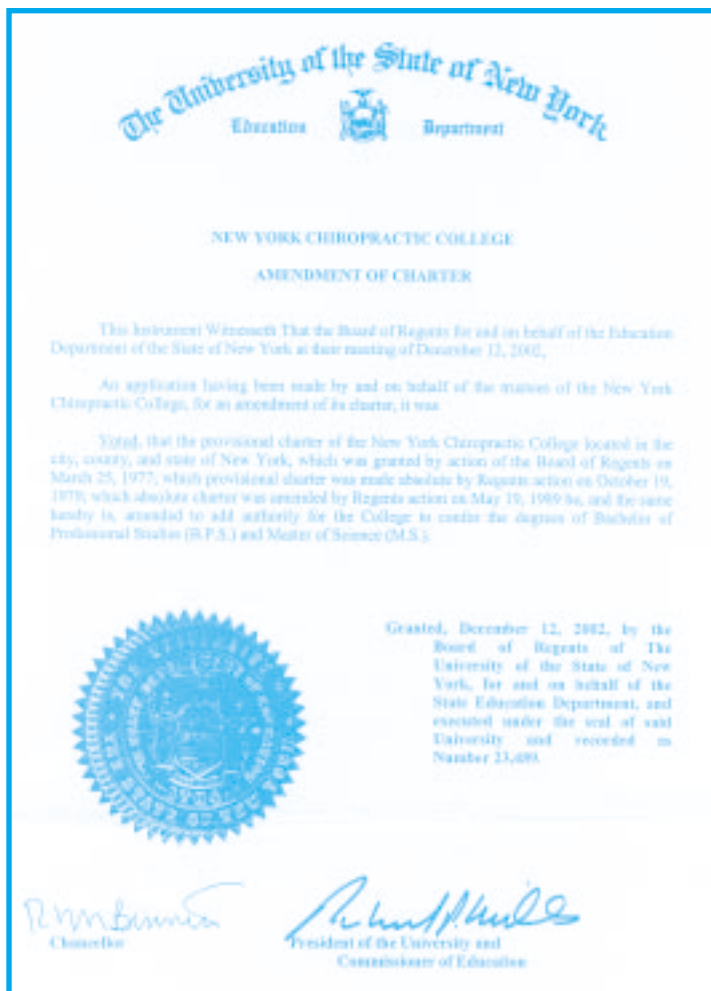


In just three decades, Oriental medicine has gained favor within United States health-care professions and is currently licensed in more than 40 states. Currently it is practiced in many hospitals and medical clinics, and is increasingly covered by medical insurance. Research in the field—supported by the National Institutes of Health and other organizations—is demonstrating the efficacy of acupuncture and Oriental medicine in the treatment of many health conditions.

New York Chiropractic College immediately will start processing applications for enrollment in its new Master of Science in Acupuncture and Acupuncture & Oriental Medicine Master of Science programs, scheduled to begin in September 2003, and expects an enrollment of approximately 40 students. It is anticipated that students who matriculate full-time will take 32 to 36 months to earn their Master's degree.

Students will need at least 90 college credit hours to enroll in the Master's programs. The Bachelor of Professional Studies degree program will be available to those students without a bachelor's degree who are accepted for admission in the College's AOM and Chiropractic programs.

Further details regarding the new programs are available at 800-234-6922, Ext. 3040.



**See the new
AOM viewbook at:
www.nycc.edu/aom**

Dr. John Amaro Recounts NYCC's Evolving Acupuncture History

Transitions: Dr. Amaro, you have led the New York Chiropractic College Department of Postgraduate and Continuing Education Acupuncture Certification for Chiropractors for close to 20 years. Now that the New York State Education Department has approved the Master of Science programs in Acupuncture and Acupuncture & Oriental Medicine (AOM), to NYCC's Charter do you feel this is a positive move for the College and the profession?

Dr. Amaro: As everyone in the profession is aware, NYCC has the reputation of being a dynamic educational leader recognized as a trendsetter throughout the academic world. The addition of this Master's program in AOM has not only filled a demand being uttered throughout the Northeast, it also propels the College into a new and exciting direction which will undoubtedly secure NYCC's future as we move into the 21st century. I am humbled by the leadership and vision of Dr. Frank Nicchi, Dr. Lance Blackshaw and the other executives of NYCC who apparently worked so diligently in the procurement of this overwhelming victory.

Transitions: You have published several articles in international journals crediting NYCC as one of the first institutes in the country involved with acupuncture. What can you tell us about that?

Dr. Amaro: In 1972, shortly after the return of President Richard Nixon from his historic diplomatic trip to the People's Republic of China, acupuncture became a household word as the press became enamored of this strange and mysterious healing art introduced to American physicians accompanying Nixon's entourage. As interest in this new healing dimension reached fever pitch,

Columbia Institute of Chiropractic President Dr. Ernest Napolitano introduced to the healing professions what has been recognized as the first Postgraduate School Acupuncture Certification in the nation. Dr. Napolitano's vision and acceptance of acupuncture—which was being degraded as a cult, quackery and voodoo by not only the medical profession but the chiropractic profession in general—was at the time, extremely bold and, in retrospect, legendary. As an educator and college president, to make the decision to begin teaching a program in this new healing method, as he did in the opening days of acupuncture's introduction into



Dr. John Amaro

North America, and develop the curriculum with a variety of teachers from Japan, Taiwan, Hong Kong and America, may be one of the bravest, most visionary decisions any college president has ever made.

Transitions: Are you saying that many of the first practitioners

of acupuncture in this country were all chiropractic and medical physicians who were graduates of the Columbia Institute of Chiropractic's Acupuncture program?

Dr. Napolitano's vision and acceptance of acupuncture...was at the time, extremely bold and, in retrospect, legendary.

Continued on page 42



In August 1973 more than 125 D.C.s, M.D.s and D.O.s sit for the first Acupuncture Certification Examination in North America. Three professors of acupuncture from Japan are pictured in the group who were a vital part of the certification program. **Dr. Ernest Napolitano**, President of Columbia Institute of Chiropractic, is standing in the back row second from left next to Dr. E. Tao of Taiwan, who also contributed to the program.

NYCC to Host Special Olympics New York Fall Games in 2003 and 2004

NYCC has been selected to host the 2003 and 2004 Special Olympics Fall Games. The news was revealed during a news conference held on the campus after local Special Olympics athletes and coaches participated in a parade of fire and police vehicles that ran from Waterloo through Seneca Falls and onto the NYCC grounds.

The Olympic events are expected to draw over 1200 athletes and coaches to the Fall Games, which will take place October 10 - 12, 2003, and October 8 - 10, 2004. Athletes will compete in Bocce, Cross-Country Running, Cycling, Equestrian, Golf, Soccer and Softball. NYCC will be the primary venue and will host Cross-Country, Cycling, Soccer and Softball. Venues for Bocce, Equestrian and Golf will be announced at a later date.

NYCC President Dr. Frank J. Nicchi is pleased that the College was selected to host the Special Olympics. "I am delighted NYCC was chosen to host these exciting and worthwhile games. We're rolling out the red carpet to spectators and athletes alike," said Dr. Nicchi. Founded in 1970, Special Olympics New York is the largest Special Olympics program in the United States, providing sports opportunities to nearly 40,000 athletes statewide through a network of 30,000 volunteers.



Special Olympic athletes carry the torch from Waterloo to Seneca Falls

College's \$100,000 Grant To Assist With Special Olympics and College Programs

Commending the College for its success in securing the Special Olympics New York Fall Games in 2003 and 2004, State Senator Michael F. Nozzolio (R-Fayette) announced that he has secured a \$100,000 State grant for NYCC. Of that grant, \$50,000 will be used to assist the College in making necessary improvements to campus athletic fields to host the Fall Games; the other \$50,000 will be used to help support the College's educational programs.

Senator Nozzolio said, "The improvements this grant will make possible benefit the entire community, enhancing the quality of the campus facilities which are open to the public and utilized for community athletic, civic and educational events.... I commend Dr. Nicchi and the College for their leadership, vision and success in bringing the Fall Games to Seneca Falls. Senator Nozzolio has thus far secured a total of \$135,000 in State assistance for New York Chiropractic College.



(L to R) NYCC Director of Recreational Services Anthony Petroccia, New York State Senator Michael Nozzolio and NYCC President Dr. Frank J. Nicchi

Chiropractic Fellowship Program: A Welcome Addition At NYCC

Certain that chiropractic fellowships serve a great purpose, NYCC has been aggressively recruiting qualified fellows. Not only does the school's new fellowship program encourage postgraduate study in specific areas of concentration, but its fellows also collect a paycheck and perform as employees within the New York Chiropractic College Division of Academic Affairs. Three one-year contracts confer many of the benefits enjoyed by the



Dr. Andrew Dunn



Dr. John-David (JD) Kato



Dr. Douglas Greco

College's full-time faculty members. The school hopes to attract lifelong learners into its faculty ranks and, ultimately, to develop chiropractic specialists to teach undergraduate and graduate level programs and conduct research.

The effort to improve an already well-respected academic program is hailed by the school's faculty. According to Professor Judy Silvestrone, D.C., who serves on NYCC's Fellowship Search Committee, "The fellowships will bring together information from related fields that will significantly augment scholarship, teaching and research — benefiting both the institution and the profession." Selected fellows will pursue postgraduate educational opportunities that include, among others, Master's and Ph.D. degrees in nutrition, exercise physiology, health administration, and radiology residencies.

Andrew Dunn, D.C., a recently appointed clinical fellow at the College's Chiropractic Health Center of NYCC at Depew, NY, values the integration the fellowships foster. Having shared a lifelong interest in teaching, the fellowship will permit Dr. Dunn to teach while, at the same time, continuing to enjoy the benefits of a clinical setting. Depew Health Center Director Matthew Coté, D.C., recalls the excellent academic record Dr. Dunn maintained as a student. "He did nothing less than 'A' work," recalls Dr. Coté. In fact, Dr. Dunn graduated at the top of his class in 1999 and was the recipient of the College's *Student of the Year* award in 1998. Dr. Coté mentioned how the progressive chiropractic fellowship program complements the Depew Health Center's recent efforts to broaden its outreach experiences. Dr. Dunn received his Master of Education in Health Promotion/Wellness Management in May 1996 and his Bachelor of Science in May 1994 from Springfield College. During his fellowship at NYCC, he will earn a Master's in Health Administration.

Two additional fellowship recipients include John-David (JD) Kato, D.C., in Diagnosis (M.S. in Exercise physiology) and Doug Greco, D.C., in Anatomy (M.S. in Neuroscience). Dr. Kato, D.C., was hired as a full-time Fellow in the Diagnosis and Practice Department. He was the Valedictorian of the September 2002 gradu-

ating class at Palmer College of Chiropractic West, received the International Alumni Association Scholarship for Leadership and has an article in press with *JACA* on the use of x-rays. He received his Bachelor of Science in Biology in 1997 from the University of British Columbia. During his fellowship at NYCC, he will earn a Master's in Exercise Physiology. Dr. Kato's office is in Academic III, room 201.

Dr. Greco was hired as a full-time fellow in the Anatomy Department and graduated from NYCC in December 2002. He received his Bachelor of Arts in Psychology in May 1999 from the State University of New York at Buffalo. During his fellowship at NYCC, he will earn a Master's in Neuroscience.

All fellowship applicants must have earned their Bachelor and Doctor of Chiropractic degrees. Candidates apply for specific fellowships through the College's Human Resources Department, which, in turn, furnishes the Fellowship Committee with all relevant forms, resumes and applicant statements of eligibility. In addition, committee members review applicant transcripts of undergraduate and graduate education, together with each applicant's three professional references. Interviews follow.

Responsibilities borne by the fellows, while rigorous, are reasonable. They will perform a minimum of 36 teaching, research and service hours each week and maintain satisfactory progress in a designated degree program (15 credits/year). The fellows are also expected to publish at least one article annually in a refereed journal or other publication.

There are currently two fellowships available at the College's Levittown, Long Island Health Center: a clinical fellowship that leads to a Master's in Health Care Administration, and another that leads to a Master's in Exercise Physiology. More information about NYCC's new fellowship program may be found on the College's web page at www.nycc.edu, or through its Office of Human Resources, New York Chiropractic College, 2360 State Route 89, Seneca Falls, NY 13148, phone (315) 568-3000, e-mail cgraziano@nycc.edu.

DOCTORS OF CHIROPRACTIC TO BE INCLUDED IN NATIONAL HEALTH SERVICE CORPS LOAN REPAYMENT PROGRAM



“Under the program, chiropractors would be reimbursed for student loans in return for establishing and maintaining their practices in geographic areas designated as ‘medically underserved’ by the federal government.”

During his recent visit to the NYCC campus, American Chiropractic Association (ACA) President Daryl D. Wills, D.C., spoke about the law recently enacted by President Bush that provides for chiropractic’s inclusion into the National Health Service Corps (NHSC) Loan Repayment Program. The law came about after nearly two years’ effort by the ACA and the Association of Chiropractic Colleges (ACC).

The legislation, known as the Health Care Safety Net Improvement Act, for the first time ever makes doctors of chiropractic eligible to participate in the NHSC’s student loan reimbursement program. This is a significant benefit for chiropractic students and the profession as a whole. The legislation allows doctors of chiropractic to take part in a three-year “pilot program,” or test period. After the three-year pilot program, Congress will review the pilot’s results and consider making the chiropractic profession a permanent fixture in the program.

Underserved Areas Defined

Under the program, chiropractors would 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 Department of Health and Human Services is charged with identifying areas, population groups, public or nonprofit private medical facilities, and other public facilities throughout the United States that are underserved by primary health-care providers. These health professional shortage areas (HPSA’s) are designated by the Bureau of Health Professions. Criteria used to identify HPSA’s assess the area’s suitability for delivery of health services, the population-to-practitioner ratio, and the over-utilization of resources in contiguous areas.

Underserved areas may also be defined by whether a particular population group is experiencing healthcare shortage, rather than whether the shortage is experienced within the geographic area, generally. In such cases, the group is identified along with its impediments to healthcare. Mere facilities may also be designated as HPSA’s. For example, correctional facilities and states’ mental hospitals may qualify. Similarly, public and nonprofit private facilities located outside HPSA’s may receive HPSA facility designation if it is determined that they serve a designated geographic area or population group. The current list of designated HPSA’s is published periodically in the Federal Register.

In determining whether an area or population qualifies for HPSA designation, the number of “practitioners” available to provide patient care to the area or population group is tallied. Currently, “practitioners” mean allopathic or osteopathic primary medical care physicians for primary medical care HPSA requests; dentists, for dental HPSA requests; and psychiatrists or core mental health providers for psychiatric/mental health HPSA requests. It is not clear just how chiropractors will request HPSA designation, and whether it will be similarly based upon the number of doctors offering a particular health-care service.

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DOCTORS OF CHIROPRACTIC TO BE INCLUDED IN NATIONAL HEALTH SERVICE CORPS LOAN REPAYMENT PROGRAM

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Particulars of the Loan Repayment Program

The loan repayment program provides a financial incentive for the recruitment and retention of selected mental health-care professionals in return for a two-year, full-time service commitment. Currently, participants receive up to \$50,000, plus tax assistance, for repayment of qualifying educational loans. If funds are available, the program allocates up to \$35,000 for loan repayments for each additional year of service for program participants meeting extension contract requirements, and provides an additional 39 percent for assistance with tax liabilities. Program participants receive a competitive salary and benefits package.

Details of the Demonstration Project

The demonstration project called for by this enabling legislation provides for the participation of chiropractic doctors in rural and urban areas where physicians or other health professionals licensed to prescribe drugs have been assigned. Participation in the NHSC loan repayment program is a highly competitive program with limited

funding. During 2001, only 65 percent of eligible applicants and 48 percent of total applicants received a two-year loan repayment program contract award. Reference materials to make application are available on the National Health Service Corps website at www.bhpr.hrsa.gov.

Political Supporters of the Bill

The legislation was strongly supported by Senator Tom Harkin (D-IA) and Representatives Billy Tauzin (R-LA) and Michael Bilirakas (R-FL). In addition, the chiropractic profession owes a debt of gratitude to key members of Congress such as Tom Harkin, Billy Tauzin and Michael Bilirakas, who worked hard to ensure inclusion of the chiropractic provision in the bill.

Following on the heels of recent chiropractic legislative victories that mandate chiropractic care in the Department of Defense and the Department of Veterans Affairs health-care systems, this latest inclusion into the NHSC Loan Repayment Program indicates the growing level of acceptance of chiropractic on Capitol Hill.



Judge Cancels Trial Date For ACA vs. Trigon

United States District Court Judge Jones, the presiding judge in the *ACA et al. vs. Trigon et al.* Court case in Virginia, has issued an order canceling a November 12th trial date and halted all court activity in the case pending resolution of the existing motions. He is considering an extensive motion by Trigon to dismiss the case as a matter of law, together with an extensive response filed by the ACA, VCA, chiropractic doctors and patient plaintiffs. His decision will either set the guidelines for trial of the case or trigger an immediate appeal to the 4th circuit.

Tax-Deductible Dietary Supplement – Soon, Maybe

Senators Tom Harkin (D-Iowa) and Orrin Hatch (R-Utah) introduced the Dietary Supplement Tax Fairness Act to Congress on August 2, 2001. The bill would require that dietary supplements be treated the same as other medical care items for income tax-deduction purposes – providing consumers with a medical deduction when supplements and other medical expenses exceed 7.5 percent of adjusted gross income. Premiums paid for insurance covering supplement purchases would also be deductible under the law.

Drs. Kenneth Padgett and Lloyd Henby Celebrate Over Fifty Years of Service



NYCC Chancellor Kenneth W. Padgett, D.C., (left) joined longtime friend and faculty member Lloyd Henby, D.C., (right) in a public acknowledgement of their half-century of dedicated professional service. They received plaques and plaudits from NYCC President Frank J. Nicchi, D.C., during the College's most recent Student Convocation. Both doctors began their practices in the early 1950s. Dr. Padgett started practicing part-time in the Upstate New York village of Waterloo while stationed at Sampson Airforce Base. Dr. Henby set up shop in New York's Southern Tier, having left a job with a Veteran's Administration hospital lab in Downey, IL, to purchase a chiropractic business from the estate of a doctor who had lived in Watkins Glen, NY.

The Early Years

Drs. Padgett and Henby earned three dollars per office visit. The fact that they worked without the benefit of a state license until 1963 complicated matters; New York hadn't passed a chiropractic licensing statute. Dr. Henby describes those times as "kind of scary," as inspectors from Albany posed as patients with phony conditions, phony questions, and shoes that fit neither the outfit nor the region. When the inspectors would pay a visit, the astute chiropractor would be careful not to take a pulse, or a blood pressure, or render a diagnosis. To do otherwise was to practice medicine. If he did anything at all, he would simply administer an adjustment. Once, when Dr. Henby found himself fooled by an inspector, an ironic cascade of events followed. He'd taken a pulse and was quickly arrested for the practice of medicine without a license. The arresting policeman wound up being the son of the chiropractor whose practice Dr. Henby had purchased, and the sitting judge was none other than a patient of Henby's. Dr. Henby's lawyer, Osco Peterson, turned out to be the son of Dutton Peterson – the state legislator who introduced the bill for chiropractic licensure in New York State. Charges were dropped soon after New York passed its own licensing statute.

The pair recalled a friendly spirit of cooperation existing amongst the practitioners during those early days. Geography naturally paired patient with doctor. For example, Dr. Padgett's Waterloo office treated patients between the cities of Auburn and Geneva, while Dr. Henby looked after those people south of Ovid. On Thursdays, they'd close their offices and carpool to Albany to lobby for chiropractic-enabling legislation. The doctors also attended Rochester Chapter NYSCA meetings together.

Asked how one could make a living on three-dollar patient visits, the doctors said they felt the fee was adequate at the time. In fact, the three-dollar fee held for house calls as well! Dr. Padgett recalled treating patients on the floor, couches, beds, and foot stools. Though house calls are not currently out of the question,

(Dr. Padgett performed one just two weeks prior to our interview), they are largely the stuff of fondly recalled nostalgia.

Dr. Padgett praises Dr. Henby's adjusting skills to this day. He tells of a particular Labor Day when he "blew discs in his back" moving a dehumidifier. He summoned Dr. Henby from the golf course and received treatment for three days thereafter. Dr. Padgett then returned to his office, where he resumed treatment of his patients. Well-honed adjusting skills should be paired with cordial interpersonal skills. Both doctors emphasized the importance of the initial encounter with the patient – a time when patient and doctor establish a relationship steeped in trust. Mutual respect contributes greatly to the healing process, for the mind plays a critical part in healing. If a patient thinks he won't get any help from the doctor, that is generally what he gets. The doctors referred to a phenomenon they liken to intuition, where their hunches relating to a diagnosis are confirmed by subsequent objective tests. Perhaps this may be what is meant by the "art" of chiropractic.

Changes Over the Years

Asked to comment about some of the more dramatic changes they have witnessed over the past half-century, the doctors spoke of the increasing numbers of women in the profession. They also favor continued professional integration, as is occurring between chiropractic and the other health professions. Movement into hospital settings is also seen as a plus. Drs. Henby and Padgett expressed approval regarding the direction in which the College and profession are headed. They feel it is a healthy sign whenever chiropractors demonstrate interest in new fields and express a willingness to engage the public in health-enhancing activities such as exercise and nutrition. They admonish never to dismiss the value of the chiropractic adjustment. To do so would "throw out the

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Drs. Kenneth Padgett and Lloyd Henby Celebrate Over Fifty Years of Service

Continued from previous page

baby with the bath water,” warned Dr. Padgett. “The chiropractic adjustment is key!” Another change ushered in over the years has been paperwork. “Too much paperwork!” complained Dr. Padgett. He subscribes to the soundness of a cash practice, feeling that paperwork ultimately reduces the time doctors can spend with their patients.

Chiropractic’s Future

A rosy future is predicted for chiropractic. Neither doctor believes that the profession suffers a glut of practitioners. If anything, the utilization is simply too low. “There are plenty of people out there who need chiropractic care and just don’t know it yet. The task of getting the word out is up to the doctors of the future,” they both concluded. They feel that a new approach to health care must be communicated. People need to get it through their heads that it is not sickness that needs to be treated. Rather, effort should be made to ensure that minds and bodies remain healthy!

Practical and Business Skills

Practical skills often spell the difference between success and failure in a practice. Both doctors voiced the importance of good management. “Little things become big things,” explained Dr. Henby, “It is critical to know how to talk on the telephone, and how to relate to and engage your patients.” Dr. Padgett echoed the importance of business acumen: “Part of being a good chiropractor is to be a good business person. If you’re insolvent you can’t treat anyone.” What’s more, both have found that patients who receive free treatments don’t come back. Inversely, both doctors experienced increased business when they raised their fees. In addition to business skills, successful doctors are good adjusters. Dr. Henby, a natural athlete, and Dr. Padgett, a former drummer, both believe that their psychomotor skills enabled them to administer effective chiropractic adjustments. Chiropractic students should develop these skills.

The Next Half-Century

Asked what chiropractors of the next half-century should do, both responded, “Get involved!” and offered additional success tips. Play an active role in your communities and in your professional associations. Give back to your alma mater. Get together often with other chiropractors and treat one another fairly. Maintain your professionalism, yet don’t be afraid to have some fun with your patients. Make them smile; it is good for them and makes your practice more satisfying. Exchange stories and encourage one another to stay motivated. Finally, chiropractic professionals must stop fighting amongst themselves. Dr. Padgett warns, “Outsiders won’t hurt chiropractic —chiropractors will. We must learn to work in unison.” As for opportunities, the doctors recommended that students broaden their horizons: “Look outside the United States. There are virtually limitless possibilities. Chiropractic colleges continue to spring up outside the United States. The demand is there. Satisfy it!”

NYCC Students Hear of Chiropractic in Military Settings



Lieutenant Colonel Patrick Delamere and NYCC President Frank J. Nicchi, D.C.

LTC. Patrick Delamere, D.C., (NYCC ’61) Chief of Chiropractic Services for the New York Guard 244th Medical Clinic located at Camp Smith in Cortland Manor, NY, visited NYCC on Thursday, September 19, to share the history of this groundbreaking military chiropractic unit. The unit, formed in response to the terrorist attacks of September 11, provided chiropractic care to the Army National Guard, the Air National Guard and the New York Guard personnel who were returning from duty at Ground Zero. This is the first time military chiropractors have provided chiropractic care to members of the armed services in a crisis situation. The chiropractic unit had an excellent return rate of personnel to active duty after treatment, proving chiropractic’s effectiveness in emergency care situations.

The unit’s formation is due in part to recent federal legislation mandating the provision of chiropractic care to all active-duty military personnel. The legislation was enacted after the Department of Defense’s demonstration project proved the value of chiropractic care for members of the military. Formation of the New York Guard unit pays tribute to the important role chiropractors can play in environments fraught with stress, and may play a role in the future implementation of chiropractic services in military settings.

LTC. Delamere is a graduate of New York Chiropractic College and has been a chiropractor for over 40 years. He lives and has practiced in Mahopac, NY, where he raised five children with his wife Kathleen. He proudly speaks of the four additional NYCC alumni in his family: son Dr. Brendon Delamere (NYCC ’99) and wife Dr. Karen Perino, and daughter Dr. Siobhan Delamere and husband Dr. James Fitzpatrick (NYCC ’95).

Levittown Chiropractic Health Center Update

by Dr. Joseph E. Pfeifer, Chief of Staff for Clinical Services and
Director of Chiropractic Health Center of NYCC at Levittown

Since the last edition of *Transitions*, the interior renovation of the Levittown facility has been completed. I think we have achieved an updated, professional appearance while creating a warm, comfortable environment for patients, interns and staff. (See the accompanying article for more information about the renovation.)

As the spring approaches, we are turning our attention to updating and upgrading the exterior appearance of the Health Center facility. The spring will also bring a flurry of clinical activity. In the coming months we will be providing pre-participation physical examinations for the Independent Women's Football League championship team members, the New York Sharks. We will also be providing supportive care,



Dr. Joseph Pfeifer

injury treatment and rehabilitation to the team throughout this season, just as we had since the team's inception four years ago. Throughout the early spring we will also perform scoliosis screenings for the local schools.

I am happy to announce the addition of Dr. Jennifer Bou to the faculty as a Clinical Fellow. Dr. Bou is a 2002 graduate of NYCC. During her fellowship, she will pursue her Master's degree in health-care administration while assuming teaching and related responsibilities as

a clinician-educator. Dr. Bou plans to practice part-time in Floral Park with her mother, Dr. Rosemarie Bou (NYCC '93). As of this writing, we still seek a fellow in the area of exercise physiology.

Chiropractic Health Center at Levittown Gets "Make-Over"

As 2002 wound to a close, the College completed its interior redecoration of the Chiropractic Health Center in Levittown. The project encompasses the site's first significant renovation since the early 1990s. The refurbishment began in the summer of 2002. All interior spaces were painted. Dr. Joseph Pfeifer, the director of the facility, changed white walls with blue trim to luscious terra cotta, sage, peanut shell and dark cream. Dr. Pfeifer said, "The previous colors tended to be somewhat cold – too cold for a holistic health-care facility.

Also, the years of wear and tear were becoming rather obvious." Instead, the health facility now displays warm, comfortable tones. Carpets in the treatment rooms and offices were replaced with a deep green blend that complements the walls' colors. Carpets in the business office, classrooms and rehabilitation room were replaced with commercial tile to maintain a clean appearance, despite heavy traffic. New educational charts were placed in the treatment rooms. In fact, one of the treatment rooms was decorated specifically for child patients. Ceiling fixtures now provide better lighting, and a variety of framed prints were hung in the reception area and hallways to complete the project. According to Dr. Pfeifer, "We used black-and-white photographs of landscapes and nautical scenes due to their crisp, professional appearance." The scenes portray beaches that characterize Long Island.

The transformation is truly impressive! The health center succeeded in creating a modern, warm and professional environment conducive to the various educational and health-bestowing activities that occur inside. NYCC President Frank Nicchi, who recently visited the refurbished health center, listened as patients, students and alumni who attend postgraduate seminars voiced praise over the dramatic improvements.

Next on the list, Dr. Pfeifer and the College will spruce up the facility's exterior and grounds beginning this spring.



West Hall

CHIROPRACTIC HEALTH CENTERS OF NYCC

Depew, NY

by Matthew C. Coté, D.C., Director

On September 16, 2002, Dr. Andrew Dunn, one of NYCC's newly selected fellows, joined the clinical faculty of the Chiropractic Health Center of NYCC at Depew. His course of study will lead to a Master's in Health Administration. Dr. Dunn comes to NYCC with impressive credentials.

The most recent addition to our many student opportunities enjoyed by interns here in the Western New York area is the opportunity to shadow staff chiropractors at Sheehan Memorial Hospital's



Drs. Matthew C. Coté and Andrew Dunn

chiropractic department. All in all, the Chiropractic Health Center of NYCC at Depew

has continued to develop intern outreach programs. Some programs include direct pa-

tient care, such as free Salvation Army clinics, and others involve observation and information sharing through the presentation of chiropractic talks at local colleges and universities in the Buffalo area.

As Director of the Chiropractic Health Center of NYCC at Depew, I continue to establish and nurture institutional relationships that benefit the College. Such relationships tend to provide both quality chiropractic care and fulfilling educational experiences for our students.

NYCC Moves Ahead With the Chiropractic Health Center of NYCC at Seneca Falls: An On-campus, Integrated Health Facility

NYCC has committed to establishing an on-campus, integrated health facility that will provide unique educational opportunities to students and better serve the Seneca Falls community. Over 4,000 square feet of NYCC's Seneca dormitory will be renovated to house the outpatient clinic. In ad-

dition to the campus chiropractic clinic, future services available to the Seneca Falls community are scheduled to include acupuncture, traditional oriental medicine, a licensed massage therapist, and a physician's assistant. Student interns will have the opportunity to work in an integrative setting reflective of a

growing trend in health care. Preparations for the Chiropractic Health Center of NYCC at Seneca Falls - including demolition, remodeling and appropriate signage - are scheduled to begin immediately. Renovation completion and commencement of health-care services are slated for no later than September 1,

2003. The Chiropractic Health Center of NYCC at Seneca Falls, through successful integration of chiropractic, acupuncture and oriental medicine and other therapies, is certain to be an invaluable addition to intern education and the region's health-care offerings.





~Series Introduction~

by Cheryl Higgins and
Grove Higgins, 1st trimester

Sports Chiropractic

Chiropractic and sports is not a new combination. In fact, chiropractors have been helping athletes maintain their performance levels for some time. The role of chiropractic in sports performance has become increasingly complex as its spectrum of care continues to broaden. “Sports chiropractors” have evolved into chiropractor, nutritional consultant and athletic trainer all in one. Typically, DCs are trained to address a wide range of problems, but it has become the trademark of these specialists to not only attend to injuries, but, more importantly, to *prevent* them. In other words, sports chiropractors have “raised the bar” by enhancing the standard of athletic performance and advanced the chiropractic profession by improving the quality of care available.

A Friend in Schwarzenegger

After developing respect from the sports world with over ten years of hard work, Jack Barnathan, D.C. (NYCC '84), approached Arnold Schwarzenegger and asked about the possibility of a sports chiropractic conference to be held in conjunction with his annual “Arnold Classic” fitness weekend. Dr. Barnathan had worked with Schwarzenegger in professional bodybuilding and as a local council director for the President’s Council on Physical Fitness and Sports when the actor served as chairman. Schwarzenegger’s response was an immediate yes, and he even went so far as to say of chiropractic at the seminar, “We are a perfect team—the world of fitness, the world of bodybuilding, and the world of chiropractic. We make such a great team...let me tell you there is no better profession than chiropractic. You really helped me. Every day you are preventing injuries; every day you are helping people. I am a big believer in your profession.” Dr. Barnathan initially worked primarily with strength athletes—for example, power lifters and bodybuilders. To date, though, he has worked with athletes from virtually every sport. Strength and weight training is the foundation

for every other form of sports, so as the official DC for the International Federation of Bodybuilding, Dr. Barnathan has a great foundation for every other sport. Most recently, he has lectured to the staff of the Kennedy Space Center on “Space Age Fitness” and will be hosting a conference with the Space Center in January 2003 at Cape Canaveral, open to DC’s and trainers.



Arnold Schwarzenegger and Dr. Jack Barnathan

Track and Field

NYCC associate professor, J. Russell Ebbets, D.C., (NYCC '92) has made great strides in the area of track and field journalism as he assumes the editorial position at Track Coach magazine—a periodical heavily relied upon by anyone involved in track and field competition throughout the United States. His five-year stint at NYCC is not coming to a close; rather, he is refining his expertise by combining his two loves, writing and running. As an English major, Ebbets taught the subject at the high school level before earning his master’s degree in Physical Education Administration—all the while coaching college-level indoor and outdoor track and field as well as men’s and women’s cross-country. In 1992, Ebbets earned a Level 2 Certificate in Track and Field in

long jump, triple jump, high jump, and pole vault, but he has been the lead instructor in the coaching education program for the USA Track and Field since 1983. The benefits of chiropractic had revealed themselves to Ebbets through his work with athletic teams, and he felt certain the profession would continue to grow. In fact, he explains: “Since athletics is performance-based, and chiropractic aids performance and bodily restoration, chiropractic will continue to play an increasingly important role in health care.” Consistent with this assertion, Dr. Ebbets served the chiropractic needs of the International Amateur Athletics Federation as Director of Chiropractic Services for the USA National Team at the World Indoor Track and Field Championships in Maebashil, Japan, last March. He supervised the chiropractic care for a national running team consisting of Olympic gold medallists, world champions, and world record holders. His students also enjoy his teaching style and appreciate the wealth of experiences provided by his wide-ranging endeavors. As newly appointed editor of Track Coach magazine, he now offers his students even more.

Anti-Aging and Sport

Philip Santiago, D.C. (NYCC '78) is recognized within chiropractic, and throughout the various health professions, for his proactive Anti-Aging analyses and techniques. He was featured on Good Morning America, interviewed on CNN, the BBC, ABC, plus several cable and radio programs. He has presented at the A4M Scientific Symposiums and at the International College of Advanced Longevity Medicine. The New York Academy of Anti-Aging and NYCC have presented Anti-Aging programs in Newark, Levittown, Orlando, San Diego, Los Angeles, San Francisco, and Chicago. When it comes to sports, Dr. Santiago's background is in soccer, as an All American and Professional Soccer player, and then as head college coach for ten seasons. He says that his initial relationship in sports injuries was soccer, but as he becomes



Dr. Philip Santiago

increasingly knowledgeable in various sports, he is able to appreciate the differences, which are unique to each. Presently, Dr. Santiago serves on the Sports Medicine Advisory Committee of the United States Olympic Committee. This committee determines all policy for sports medicine, and felt it important to appoint a DC to the eight-member board due to their realization of the importance of chiropractic care to the US athletes for injury prevention, treatment, and athletic performance.

The Perfect “Mix”

“Sports chiropractors,” according to Dr. Ebbets, “can enhance performance by increasing the range of motion, the VO2 max, and recovery rates. This allows athletes to train harder. However,



Dr. J. Russell Ebbets

as competition increases and training intensifies, diet also assumes great importance.” Another approach, according to Barnathan, is to “balance the neuro-muscular system to prevent injuries and enhance performance through unimpeded neurological integrity.” Dr. Santiago similarly concludes, “Chiropractic care increases the functionality of the individual. If the articulations of the body are properly functioning, there is greater range of motion and movement of joints, muscles, and the body as a whole.”

“There are two categories of injuries sports chiropractors typically see,” says Dr. Santiago, “traumatic injuries and those that result from overuse.” According to Dr. Barnathan, balance and education are key: “Athletes who don't develop balanced strength are particularly vulnerable to injury.” Additionally, it is necessary to examine trends within individual sports, to identify which areas of the body are most at risk, and to tailor physical activity so as to prevent injury. Dr. Ebbets has found that soft tissue work, chiropractic adjusting, rest and ice are effective therapies for the sports chiropractor. When it comes to

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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.

Yankees' Winning Formula: From Chiropractic Table to Deep Bench

Question: What do Joe Torre, Wade Boggs, Reggie Jackson, Bernie Williams, Don Mattingly, Derek Jeter and Charles Smith have in common?

Did you guess that they all played for the New York Yankees? All of them did with the exception of Charles Smith, who played for the New York Knicks. Are you still stumped? Then read on.

Dr. Louis Bisogni (NYCC '76) enjoys the distinction of treating the New York Yankees, and he presently runs two very successful practices in Westchester County. Dr. Bisogni entered the chiropractic profession when, as a pre-med. student at City College of New York, he met Dr. Santini, a chiropractor with strong philosophical beliefs. The two spoke at length and Dr. Bisogni pursued additional information and visited New York Chiropractic College. The rest, as they say, is history.

During the course of his career, Dr. Bisogni had no intention to “specialize” in the treatment of athletes. Over time, however, he found he was gaining valuable knowledge that enabled him to treat participants of various sports.

Entry Into the Major Leagues

Asked how he happened to find himself involved in professional men's baseball,



Dr. Louis Bisogni and Derek Jeter



Dr. Louis Bisogni and Yankees Manager Joe Torre



Dr. Bisogni explained that prior to treating professional baseball players he was treating the New York Knicks professional basketball team, gaining tremendous experience and confidence in the process. He says treating athletes like Patrick Ewing “has a way of helping your confidence once you have done it.” Once, a patient mentioned that New York Yankee Wade Boggs was being treated in Florida by a chiropractic colleague. Dr. Bisogni called his colleague and booked a flight to Florida to join him reviewing Boggs's x-rays. Dr. Bisogni thoroughly prepared himself to treat Wade when he arrived in New York in April 1996.

The Glue That Binds

Wade Boggs remained under Dr. Bisogni's care for the remainder of his Yankee career. When Joe Torre was looking for a chiropractor, Wade naturally referred him to Dr. Bisogni. As far as Dr. Bisogni is concerned, the Yankees are doing a lot of things just right. He says, “They are such a well-run organization, with class people, starting with the manager, Joe Torre.” Bisogni refers to Torre as “the glue that keeps the team together.” Dr. Bisogni also credits two chiropractor colleagues, Scott Hegseth, D.C., and Craig Newman, D.C., with raising the Yankees consciousness about the benefits of chiropractic.

Baseball Injuries

Treating professional athletes has been a very natural fit for Dr. Bisogni. He finds baseball players are unique in their ability to bounce back from injuries. He describes their anatomy as “fine-tuned” – not dissimilar from other high-caliber athletes. Professional baseball players find themselves subject to muscle strains and sprains. Dr. Bisogni is always on the lookout for digital ischemia syndrome, especially in catchers and pitchers. Symptoms include numbness,



Reggie Jackson and Dr. Louis Bisogni

stiffness and a positive digital Allen's test. He sees tendonitis problems as well as nerve-entrapment conditions.

Bisogni's chiropractic treatments help eliminate the minor as well as the major musculoskeletal problems that plague his players and, as such, Dr. Bisogni goes to his own chiropractor, whose muscle techniques and confidence keep him healthy. As a result, Dr. Bisogni does not find himself plagued with health problems. There is the wrist pain and shoulder pain, however. He feels he owed a debt of gratitude



Bernie Williams and Dr. Louis Bisogni

for his favorable health to chiropractic care, daily exercise, a wonderful staff, a strong belief in goal setting, and a positive attitude.

A Health-care Team

Dr. Bisogni is not the only health professional who helps the Yankees maintain their health. They use other health professionals as needed, including massage therapists, nutritional counselors, and an exercise physiologist. He feels that athletes benefit most from a sports-team approach. The Yankees are blessed with two exceptionally



Dr. Louis Bisogni and Don Mattingly

proficient trainers who are largely credited with the Yankees good health record.

“Breaking Into” Sports Chiropractic

Dr. Bisogni offers advice to other chiropractors who would enjoy treating athletes. Get proper training. As he puts it, “You must be ready when the time comes.” He feels that becoming a Certified Clinical Sports Physician (C.C.S.P.) will certainly help chiropractors prepare. After that, they should get involved in local sports teams and continue to gain confidence. He goes on: “To be a successful sports chiropractor you must feel confident in your technique,



Dr. Louis Bisogni and Charles Smith of the New York Knicks

whatever technique it is. Then approach that athlete as you would any other patient. I have found when they are in your office, they want nothing more than to be treated as any other patient. Try not to let their fame change your treatment approach in any way.”

Dr. Bisogni cultivated his successful sports chiropractic niche by performing chiropractic care on athletes as he would on any other nonprofessional. This earns athletes' confidence. Asked whether he treated any “colorful” personalities, Dr.



Wade Boggs and Dr. Louis Bisogni

Bisogni responded that he treats Y.E.S. stations host Suzyn Waldman. She was originally very skeptical of chiropractic, but is currently one of the profession's biggest proponents.

The Time Is Ripe

Dr. Bisogni closed the interview with his thoughts about sports chiropractic's future. He feels it is a rosy one, indeed. He says, “More and more professional teams are getting ‘the big picture,’ and utilizing our services. The time could never be better for working in the sports arena.”



Answer: Louis Bisogni, D.C., (NYCC '76) is their chiropractor.

Two NYCC Alumni Play Vital Role in Women's Professional Football

Tom Collins, D.C., (NYCC '96), has become the new owner of the Philadelphia Phoenix, a member of the National Women's Football League (NWFL). Dr. Collins had served as Sports Medicine Director for the team in 2001, the year that Philadelphia won the league championship. The NWFL has grown rapidly, having been formed in Tennessee during August 2000 with just two teams, and then expanding to 10 teams in 2001, and to 21 teams in 2002. NWFL's brand of football is serious sport – full-contact, tackle football – and follows NFL rules.

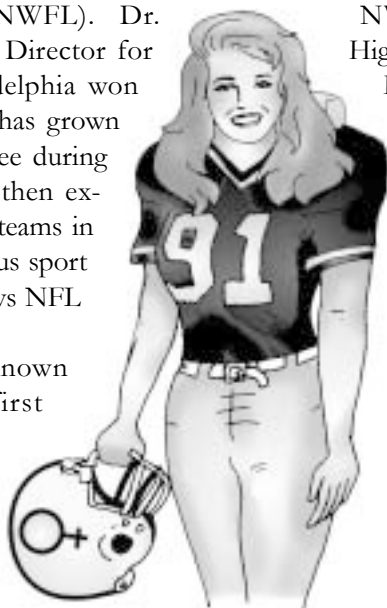
Dr. Collins' team was previously known as the Liberty Belles, winning the first NWFL championship. The following year the Belles were eliminated in the second round of playoffs, and eventually disbanded. On July 28, 2002, the Belles' former Sports Medicine Direc-

tor, Dr. Collins, purchased the Philadelphia franchise, re-naming it the Philadelphia Phoenix.

NWFL also appointed NYCC alumna Evelyn Higgins, D.C., as the league's Medical Director. Dr. Higgins coordinates all the NWFL's medical needs.

Her extensive experience will help her fill rapidly expanding responsibilities that attend the job. Over the past 15 years she had worked with Olympians and various world-class athletes. In fact, she was the official team doctor for the Somali Olympic team, was featured on NBC Nightly News with Tom Brokaw, and was chosen as an Olympic torchbearer for the 1996 summer Olympic games.

Both Drs. Higgins and Collins are optimistic about the league. Collins' Philadelphia Phoenix Football Organization anticipates a winning 2003 season and plans to bring the NWFL Championship back home to Philadelphia.



Fit Men Enjoy More Life



Does it really take a study of more than 16,000 middle-aged-to-elderly men to confirm once and for all that exercise significantly lowers the risk of stroke? Perhaps not, but the researchers who categorized the men into three fitness levels, based upon treadmill tests, and then analyzed the frequency of strokes over approximately 10 years found that the number of

men in the highest fitness group who died of strokes was 68 percent lower than the number of men in the lowest fitness group. Those in the middle group came close, with 63 percent fewer stroke-related deaths. An example of someone in the moderately fit group might be someone that runs at least 20 minutes a day, three to five days per week.

Fit Women Die Later (Rather Than Sooner)

A study of 9,925 women by a Texas research group concludes that even though excess weight can shorten longevity, physical fitness may have a more significant effect. Using treadmill tests to determine the fitness levels of the subjects (with an average age of 43 years), the researchers tracked them for 11 years. They then compared the fitness levels of those who had died during that time period. They found that the women in the lowest of the three fitness groups died (of any cause) twice as often as those in either of the two groups. The women judged to be "moderately fit" had been able to walk two miles in less than 40 minutes, three times per week.

Even Walking is a Healthy Sport!

The *Journal of the American Medical Association* recently reported that women who walk at least four hours per week had a 41 percent lower risk of hip fractures than women who walked less than an hour a week.

Cowboys' Emmitt Smith Credits His Success to Chiropractic

Emmitt Smith, NFL's all-time leading rusher, thanks God, family, friends, current and former teammates and coaches, Cowboys management and his chiropractor, Dr. Robert Parker for his success. Smith explains that if you had traveled where he's traveled, done what he's done and seen the results that he's been getting, then you'd understand where he's coming from.

Dr. Robert Parker has been a chiropractor for 12 years and has been treating Smith since 1995. On August 31 of that year, four days before the Monday night season opener against the Giants, Parker was contacted by Smith at the advice of Cowboys fullback Daryl Johnston, a patient of Parker's. Smith was in bad shape, as his hamstring was knotting up. Parker suspected it wasn't Smith's hamstrings that were weak, but rather his pelvic muscles. When Smith sprinted, his glutes weren't holding, causing his hips to rotate out and putting extreme pressure on his hamstrings. After that initial session with Parker, Smith went on to rush for 163 yards, including a 60-yard touchdown on his



Emmitt Smith

first carry four days later.

Parker met with the team's trainers and showed them his treatment techniques. Smith and receiver Raghbir Ismail, in particular, wanted the Cowboys to hire Parker. The team politely declined.

Parker regularly treats players such as Ismail, safety Darren Woodson, quarterback Quincy Carter, defensive end Greg Ellis and offensive lineman Larry Allen. Before this season, Ismail sent the entire Cowboys receiving corps to Parker for treatment, blood workups and nutrition analysis. Dr. Parker has done a good job educating his patients. Smith indicated that he has learned much about his body during the seven years of treatments, and will often know why he feels sluggish

or out of balance.

Though plagued by hamstring problems during his first four Cowboys seasons, Smith has only missed four games since. His talents have led him to amass over 16,634 rushing yards. According to Dr. Parker, "We just helped him remove some problems so he could do what he was meant to do."

Sports Chiropractic

Continued from page 19

education, this involves the athlete as well as the coach. Many athletes are aware of the benefits of chiropractic to their performance, but many coaches fear a therapy might cause injury and one cannot blame them for being cautious. According to Dr. Barnathan, "There has never been an organized effort to truly educate coaches on all levels of school, pro and Olympic sports."

As stated by Dr. Santiago, "It is important to produce sports chiropractors that are competent and can function in a multidisciplinary environment." In fact, Dr. Barnathan has asserted that integration is the catchword in sports today. Integration applies to training techniques as well as to support teams. He explains, "Athletes bring all types of training into their own performance. Football players may perform Pilates for flexibility; a ballet dancer will squat for power." The same goes for a sports health-care team; this is precisely why chiropractic, when presented professionally, can make such a significant impact on sports performance—particularly when working with other health-care professionals.

The "Business" of Sports Chiropractic

The interviewed sports chiropractors all felt that prospective

sports chiropractors who were in it simply for the money "should just forget it." Rather, sports chiropractic should be a passion, something one would do—or will do—for free, if necessary. Dr. Ebbets says there is tremendous satisfaction in treating a patient for the first time and seeing him experience immediate results from chiropractic care. Dr. Santiago adds that sports DC's should "have a sincere interest in the sport and the athlete, learn as much as you can, and get credentialed." The Certified Chiropractic Sports Physician (CCSP) is the first place to start. Continued reading and seminars are vital, as is joining one's local state and national Sports Council. Dr. Barnathan suggests that chiropractors seeking entry into the sports chiropractic field consider becoming certified personal trainers. He says, "It takes one week-end and will earn you the respect and referrals of the fitness community."

According to Santiago, almost half of the US population is interested and involved in sports and fitness. These people will continue to seek out the best to help, treat, and counsel them. And although it is called "sports chiropractic," the reality is that it can be applied to all patients, athlete or otherwise.

Osteoporosis and the Female Athletic Triad

by Douglas Greco, 10th trimester

Consider the “female athletic triad” – disordered eating, amenorrhea, and osteoporosis. This is a health condition of particular concern to sports chiropractors, often afflicting women who exercise a great deal. Osteoporosis is not restricted to the elderly. In fact, it is a condition that poses a significant risk to female athletes, especially those who are overtraining. When athletes repeatedly train at a high intensity level the body cannot repair itself at a rate fast enough to keep up with the damage. Eventually the problem leads to decreased athletic performance. Amenorrhea is a red flag that indicates the athlete is overtraining and putting herself at risk. The types of amenorrhea and osteoporosis seen in the female triad result from disruption in the hypothalamic-pituitary-ovarian axis. Women who overexercise alter the levels of the gonadotrophin-releasing hormone, which ultimately leads to a diminution in the production of estrogen. A low estrogen level is believed to be the cause of premature osteoporosis in athletes affected by the female triad.

Amenorrheic female athletes are at risk for premature os-

teoporosis and should, therefore, be evaluated for early signs of the condition. Bone mineral density testing is a common method used to assess for osteoporosis. In fact, the World Health Organization has established criteria for grading the degree of bone mineral density present. Cancellous bone is most sensitive to estrogen changes. Osteoporosis preferentially affects this kind of bone, which includes the vertebral bodies, femoral neck and distal radius. Fractures of all of these bones are commonly seen in osteoporotic women. The problem doesn't end here; even when the athlete returns to normal menstrual function, the bone mineral density does not return to levels equal to those of their amenorrheic peers.

The phenomenon of the female triad is not a new one. When athletes train at intense levels their performance will peak, causing them to mistakenly go to extreme measures to increase performance – more hours of training, more intense workouts and many times, extreme dieting. The athlete should instead rest, and concentrate on proper nutrition.

Management of premature osteoporosis in the female athlete may be handled under a multidisciplinary approach. Manage the osteoporosis while keeping in mind the amenorrhea and the eating disorder. The services of a nutritionist and a mental health professional may be needed to help with the eating disorder. Calcium supplementation is often implemented for the female triad; fifteen hundred milligrams per day is recommended. Caloric intake should at least match caloric expenditure.

Sometimes estrogen supplements assist. These have been shown to increase bone mineral density, and will help to avoid early-onset osteoporosis in amenorrheic athletes. Supplementation may be achieved using higher estrogen doses in the form of oral contraceptive pills. A multifaceted approach to treatment maximizes the athlete's recovery.

Dr. LaShomb and NYCC Student Interns Recognized For Their Hard Work



The Buffalo Gladiators, the semi-professional team that NYCC Depew Clinician Dr. Sherri LaShomb and her NYCC student interns treat, received a trophy after winning their eighth straight New York Amateur Football State Championship on Saturday, October 19, in Liverpool, NY. Head coach, Mr. John Augustine, recognized NYCC's commitment and assistance to the team during his speech after the game. He stated that the College deserved the trophy for all of its hard work.

NYCC Bodybuilder Takes Honors and Offers Tips

by Jeb Albro



Thomas McAulliffe, 7th trimester

The world of health and fitness offers many approaches to health and well-being through nutrition, exercise and adjunctive therapies, including chiropractic. One can easily be confounded by all of the advice that is freely distributed on the topic. Exercise offers some of its adherents dramatically positive effects, as it has with NYCC's 7th trimester bodybuilding student, Tom McAulliffe.

Tom hits the gym six days each week, training one muscle group per day, and incorporating cardiovascular into his routine up to four times weekly. Conceding that his routine may be better suited to a bodybuilding lifestyle, he notes that anyone who endeavors to begin a weight training regimen will see significant gains in muscle performance by spending only three days each week in the gym.

Tom grew up in Greatbend, Pennsylvania, where he was in-

fluenced by chiropractic at an early age. His parents, dissatisfied with results they were getting from traditional medicine, sought chiropractic for some nagging ailments. What's more, they experienced significant improvement at the hands of their chiropractor. Tom's older brother, certain he could similarly help people, attended NYCC and is now a practicing chiropractor himself. Tom shadows him, calling him his "mentor."

Competition Begins

Tom's first exposure to weights was as a practicing martial artist. Before long, he found that progressive resistance training improved his athletic abilities, helped him to reduce injuries, and sped recovery whenever he did get injured. At 14, his interest in weight training grew and he now competes in bodybuilding contests to better focus his workouts. Motivated to sculpt his physique to the

next level, Tom entered last year's novice middle-weight division of the National Gym Association Amateur Bodybuilding contest in Syracuse, New York, and earned fourth place.

Pleased with his performance, he remarks that showing himself to 1,000 spectators while wearing nothing more than posing trunks and Pro-Tan® takes a little getting used to. The event is a drug-tested event; competitors are limited to commercially available supplements. Tom restricts himself to two supplements: protein powders and creatine.

Tom feels bodybuilding will pay both health and career dividends. Chiropractic patients are more likely to be compliant with the home care and exercise suggestions of a chiropractor who practices what he preaches. Tom anticipates he will one day recommend progressive resistance principles for his patients in order to speed their healing

processes, to improve their strength and for overall health. Tom's bodybuilding colleagues constitute a loyal support system. They extol the virtues of chiropractic, claiming it gives them a competitive edge. Naturally, Tom contemplates treating this population in his future practice.

Fears of Getting "Too Big"

As for concerns people have about "getting too big" from lifting weights, Tom says not to worry. He claims that adding size to one's physique takes a lot of time and dedication. Though people will quickly notice significant improvements in strength and tone, it is unlikely that growing too fast will occur. Whether or not people choose to employ a health-care professional in their attempts to reach a higher plane of health and fitness, Tom encourages everyone to exercise. In Tom's case, it's all about weight lifting.

Creatine and Sports Performance

James Meschino, D.C., M.S., has researched the pros and cons of performance-enhancing ergogenic aids. Since creatine monohydrate has recently received much attention in this regard and is used by many athletes throughout the United States, his research is timely. Dr. Meschino writes that creatine is one of the few supplements in sports nutrition with extensive research to support its performance-enhancing claims.



tract and generate force. Enhanced energy stores resulting from creatine supplementation permit athletes to train harder. Creatine even bestows some antioxidant benefits.

Dosage

It is not uncommon for athletes to load 20 to 25 grams of creatine daily for the first five to seven days, often by mixing a heaping teaspoon of creatine monohydrate crystals into a glass of juice four or five times.

Creatine is an amino acid that is stored in muscle in the form of creatine phosphate. Supplementing the body's creatine through diet has been shown to increase people's muscle strength and mass. During particularly heavy workouts, creatine phosphate is broken down by a specific enzyme to yield creatine, phosphate and free energy. The free energy released from the breakdown of creatine phosphate regenerates ATP, the fuel that powers muscle contraction.

Normally, a 150-pound person utilizes about two grams of creatine daily. Half is digested from meat, while the other half is synthesized by the liver. Recent studies demonstrate that short-term supplementation increases creatine phosphate stores in skeletal muscle by 10 to 40 percent. When combined with exercise, creatine supplementation increases muscle mass, as increased protein synthesis occurs and the muscle lays down additional contractile myofilaments – powerful bands made of protein that con-

tract and generate force. After the loading phase, maintenance dosages lessen to five to 10 grams daily. Researchers have found that taking creatine with a simple carbohydrate such as glucose increases the amount of creatine absorbed by the muscles. Some manufacturers are now combining creatine with carbohydrates in a pre-mix to enhance creatine delivery to muscles.

Safety

Overall, creatine appears to be safe for healthy adults and, because creatine is not structurally or functionally related to anabolic steroids, supplementation is not banned by the International Olympic Committee or the National Collegiate Athletic Association. It is easily excreted from the kidneys by simple diffusion and there are no well-known drug-nutrient interactions with creatine at this time.

Health Through High School Sports

Though long suspected, research has recently confirmed that participation in high-school sports contributes to a healthier outlook and lifestyle among teenagers. The finding was reported in a study that involved over 14,000 teens and was published in *The Archives of Pediatrics & Adolescent Medicine*. Team sports participants, according to the study, were less likely to use drugs, smoke, have sex, carry weapons, or have poor eating habits.

Hearts Fail the Obese

According to research, if you are obese you are twice as likely to develop congestive heart failure. Researchers have confirmed that heart failure is significantly more likely in the obese. Compared to normal-weight individuals, if you're simply overweight, the risk drops to 34 percent higher on average. The risk appears to increase proportionally to the amount of excess weight. The study was an analysis of data from the Framingham Heart Study and involved about 5,800 patients classified by their body-mass index (BMI). A BMI of 25 to 30 is considered overweight, and a score of over 30 defines obesity.

Home Court Advantage Is Not Only Real, It's Hormonal

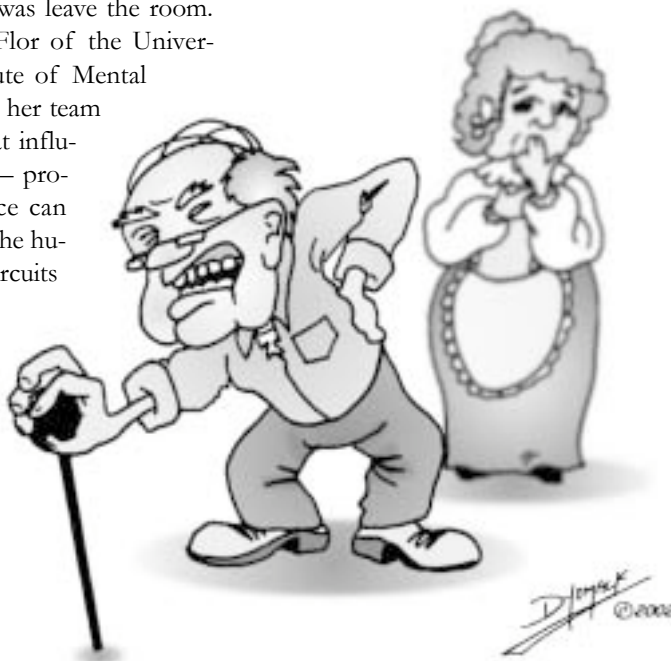


Statistics show that NFL teams win at home about 60 percent of the time, and British studies of professional soccer matches may reveal why. In a study from the University of Northumbria, saliva taken from professional soccer players an hour before each game reveal that testosterone levels are 50 percent higher before home games than before away games. Researchers explain that the increases in testosterone correspond to what home teams perceive as territorial threats.

A Spouse's Mere Presence May Elevate Back Pain

Research presented at this year's annual meeting of the Society for Neuroscience reported startling news about the impact a spouse may have on his/her mate's experience of back pain. In some cases, the mere presence of one's spouse was enough to elevate back pain by a factor of three! Conversely, all one had to do to make the spouse feel better was leave the room.

Neuropsychologist Dr. Herta Flor of the University of Heidelberg's Central Institute of Mental Health led the study team. She felt her team had discovered a social variable that influenced the brain's response to pain – providing insights into how experience can alter the structure and response of the human brain. Neurons and neural circuits constantly remodel themselves to accommodate the influence of experience. Too much stress, or the actions of an overly sympathetic helpmate, may exhibit the remodeling that causes additional discomfort. Since an adult's sensitivity to pain is often linked to past unpleasant experiences, untreated pain early in life may result in less sensitivity to pain later on.



The researchers, who studied 20 couples in which one partner suffered from severe chronic back pain, monitored patients' brain activity through electrodes. When a painful shock was applied to the aching backs, sensors revealed that some people

experienced elevated neural pain simply because their spouses were sitting near them in the laboratory. What's more, the effect only occurred when the spouse was in the room. Heightened brain activity did not occur when shock was applied to the other parts of the body. Most surprisingly, it was the most solicitous husbands and wives who triggered the pain. Spouses who responded to their mates' pain complaints by changing the subject, or by suggesting distracting activity, did not elevate neural responses.

Dr. Flora concluded that when people pay too much attention to another's pain, the pain is reinforced.

Morning Workouts Are Stressors

According to research reported in the *British Journal of Sports Medicine*, our immune systems are affected by the time of day that we exercise. A study compared two saliva samples taken from each of 14 competitive male swimmers. The first sample was taken when they performed a 400-meter crawl five times in a row at 6:00 o'clock in the morning; the second was taken when the time of their routine was changed to 6:00 o'clock in the evening. Based on our study's results, researchers concluded that morning workouts are more stressful than those performed later in the day.

The saliva was measured for secretions of cortisol and IgA. Cortisol is a stress hormone that indicates a weakened immune system; conversely, IgA is a substance that helps the body fight respiratory tract infections. Morning swims produced higher levels of cortisol and lower levels of IgA. Hence, swimmers who train in the morning may be at a higher risk for upper respiratory tract infections than those who train in the evening. People who train might consider swimming later in the day, rather than right after awakening – particularly if they're feeling a bit "under the weather."

Certain Sports Drinks May Improve Cognitive Function During Exercise

A new study by U.S. Army researchers, published in the *American Journal of Clinical Nutrition*, found that supplemental carbohydrate beverages can enhance vigilance and mood during sustained aerobic activity.

It has long been known that carbohydrates can improve physical endurance. However, their benefits to cognitive performance and mood are new revelations. Researcher Harris Lieberman and his colleagues enrolled 143 healthy young men from an elite combat unit in the U.S. Army, giving some a 6 percent carbohydrate beverage, others a 12 percent carbohydrate beverage, and still others a placebo. The soldiers were then subjected to a demanding exercise regimen over the next 10 hours. Carbohydrate beverages improved vigilance in a dose-dependent manner. Cognitive function was the best in the 12-percent carbohydrate group and the worst in the placebo group. Participants receiving the carbohydrate beverages reported less confusion and greater vigor. Lieberman feels his findings may reduce accidents associated with athletic activities and potentially dangerous occupational duties.

Ridding Golf of Wrist and Elbow Pain



Jeffrey Blanchard, D.C., writes that wrist and elbow pain is a common occurrence among golfers. According to Blanchard, there are two common causes: bad grip on the club, and incorrect club shaft plane on the downswing. These causes play havoc on the body's muscles, tendons, ligaments and joints of the elbows and wrists. He notes that the average swing generates a club speed of 90 miles per hour. Multiply this by the frequency of multiple swings and it is easy to see how injuries develop.

Dr. Blanchard points out that the position of the golfer's hands will dictate how the wrists hinge and the elbow folds when swinging the club. Hands that are incorrectly placed on the grip, make correct club shaft positioning very difficult. When the golfer is out of position at the top of the backswing, mechanical strain is experienced at the right elbow and wrists as they struggle to find an effective downward path back to the ball.

During the golf backswing, the club head moves up, and then behind the body. Trouble develops when the club shaft is not pointing at the plane line during the downswing. Think of the plane line as a line that extends from the golf ball to 10 feet behind the golf ball. When the club shaft points to the plane line, the club shaft is on the correct incline plane.

Common problems develop when the incline plane of the club shaft becomes too steep or too flat during the downswing. The result of either is a flip, a push, a twist or a turn to the wrists and forearms as last-second corrections are attempted to get the club head to make contact with the ball. Blanchard finds it complicated to explain a proper grip. Instead, he recommends that golfers go to their local golf shops and buy a grip trainer. The golfer's hand fits into molded grooves. If the golfer complains that it feels "weird," more than likely the golfer has been swinging the club with an incorrect grip.

NYCC Researchers Find Shorter Backswings Reduce Back Problems Without Adding Strokes

NYCC's research department collaborated with David Seaman, D.C., to publish an article in the *Journal of Manipulative and Physiological Therapeutics* 2001:24(9) that reported how shortening one's back-swing an average of 47 degrees helps prevent back injury without significantly affecting club speed or stroke accuracy. This is good news to the 25 million golfers in America, 62 percent of whom may suffer an injury related to the game.

NYCC Faculty Member Dr. Dale Buchberger Relates How He Entered the World of Sports Chiropractic

Dale J. Buchberger, D.C., D.A.C.B.S.P., is an NYCC faculty member who treats patients that include AAA minor-league baseball pitchers and Canadian Olympic skiers. He began visits to his own chiropractor at age 14 while running cross-country and track, and thereafter attended the National College of Chiropractic (NCC). Since Dr. Buchberger graduated from National College of Chiropractic in 1988, he has treated all manner of patients, currently tends to a variety of athletes, and works closely with an assortment of sports teams. Dr. Buchberger describes his practice as a “50/50 practice” – treating half athletes and half lay public.

Rising on the Shoulders of Others

Dr. Buchberger’s specialty is shoulders, having chosen that topic in order to, as he puts it, “turn a weakness into a strength.” Discovering that his education in the shoulder was grossly deficient, he found that the research he was doing in the sports diplomate program greatly interested him. He immersed himself in literature about the shoulder. Since he was playing men’s over-30 baseball as catcher, he learned all he could about the shoulder from an athlete’s point of view. Suddenly, the shoulder had particular relevance.

He unofficially became central New Jersey’s men’s senior baseball league chiropractor, treating the players on his team as well as those on other teams. Some of his patients were high school baseball coaches and, consequently, he began to see their high school athletes as well. Many of the problems these players suffered were located in their shoulders. Occasionally a low back problem would surface, and when that occurred, the young players’ moms and dads would see Dr. Buchberger for treatment of their own backs. Ironically, Dr. Buchberger had always thought he would specialize in running! In college he performed well in the nationals in cross-country.

Buchberger claims his shoulder education has changed the way he practices chiropractic and he now keeps an open mind to etiologies. For example, if a patient suffers from low back pain its cause may lie in the shoulder. Poor shoulder mechanics tend to stress the back. Likewise, back and leg mechanics often cause shoulder problems. He is careful now to view the person as a whole. Dr. Buchberger also emphasizes rehabilitative aspects of practice: get people better, don’t just treat them



(L to R) Tommy Craig, ATC Head Trainer; Marc Pietropaoli, M.D., Team Orthopedic Surgeon; and Dale J. Buchberger, D.C., Team Chiropractor

forever! It is important to help patients get strong so they won’t have to rely on their chiropractor.

Why and How: Baseball?

Asked how he first involved himself with men’s professional baseball, Dr. Buchberger explained that in 1997 when he moved to the Seneca Falls area, he contacted the Houston Astros’ single A team affiliate, the Auburn Doubledays. He wound up cultivating a relationship that came to include the team’s players. Now, Dr. Buchberger works closely with the Toronto Blue Jays organization and feels he is treated with the utmost respect as he performs ART, chiropractic manipulation and rehabilitation on their players. Dr. Buchberger finds many athletes’ shoulder problems stem from “one-hand dominance.” As he puts

it, “Kids grow up throwing a five ounce spherical object and one side of the body, and bones along that side, develop to adapt to the stresses. They are stronger on one side and the asymmetry presents chiropractic challenges.” According to him, there is nothing particularly unique in the treatment of baseball players, simply an acknowledgement that asymmetry in baseball players cannot be accommodated simply by adjusting. Muscular asymmetry must be addressed as well.

Specializing and Language

Dr. Buchberger recommends that chiropractors seeking to specialize in a particular area shadow someone else who is practicing in that field. Gain familiarity with the process and it will all tie together in the field. Learn two languages: chiropractic and traditional medical language. If you can speak both languages you can better communicate your role to the other sports-injury health-care providers. You will also be well received as a healthcare “team member.” Also, look for the kind of training that will give you a good return on your investment. For example, learn biomechanics. Learn intimately how soft tissue functions at the joints. Investigate the CCSP and sports diplomate programs. Get on-field experience. Above all, search out the things that you like, that you are passionate about! Oh, and start small. Dr. Buchberger closes with this encouragement: “The future of sports chiropractic is wide open – the sky is the limit!”



An Example of Excellence

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

New York Chiropractic College Alumni

Dr. Douglas Taber, '98
Vestal, New York

Dr. Mark Croucher, '92
Baldwinsville, New York

Dr. Lisa Francey, '00
New York, New York

Dr. Amal Mardini, '97
Amherst, New York

Dr. Raymond Bowles, '92
Massapequa, New York

Dr. Michael Estramonte, '99
Charlotte, North Carolina

Dr. Joanna Tsai, '00
Rochester, New York

Dr. Neil Tropiano, '97
Staten Island, New York

Dr. Kevin Eaton, '97
Brampton, Ontario

Dr. Ellen Aronoff, '93
Bayside, New York

Dr. Jerry Brescia, '94
Schenectady, New York

Dr. Bruce Handelsman, '82
Nyack, New York

Dr. Joseph Cucci, '00
New York, New York

Dr. Timothy Barnes, '96
Woodstock, Ontario

Dr. Walter Shapiro, '98
St. Petersburg, Florida

Dr. Daniel Wright, '99
Elma, New York

Dr. Arnold Forster, '60
Great Neck, New York

Dr. Melissa Clouthier, '97
The Woodlands, Texas

Dr. James Forster, '85
Great Neck, New York

Dr. Robert Ozello, '81
Rockville, Maryland

Dr. Joseph Giacalone, '66
Bronx, New York

Dr. Darrin Kaloz, '99
Yonkers, New York

Dr. Stephen Clouthier, '96
The Woodlands, Texas

Dr. Phillip Woods, '97
Waynesburg, Pennsylvania

Dr. Denise Karsten, '96
Syracuse, New York

Dr. Andrew Chavkin, '99
Colorado Springs, Colorado

Dr. Karen Wanamaker, '90
Penfield, New York

Dr. Steven Dickert, '82
Staten Island, New York

Dr. Todd Buckley, '96
Peabody, Massachusetts

Dr. Kenneth Solomon, '85
Milton, New York

Dr. Susan Earsing, '99
Rustburg, Virginia

Thank You For Your Support!



An Example of Excellence

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

Friends of New York Chiropractic College

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San Juan, Puerto Rico

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February 2003 - April 2003 Seminars

Postgraduate On-Line Programs:

Applied Pharmacology for the Chiropractor – A series of 8 on-line lectures of 2 hrs each. Visit <http://www.brightcourse.com> for details and module descriptions

Body Composition Assessment: Essential Tools for Building Healthy Bodies – 8 credits on line - call ISSA at (800) 892-ISSA or visit <http://www.fitnesseducation.com>

Eating Disorders 101; What every personal trainer needs to know - 8 credits on line - call ISSA at (800) 892-ISSA or visit <http://www.fitnesseducation.com>

Interval Training for Fitness and Endurance Performance: Theory and Practice – 8 credits on line - call ISSA at (800) 892-ISSA or Visit <http://www.fitnesseducation.com>

ISSA Certified Fitness Trainer - 12 hrs on line - call ISSA at (800) 892-ISSA or Visit <http://www.fitnesseducation.com>

NCMIC HIPAA Compliance Seminar – 4 hrs on line. Visit <http://www.dc-hipaa.com/35>

Risk Management of Sexual Harassment in the Office and on Campus - 1 hour on line lecture. Visit <http://www.brightcourse.com> for details and module description

Postgraduate Classroom Programs:

February 22-23 - Acupuncture Clinical/Medical Fellowship & Diplomate, Session 1, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Chicago, IL; Chairperson: Int'l Academy of Medical Acupuncture (800) 327-1113

February 22-23 - Rehabilitation of the Spine, 12 hrs, Course Coordinator: Guy Annunziata, D.C., Location: Indianapolis, IN; Chairperson: DC Solutions - Dr. Guy's Seminars, (843) 342-7777

February 22-23 - Enhancing Golf Performance, 12 hrs, Course Coordinator: Raymond Trotter, D.C., Location: Boston, MA; Chairperson: Back to Basics Golf Academy, (603) 279-6250

February 22-23 - Activator Methods Chiropractic Technique, 12 hrs, Course Coordinator: Antoinette Stowell, Location: Syracuse, NY; Chairperson: Activator Methods Int'l, Ltd, (800) 598-0224

February 22-23 - ISSA Certified Fitness Trainer, 12 hrs, Course Coordinator: Jack Barnathan, D.C., Location: Atlanta, GA; Chairperson: ISSA, (800) 892-4772

February 22-23 - Sacro Occipital Technique Level I, 12 hrs, Course Coordinator: Marty Rosen, D.C., Location: Spartanburg, SC; Chairperson: SOTO-USA, (336) 760-1618

February 27– March 3 - AK Techniques in Everday Practice - 12 hrs over 5 days, Course Coordinator – Paul Sprieser, D.C., Location: El Conquistador Resort, P.R.; Chairperson: Applied Kinesiology Institute, (973) 334-6053

February 28-March 2 - Diplomate in Neurology - 24 hrs, Course Coordinator: Joseph Ferezy, D.C., Location: Des Moines, IA; Chairperson: NYCC/Event Mgmt Services, (800) 434-3955

March 1-2 - Acupuncture Clinical/Medical Fellowship & Diplomate - Session 1, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Washington, DC; Chairperson: Int'l Academy of Med Acupuncture, (800) 327-1113

March 1-2 - Chiropractic Nutritionist Program - Session 1, 12 hrs, Course Coordinator: David Seaman, D.C., Location: VTC - Depew, Levittown, Seneca Falls and Syracuse, NY; Chairperson: NYCC, (800) 434-3955

March 1-2 - Electrodiagnosis Certification Program - Session 7, 15 hrs, Course Coordinator: J. Donald Dishman, D.C., Location: Seneca Falls, NY; Chairperson: NDX Consultants, (315) 224-1626

March 1-2 - Rehabilitation of the Spine - 12 hrs, Course Coordinator: Guy Annunziata, D.C., Location: Columbus, OH; Chairperson: DC Solutions - Dr. Guy's, (843) 342-7777

March 6-9 - Active Release Technique - L.E. - 4 days, 24 hrs, Course Coordinator: P. Michael Leahy, D.C., Location:

February 2003 - April 2003 Seminars

St. Louis, MO; Chairperson: Active Release Techniques, (888) 396-2727

March 8 - Applied Kinesiology in Clinical Practice Certification Program - Session 6, 12 hrs, Course Coordinator: Eugene Charles, D.C., Location: New York City, NY; Chairperson: Charles Seminars, Inc, (800) 351-5450

March 8-9 - Thompson Adjusting Technique - 12 hrs, Course Coordinator: Wayne H. Zemelka, D.C., Location: Peoria, IL; Chairperson: Footlevelers, Inc., (800) 553-4860

March 8-9 - Rehabilitation of the Spine - 12 hrs, Course Coordinator: Guy Annunziata, D.C., Location: San Antonio, TX; Chairperson: DC Solutions - Dr. Guy's Seminars, (843) 342-7777

March 8-9 - Maryland Chiropractic Assistant Training Program - 108 total, 12 hrs ea, Course Coordinator: Rick Rosa, D.C., Location: Wheaton, MD; Chairperson: MD-CA Program, (301) 316-2111

March 8-9 - The Shoulder in Clinical Practice: Evaluation and Management - 12 hrs, Course Coordinator: Dale Buchberger, D.C., Location: Seneca Falls, NY; Chairperson: NYCC/Student Life, (315) 568-3055

March 8-9 - Sacro Occipital Technique - Level II, 12 hrs, Course Coordinator: Rob Klingensmith, D.C., Location: Winston-Salem, NC; Chairperson: SOTO-USA, (336) 760-1618

March 8-9 - Management of Whiplash Injuries - 12 hrs, Course Coordinator: Gary Ierna, D.C., Location: Levittown, NY; Chairperson: NYCC, (800) 434-3955

March 8-9 - Applied Kinesiology - 100 hr program - Session 8, 12 hrs, Course Coordinator: Paul Sprieser, D.C., Location: Parsippany, NJ; Chairperson: Applied Kinesiology Study Institute, (973) 334-6053

March 8-9 - EMG Certificate and Electrodiagnosis - 6 of 11, 15 hrs, Course Coordinator: Roger M. Nelson, PT, PhD,

FAPTA, Location: King of Prussia, PA; Chairperson: Expert Clinical Benchmarks, (800) 814-8712

March 8-9 - Graston Technique, MI - 12 hrs, Course Coordinator: Richard Vincent, D.C., Location: Boston, MA; Chairperson: Graston Technique, (866) 926-2828

March 8-9 - ISSA Certified Fitness Trainer - 12 hrs, Course Coordinator: Jack Barnathan, D.C., Location: Miami, FL; Chairperson: ISSA, (800) 892-4772

March 9-12 - Integrating Complementary Therapies into Clinical Practice - Harvard Medical School, 4 days, 28 hrs, Course Coordinator: David M. Eisenberg, MD, Location: Boston, MA; Chairperson: Harvard Medical School; Contact: Harvard MED-CME, (617) 384-8600

March 15 - Spinal Adjusting Seminar - 12 hrs, Course Coordinator: Eugene Charles, D.C., Location: New York City, NY; Chairperson: Dr. Charles Seminars, (800) 351-5450

March 15-16 - Neuronal Conduction Certificate Program - 3 of 4, 12 hrs, Course Coordinator: Roger M. Nelson, PT, PhD, FAPTA, Location: King of Prussia, PA; Chairperson: Expert Clinical Benchmarks, (800) 814-8712

March 15-16 - Rehabilitation of the Spine - 12 hrs, Course Coordinator: Guy Annunziata, D.C., Location: Columbus, OH; Chairperson: DC Solutions - Dr. Guy's Seminars, (843) 342-7777

March 15-16 - Acupuncture Clinical/Medical Fellowship & Diplomate - Session 1, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Phoenix, AZ; Chairperson: Int'l Acad of Med Acup, (800) 327-1113

March 15-16 - Certified Chiropractic Sports Physician - 6 of 10, 12 hrs, Course Coordinator: Philip Santiago, D.C., Location: Levittown, NY; Chairperson: NYCC/NY Sports Chiropractic, (800) 434-3955

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February 2003 - April 2003 Seminars

March 15-16 - Graston Technique, MI and MII - 12 hrs ea, Course Coordinator: Richard Vincent, D.C., Location: Orlando, FL; Chairperson: Graston Technique, (866) 926-2828

March 22 - Applied Kinesiology in Clinical Practice Certification Program - Session 6, 12 hrs, Course Coordinator: Eugene Charles, D.C., Location: Seneca Falls, NY; Chairperson: Charles Seminars, Inc., (800) 351-5450

Mar 22-23 - ISSA Certified Fitness Trainer - 12 hrs, Course Coordinator: Jack Barnathan, D.C., Location: Boston, MA; Chairperson: ISSA, (800) 892-4772

March 22-23 - Acupuncture Clinical/Medical Fellowship & Diplomate, Session 2, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Washington, DC; Chairperson: Int'l Academy of Med Acupuncture, (800) 327-1113

March 22-23 - Acupuncture Clinical/Medical Fellowship & Diplomate - Session 2, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Chicago, IL; Chairperson: Int'l Acad of Med Acup, (800) 327-1113

March 22-23 - Enhancing Golf Performance - 12 hrs, Course Coordinator: Raymond Trottier, D.C., Location: Cleveland, OH; Chairperson: Back to Basics Golf Academy, (603) 279-6250

March 22 and or 23 - HIPAA Compliance for the Chiropractor - 5 hrs, Course Coordinator: NYSCA, Location: Levittown, NY; Chairperson: NYSCA, (518) 785-6346

March 29-30 - Thompson Adjusting Technique - 12 hrs, Course Coordinator: Wayne H. Zemelka, D.C., Location: Albany, NY; Chairperson: Footlevelers, Inc., (800) 553-4860

March 29-30 - ISSA Certified Fitness Trainer - 12 hrs, Course Coordinator: Jack Barnathan, D.C., Location: Levittown, NY; Chairperson: ISSA, (800) 892-4772

March 29-30 - Six Steps Toward Restoring Normal Joint Function - 12 hrs, Course Coordinator Evan Mladenoff, D.C., Location: Pittsburgh, PA; Chairperson: SOTO-USA, (336) 760-1618

April 4-6 - Diplomate in Neurology - 24 hrs, Course Coordinator: Joseph Ferezy, D.C., Location: Levittown, NY; Chairperson: NYCC/Event Mgmt Services, (800) 434-3955

April 5 - Applied Kinesiology in Clinical Practice Certification Program - Session 7, 12 hrs, Course Coordinator: Eugene Charles, D.C., Location: New York City, NY; Chairperson: Charles Seminars, Inc, (800) 351-5450

April 5-6 - Chiropractic Nutritionist Program - Session 2, 12 hrs, Course Coordinator: David Seaman, D.C., Location : VTC - Depew, Levittown, Seneca Falls and Syracuse, NY; Chairperson: NYCC, (800) 434-3955

April 5-6 - Electrodiagnosis Certification Program - Session 8, 15 hrs, Course Coordinator: J. Donald Dishman, D.C., Location: Seneca Falls, NY; Chairperson: NDX Consultants, (315) 224-1626

April 5-6 - How to Clone a Wholistic Health Care Practice - 12 hrs, Course Coordinator: John W. Brimhall, D.C., Location: West Pt Military Academy, NY; Chairperson: BCS/Nutri-West, (800) 227-2236

April 5-6 - Acupuncture Clinical/Medical Fellowship & Diplomate - Session 3, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Chicago, IL; Chairperson: Int'l Acad of Med Acupuncture, (800) 327-1113

April 5-6 - Acupuncture Clinical/Medical Fellowship & Diplomate - Session 2, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Phoenix, AZ; Chairperson: Int'l Academy of Medical Acupuncture, (800) 327-1113

April 12 Nutrition A to Z Silver Bullets - 6 hrs, Course Coordinator: Tyran Mincey, D.C., Location: West Chester, PA; Chairperson: Nutri-West, PA, (800) 697-9577

April 12 - Applied Kinesiology in Clinical Practice Certification Program - Session 7, 12 hrs, Course Coordinator: Eugene Charles, D.C., Location: Seneca Falls, NY; Chairperson: Charles Seminars, Inc., (800) 351-5450

February 2003 - April 2003 Seminars

April 12-13 - Enhancing Golf Performance - 12 hrs, Course Coordinator: Raymond Trottier, D.C., Location: Orlando, FL; Chairperson: Back to Basics Golf Academy, (603) 279-6348

April 12-13 - Certified Fitness Trainer - 12 hrs, Course Coordinator: International Sports Sciences Foundation, Location: Orlando, FL; Chairperson: ISSA, (800) 892-4772

April 12-13 - EMG Certificate and Electrodiagnosis - 7 of 11, 15 hrs, Course Coordinator: Roger M. Nelson, PT, PhD, FAPTA, Location: King of Prussia, PA; Chairperson: Expert Clin Benchmarks, (800) 814-8712

Apr 12-13 - ISSA Certified Fitness Trainer - 12 hrs, Course Coordinator: Jack Barnathan, D.C., Location: Orlando, FL; Chairperson: ISSA, (800) 892-4772

April 12-13 - Maryland Chiropractic Assistant Training Program - 12 hrs, Course Coordinator: Rick Rosa, D.C., Location: Wheaton, MD; Chairperson: MD-CA Program, (301) 316-2111

April 12-13 - Acupuncture Clinical/Medical Fellowship & Diplomate - Session 3, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Washington, DC; Chairperson: Int'l Acad of Medical Acupuncture, (800) 327-1113

April 19-20 - Neuronal Conduction Certificate Program - 4 of 4, 12 hrs, Course Coordinator: Roger M. Nelson, PT, PhD, FAPTA, Location: King of Prussia, PA; Chairperson: Ex Clin Benchmarks, (800) 814-8712

April 19-20 - Electrodiagnosis Certification Program - Session 1, 15 hrs, Course Coordinator: J. Donald Dishman, D.C., Location: Orlando, FL; Chairperson: NDX Consultants, (315) 224-1626

April 24 - Impairment Rating Workshop, 2 hrs, Course Coordinator: Thomas M. Drzemala, D.C., Location: Dallas, TX; Chairperson: Pitcher Group, (866) 244-4357

April 24-27 - Active Release Technique – Spine - 4 days, 21 hrs, Course Coordinator: P. Michael Leahy, D.C., Location: Vancouver, BC; Chairperson: Active Release Techniques, (888) 396-2727

April 25-26 - Sacro Occipital Technique - Cranio Dental - 16 hrs, Course Coordinator: Robert Klingensmith, D.C., Location: Los Angeles, CA; Chairperson: SOTO-USA, (336) 760-1618

April 25-27 - Diplomate in Neurology - 24 hrs, Course Coordinator: Joseph Ferezy, D.C., Location: Des Moines, IA; Chairperson: NYCC/Event Mgmt Services, (800) 434-3955

April 26-27 - Certified Chiropractic Sports Physician - 7 of 10, 12 hrs, Course Coordinator: Philip Santiago, D.C., Location: Levittown, NY; Chairperson: NYCC/NY Sports Chiropractic, (800) 434-3955

April 26-27 - Acupuncture Clinical/Medical Fellowship & Diplomate – Session 4, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Chicago, IL; Chairperson: Int'l Acad of Med Acup, (800) 327-1113

April 26-27 - Acupuncture Clinical/Medical Fellowship & Diplomate - Session 3, 15 hrs, Course Coordinator: John Amaro, D.C., Location: Phoenix, AZ; Chairperson: Int'l Acad of Med Acup, (800) 327-1113

April 26-27 - Body Energetics Technique - 12 hrs, Course Coordinator: Robert J. Kay, D.C., Philadelphia, PA; Chairperson: Nutri-West-PA, (800) 697-9577

April 26-27 - Neurophysiological, Biomechanical & Clinical Advances in Chiropractic - 12 hrs, Course Coordinator: Christopher Colloca, D.C., Location: VTC – Depew, Levittown & Syracuse, NY; Chairperson: Neuromechanical Innovations, (480) 785-8442

NYCC Makes Significant Appearance at the International Conference on Spinal Manipulation

Drs. J. Donald Dishman, Veronica Sciotti-Dishman, Paul Dougherty, Jeanmarie Burke, Kevin Ball, and student Scot Woodward attended the biennial International Conference on Spinal Manipulation in Toronto, where scientists presented current clinical and basic science relating to relevant manipulative therapies.

Drs. Dishman, Dougherty and Burke presented research entitled *Effects of Spinal Manipulation, Mobilization and Sham Procedures on Motoneuron Excitability*. Their work involved data obtained during an FCER-funded project, the results of which indicated that spinal manipulation influences the excitability levels of the motoneurons in the lumbar spinal cord more than does low speed mobilization of the spine, or the simple spine movement. Former critics of chiropractic had attributed the effect to simple and gross movements that the patient is put through to obtain an adjustment, not the actual thrust of the manipulation. Dishman's research makes important distinctions.

NYCC's Dr. Kevin Ball and student researcher Scot Woodward gave the following three presentations during a session entitled "Clinical Outcomes Research":

Ball, K.A., Woodward, S.P. and Dang-Tan, T. (2002). Postural Compensations as a Result of a Modest Heel Lift.

Woodward, S.P. and Ball, K.A. (2002). Advanced 3-D Gait Analysis and Leg Length Inequality: A Case Study.

Ball, K.A., and Perle, S. (2002). Effects of a Single Manipulation of the Tibiotalar (Ankle) Joint upon Lower Extremity Joint Alignment.

The three papers presented variations on a common theme. Dr. Ball's team has developed a functional testing protocol and advanced 3-D technology that measures the subtleties of body posture exhibited by people when they are either standing quietly or walking.

The "Postural Compensations" paper demonstrated that when 20 asymptomatic individuals wore a heel lift, there was a larger

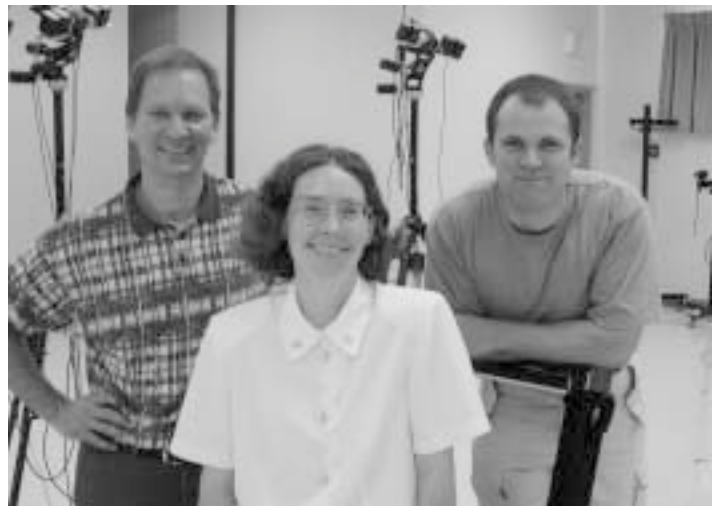


Dr. Veronica Sciotti-Dishman

variety of adaptive responses than a reading of the existing literature might suggest. Effects included changes in posture in the foot, ankle, knee, hip and pelvis. In some subjects, all parts of the body were affected, while in others, only one or two. Clinically, this can be problematic since the clinician often expects a specific adaptation at one joint, say the hip on one side, yet this may not be the actual site at which the subject responds to the therapy. The researchers intend to conduct further study that may result in a more comprehensive, yet unified, theory. Perhaps the results will serve as the foundation for a flow-chart that will explain how, if adaptation doesn't happen in one location, then one should investigate other specifically designated regions.

Woodward's *Advanced 3-D Gait Analysis* paper discussed the manner in which advanced gait analysis is performed, with an eye toward diagnosing sources for gait problems. For example, a subject who, with each step of the right foot, demonstrates excessive internal rotation from the ankle to

Continued on next page



(L to R) Dr. Kevin Ball, Dr. Jeanmarie Burke and Scot Woodward, 10th Trimester

On NYCC's Research Front

Dr. Robert Walker has been invited to participate in a panel discussion at the annual meeting of the American Association of Physical Anthropologists next April, and will speak specifically about chiropractic and chiropractic education as alternative career paths for Ph.D.'s in physical anthropology. Like Dr. Walker, NYCC's Drs. Thomas Greiner and Michael Zumpano are also physical anthropologists by training, as is NYCC's former Associate Professor Dr. Lisa Bedford.

Drs. Walker and Greiner have submitted abstracts for presentations at the April meeting. Dr. Greiner's abstract is entitled "Assessment of Alternative Locomotor Postures" and Dr. Walker's is "Variation in Remodeling About the Perimeter of the Midshaft Human Femur." Dr. Zumpano submitted an abstract for presentation at the American Anatomical Association next trimester, "Shape Changes in the Fetal Craniofacial Complex in Macaques and Humans. This article has been accepted for publication in the *American Journal of Physical Anthropology* and was awarded a Faculty Research Award from the American Association of Anatomists. Dr. Zumpano has been appointed editor of the American Association of Anatomists "Ask the Expert" section of their education web page and is serving a three year term on the Advisory Committee of Young Anatomists which is a standing committee under the American Association of Anatomists. Dr. Zumpano also is awaiting publication of a paper titled "Growth-related shape changes in the fetal craniofacial complex of humans (*Homo sapiens*) and pigtailed macaques (*Macaca nemestrina*): A 3D-CT comparative analysis" from the *American Journal of Physical Anthropology*.

Dr. Zumpano and laboratory technician Carl Jagos, along with

Dr. Sandra Hartwell-Ford of the Seneca Falls Student Clinic, have had an article accepted for publication in the November 2002 issue of *Journal of the Neuromusculoskeletal System*. The article is entitled "A Cadaveric Survey Exploring the Variation, Prevalence, Sex Bias and Tissue Type of the Soft-tissue Bridge Between Rectus Capitis Posterior Minor and the Posterior Atlanto-occipital Membrane." In addition, Dr. Greiner is organizing the annual NYCC Research Symposium for next spring.

NYCC faculty member, Dr. Raj Philomin, is currently working on studies that explore the variations and distributions of the vertebral artery.



Several of the Anatomy Department's researchers include (L to R) Dr. Thomas Greiner, Dr. Michael Zumpano, Dr. Raj Philomin, Dr. Robert Walker and Mr. Carl Jagos.

NYCC Makes Significant Appearance at the International Conference on Spinal Manipulation

Continued from previous page

the pelvis might find the source of their right hip pain in their attempt to stop the increased rotation. Further analysis may reveal whether orthotics could help control the subject's movement patterns.

The paper dealing with *Effects of a Single Manipulation of the Tibiotalar Joint*, was a collaboration with Dr. Stephen Perle, a DC who specializes in sports medicine. Dr. Perle is also an Associate



Dr. Paul Dougherty

Professor at the University of Bridgeport Chiropractic College. Competitive distance



Dr. J. Donald Dishman

runners often develop stiffness in their ankle joints, making it difficult for them to lift their

foot upwards. Chiropractic adjustment to the ankle joint has tended to help these patients by, theoretically, releasing the ankle and permitting better range of motion. The researchers examined the walking patterns of individuals pre and post adjustment and found that test subjects experienced changes in the alignment of the joints of their lower extremities, from ankles, to knees, to hips.

NYCC Hockey Team and 5K Race Team Captain Return From Chiro Games 2002 With Gold Medals



Shawn Williams, 4th Trimester

Seventy-seven NYCC athletes traveled to Dallas, TX, for the 2002 Chiro Games hosted by Parker College on September 26, 2002.

NYCC's ice hockey team took the gold medal with an overall record of 3 to 1, scoring a total of 16 goals. NYCC defeated National Chiropractic College 5 to 2 in the first game, only to fall short in their second game against Northwestern 4 to 2. On Saturday the hockey team faced Palmer College and

squeaked by, winning by one goal. In the gold-medal game NYCC controlled the play and jumped out to a quick 4 to 0 lead against Northwestern. The game ended in a 6 to 2 victory for NYCC.

NYCC's ice hockey team members are Joseph Albert, 7th trimester; Gregory Angermaier, 7th trimester; Ehren Doty, 6th trimester; Mark Guker, 4th trimester; Curt Healey, 4th trimester; Jeffrey Holt, 7th trimester; Marc LeBlanc, 6th trimester; Jeff Lowes, 4th trimester; David Mueller, 5th trimester; Michael Murphy, 4th trimester; Athanasios Sarris, 4th trimester; Chad Thompson, 4th trimester; Edward Turk, 2nd trimester; and Richard Winch, 4th trimester.

Shawn Williams, 4th trimester, captain of the 5K Race team, also won a gold medal. Shawn took the overall men's gold with a time of 16:20.

Next year's Chiro Games will be held at Logan College in Chesterfield, MO.



NYCC's Dr. Ebbets Publishes Paper Identifying Benefits of Chiropractic Interns' Treatment of Track Event Athletes



Dr. J. Russell Ebbets

It appears that athletes, when given the opportunity to undergo chiropractic care, will do so. What's more, clinical interns administering the care feel that the experience enhances their education. NYCC's Dr. J. Russell Ebbets, D.C., M.Ed., C.C.S.P., recently published a scholarly piece that describes the benefits that accrue to athletes and chiropractic students when chiropractic treatment is offered at supervised, on-site athletic events.

Dr. Ebbet's premise, that the clinical education of chiropractic interns is likely enhanced by participation in a well-planned, off-campus treatment experience, was supported in data discussed in his article detailing on-site treatment of athletes at running road races and track meets. Interns who belonged to the College's Sports Science Club responded to a survey and expressed their reactions to the experience. They

had prequalified through their participation in club activities. Having enjoyed the opportunity to offer chiropractic care to many of the 3,000 attending athletes, results showed that students valued the clinical experience and the athletes availing themselves of chiropractic benefits at the race increased from the year 2000 to 2001.

Dr. Ebbets' paper concluded that visible opportunities such as the on-site treatment of athletes at road races offer statistical evidence of the strong demand for chiropractic care if and when the service is available and allows a select group of prequalified student interns a valuable opportunity to realize early professional goals.



SACA Invites ACA President Dr. Daryl Wills to NYCC Campus

NYCC's Student American Chiropractic Association (SACA) chapter hosted guest speaker Daryl D. Wills, DC, a 1973 graduate of National College of Chiropractic and president of the American Chiropractic Association (ACA). Armed with over 30 years' practice experience, Dr. Wills was able to draw on a wealth of experience during his talk.

He began by remarking how modern health care focuses primarily on disease. The ACA is making every effort to change that focus and to instead emphasize wellness. The goal, according to Dr. Wills, is a patient-centered, wellness-oriented health-care environment where all Americans have access to comprehensive chiropractic care. In order to accomplish this, the ACA's delegates throughout the country remain very active in national chiropractic legal action. In fact, the ACA is currently involved in several legal battles — one of which opposes Trigon Blue Cross Blue Shield's practice of not reimbursing D.C.s for properly billed procedures. The ACA is also trying to enhance financial support



(L to R) Dr. Kenneth W. Padgett, NYCC Chancellor, Dr. Daryl D. Wills, ACA President, Dr. Frank J. Nicchi, NYCC President and Dr. David A. Herd

NYCC Participates in Local "Business Showcase"



New York Chiropractic College participated in a networking and business-to-business marketing event at Hobart and William Smith Colleges, Geneva, NY. Representing the College were: (L) Dr. Beth Donohue, Director of Accreditation and Planning and chair of the Public Education Committee, and (R) Christopher Chase, Director of Sodexo Dining Services. NYCC continues in its effort to attract favorable attention to both the College and the profession by informing the public that "we are a chiropractic college and a whole lot more."

for Medicare patients as Medicare, expanding current coverage beyond physical manipulation of subluxation.

The ACA and the Association of Chiropractic Colleges (ACC) also succeeded in passing legislation that helps chiropractors receive reimbursement for a portion of their education expenses. This program is currently under a trial period, and once it has proven itself and demonstrated public health benefits the program will become permanent.

Other beneficial ACA projects include helping the Red Cross provide emergency services, and military chiropractic benefits. Within the next five years, the ACA hopes to have commissioned chiropractic officers in the military. "The ACA," said Dr. Wills, "wants to ensure that we, as students, have the best environment to practice in when we graduate."

The ACA has requested \$100 from 1000 DC's per month to help defray legal expenses. Dr. Wills expressed hope that the ICA and ACA would recognize the value of cooperation. Of the ICA/ACA division, Dr. Wills commented, "There really is no difference in the cause—only in the viewpoints and the political strategies."

Full integration of DCs as decision makers in the nation's health-care system will result in favorable outcomes for public health and for patient wellness; this is a governing ACA principle. At the close of Dr. Will's discussion, NYCC's SACA Chapter President, Marc Persson, thanked Dr. Wills for his excellent insights and presented him with \$100 to be used for ACA's legal defense fund.

Student Appreciation Night Fall 2002: Dr. Reed Phillips

by Cheryl Higgins and Grove Higgins, 1st Trimester

Student Appreciation Night is a professional event, designed to stimulate critical thinking and to encourage diversity of thought among attendees. Each trimester, NYCC hosts a different speaker to come to the Seneca Falls campus and present varying philosophical views of chiropractic, the direction it is headed, and what we can—or should—be doing to fortify our chosen profession. On the evening of October 8, NYCC hosted Dr. Reed B. Phillips, President of the Southern California University of Health Sciences, for a thought-provoking presentation on “The Chiropractic Subluxation.” This is the second in our chiropractic philosophy series. Our first speaker, Dr. David Koch, teaches philosophy of chiropractic at Palmer Chiropractic University and had spoken about the chiropractic subluxation, specifically discussing concepts that relate to both vitalism and chiropractic. Throughout his presentation, Dr. Phillips defined key terms and incorporated perspectives of traditional chiropractic that are relevant to current systems of health-care delivery.

Having received his Doctor of Chiropractic degree from National College of Chiropractic in 1973, Diplomate from the American Chiropractic Board of Roentgenology in June 1977, Master of Science in Community Medicine in 1979, and Ph.D. in Medical Sociology in 1987, Dr. Phillips possesses credentials that support his assertions. He also participates in a variety of organizations including: the Association of Chiropractic Colleges, the Council on Chiropractic Education, the Council on Chiropractic Educational International, and the Consortium for Chiropractic Research. In 1990, Dr. Phillips received the Researcher of the Year Award of the Foundation for Chiropractic Education and Research.

What is Philosophy?

Philosophy, as defined by Dr. Phillips, is the distinct set of principles that establish subsequent learning. He explained more specifically, “Philosophy begins only when one begins to doubt particularly cherished beliefs.” In order to re-examine your beliefs, critical analysis and evaluation are essential to identify concepts, how they have been applied, and if they need to be restructured—



Dr. Reed Phillips

or to be thrown out entirely and new ones created. As used in Dr. Phillip’s presentation title, subluxation refers more to philosophy than it does to a physical phenomenon and is generally identified as a philosophical cornerstone of chiropractic history.

What is Science?

According to Dr. Phillips, science is an “objective, logical, systematic method of analysis that concerns itself with the observation and classification of facts, and was devised in order to describe, explain, and predict.” Dr. Phillips brought to task those who might burden chiropractic with “untestable statements” that bear little relation to scientific scrutiny. Moreover, he confessed that the scientific approach is not perfect, nor does it exclude all error while requiring great numbers of obser-

variations. Nonetheless, science’s inductive reasoning is rooted in facts and enjoys universal acceptance within the scientific and medical communities.

Untestable Hypotheses

According to Dr. Phillips, chiropractic’s professional isolation has resulted in large part due to those adherents who have chosen to embrace “untestable” tenets. “In order to be accepted into mainstream health care,” says Dr. Phillips, “chiropractic must utilize research and medical science to explain what we do.” He warned of the dangers that lie in relegating research to those in other professions, such as physical therapy, indicating that those professionals would thereby be considered authorities and chiropractic would find its therapies co-opted by others. “Science is vital in order to establish chiropractors as the authority,” he urged.

Chiropractic has long held that the body exhibits natural healing abilities, a fact substantiated repeatedly throughout the health-care disciplines. In accordance with this, therapeutic intervention is directed to facilitate the body’s own healing including good nutrition, exercise, lifestyle counseling, and a great many others. The best care, if effective, is ideally minimally invasive, non-surgical

Continued on next page

Update and Request For Contributions For NYCC Student



NYCC's International Association of Indian Chiropractic Students Club prepared delicious Indian cuisine to help raise funds for Rajai Fakhouri's rehabilitation. Standing from left to right are: Sachin Patel, 4th trimester; Deepak Sud, 3rd trimester; Jayesh Patel, 7th trimester; Rishi Kapoor, 7th trimester; and Shruti Datta, 7th trimester.

A fund has been established to defray the health-care expenses of Rajai (Ray) Fakhouri – an NYCC 7th trimester student who suffered serious injuries during an October 11th car accident, and who is now receiving treatment at Kessler Rehabilitation Institute in West Orange, NJ. As you can imagine, the financial burden to Ray and his family has been staggering.

The monies collected will help him through his long and difficult rehabilitative journey. Students on campus conducted a Chinese Auction that well surpassed its \$5,000 goal. More donations are greatly appreciated. Please send your contributions to:



The Chinese Auction well surpassed its \$5,000 goal.

Student Life Office, New York Chiropractic College, 2360 State Route 89, Seneca Falls, NY 13148, indicating they are to be used to assist Ray Fakhouri.

Student Appreciation Night Fall 2002: Dr. Reed Phillips

Continued from previous page

and drugless. The chiropractic view of health reflects a belief in healthful living and encourages cooperation between patient and practitioner. Emphasis is placed on educating patients with regard to their health.

Public Rancor

Though patients and practitioners are encouraged to cooperate, Dr. Phillips pointed out that chiroprac-

tors have a history of dissention within the ranks. At one time, the dispute involved the incorporation of physical therapy into chiropractic treatment. Currently, however, issues relating to diagnostic duties have taken center stage. While physical therapies, nutritional counseling, athletic training, and other treatments are routinely practiced in chiropractors' offices, ethical and legal responsibilities that attend diagnosis re-

main a topic of heated debate. Unfortunately, lawmakers and the public come away with mixed messages when professionals choose to "air their dirty laundry."

More Research

In his presentation, Dr. Phillips said rigorous scientific research will help to position chiropractors as authorities for human neuromusculoskele-

ture. If the profession chooses not to undertake the research required to confirm chiro-practic's principles, other health-care professionals may, instead, do so. Dr. Phillips favors a uniform philosophy of chiropractic that blends common sense with science, and promotes a healing approach that is natural, noninvasive, and holistic.

ARC Race 2002

by Jeb Albro

On Saturday, September 21, 2002, Dr. J. Russell Ebbets and a team of eight interns took to the grounds of Longbranch Park on Syracuse's Northwest side for the 8th annual ARC Race. Despite the overcast, ominous appearance of the sky, competitors gathered eagerly to participate in events which included a ½ marathon, 5K competitive run, and a 3K fun walk.

Competitors and volunteers alike were received by 5th trimester students Chris Lowthert and Mark Morris, who took histories and chief complaints for each treatment candidate.

These patients were then taken to available interns who reviewed the cases, performed evaluations and chose appropriate treatment approaches. Dr. Ebbets gave final approval for proposed treatments



NYCC student interns pictured from left to right are Christopher Lowthert, 5th trimester, Mark Morris, 5th trimester, Daniel Hayes, 8th trimester, Sharon Eagan, 9th trimester, Douglas Greco, 10th trimester, Kelly Lizewski, 8th trimester, Jeb Albro, 8th trimester, and Jonathan LaBach, 10th trimester.

and served as the “go-to guy” for acute cases. In all, 46 participants and volunteers availed themselves of this treatment opportunity. For many, it was their first chiropractic experience. Often, people were pleasantly surprised by how improved they felt after treatment, and they asked their treating interns to refer them to chiropractors in their home regions. The ARC Race was a huge success. What's more, it helps raise money to provide services for children and adults with developmental disabilities and their families. NYCC was one among many sponsors for the event, which included *Runners' World*, Syracuse Track Club, WSYT Fox 68, Sunny 102, and the Syracuse New Times.

Dr. John Amaro Recounts NYCC's Evolving Acupuncture History

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Dr. Amaro: Other than a relatively few practitioners who practiced behind closed doors in Asian communities, there was no such thing as an acupuncturist in 1972. Anyone practicing was a doctor of either chiropractic or medicine who had taken post-graduate work in acupuncture. Since NYCC can boast the first program, I can safely go on record and say yes! Within several years, other chiropractic colleges developed programs in acupuncture. It would be several years before a formal school of acupuncture would be developed. Please keep in mind the National Commission for the Certification of Acupuncturists (NCCA) would not be formed until the early 1980s. It would be some years later that they would add “and Oriental Medicine” to its name, making it the “NCCAOM”.

Transitions: Do you feel the Master's degree programs in AOM NYCC is about to undertake will appeal only to those students who are not a part of the chiropractic profession and who wish to become licensed in Acupuncture and Oriental Medicine, or will it also interest those who are already degreed Doctors of Chiropractic?

Dr. Amaro: New York, New Jersey, Pennsylvania and Massa-

chusetts do not allow for D.C.s to practice acupuncture unless they have specifically graduated from a degreed school of acupuncture. Since acupuncture has seen unprecedented growth with the graduation now of over 15,000 licensed acupuncturists in this country, it is safe to assume this profession is only going in one direction and that is straight up. I think it is imperative for progressive-thinking doctors to add the acupuncture program into their education as part of their overall curriculum. What an incredible advantage to be a Doctor of Chiropractic with an additional degree in Acupuncture and Oriental Medicine.

Transitions: Thanks, Dr. Amaro, for agreeing to conduct this interview. Unfortunately space limits our commentary. Something tells me we could devote an entire issue to this topic alone.

Dr. Amaro: I would normally wish good luck to a start up-program such as we have discussed; however, I feel the success of the Acupuncture and Acupuncture & Oriental Medicine programs is assured as it will fill a very significant need for the future students of Asian healing, the Doctors of Chiropractic and the health and benefit of mankind.

Dr. John Whitney Helps Students Enter the Market

Explaining the do's and don'ts of successful practice, Dr. John Whitney drew on his more than 30 years of experience in the health-care field during a CDC-sponsored talk on October 3rd. Dr. Whitney is a well-known consultant in the health care field, having co-authored two books and operated the largest chiropractic clinic in Canada. He thereafter founded Whitney Transitions –



Dr. John Whitney

an Atlanta-based health-care training and consulting firm that helps transition new doctors into practice. The title of his message was “Do It Right the First Time.” Dr. Whitney urged his audience to evaluate the many career options available to them, and he addressed the pros and cons associated with business relationships, including associate positions, independent contractor arrange-

ments, practice start-ups and practice buyouts. He also emphasized the importance that demographics plays in identifying optimal practice locations. Throughout the exchange, Dr. Whitney covered many relevant topics - marketing, finance, and salary/contract negotiation - and ended the presentation with a discussion about goals and their importance in career success.

Syracuse Festival of Races

NYCC's Sports Science and Human Performance Club set up shop at the Syracuse Festival of Races, held at Syracuse University, and provided chiropractic care to participants. The field of runners included both elite and non-elite contestants, with a significant international field represented. The winner of the race was John Itati, whose time of 13:27 set a course and New York State record for the 5K.



Alison Gennaro, 7th trimester

Throughout the morning, the interns provided over 50 chiropractic treatments to the athletes, whose ages ranged from 8 to 60 years old. About 12 interns provided care all morning both pre- and post-race. As it does with many athletic events, the club tended to a number of people who had never been previously adjusted. The students were able to explain what chiropractic is – effectively expand-

ing its exposure within the community. Interns felt it was a positive experience and a valuable part of their clinical training. Clearly, the event was a tremendous success and the club looks forward to attending it again next year.

Faculty Member Elected Vice President of American Chiropractic Board of Sports Physicians



NYCC Faculty member, Dr. Dale J. Buchberger was recently elected to a three-year term (2002-2005) as a Board of Director for the American Chiropractic Board of Sports Physicians (ACBSP). He was subsequently elected in as Vice President. Dr. Buchberger previously completed a one-year term on the Board of Directors for 2001-2002.

Dr. Buchberger is an associate professor at the NYCC Seneca Fall's campus and has been a full time faculty member since 1997. He is the chairperson for the 2003 ACBSP sport sciences symposium to be held in Baltimore, Maryland March 14-16, 2003.

How Perceptions and Actions Affect Posture and Balance: Doctoral Candidate Dr. Dean Smith Addresses NYCC Audience

Dr. Dean Smith, a practicing D.C. and candidate for a Ph.D. in psychology at Miami University in Ohio, addressed an NYCC audience about the interactions between “perceptions” and “actions,” particularly as they relate to the control of posture and balance. Dr. Smith is currently a 2001-2002 Fellow of the Federation of Chiropractic Education and Research and is associate editor of the *Journal of Vertebral Subluxation Research*.

Emphasizing those aspects of interactions that relate to chiropractic assessment and treatment, Dr. Smith spoke of per-

ception as the numerous processes involved in gathering and interpreting information: visual, aural, and proprioceptive (force and motion sensing) sources. His use of the term “action” means use of the neurological, muscular and skeletal systems to achieve a task and the underlying strategies the body uses to organize its responses. Inefficiencies or departures from the normal processes may indicate pathology or dysfunction (or subluxation).

To illustrate his point, Dr. Smith showed how asymptomatic subjects who used a lumbar belt would change their be-

havior during grasping and lifting tasks from a seated position. Essentially, wearing the belt caused the subjects to alter their postural strategies and bring their body (and hence their center of mass) closer to the object. This was interesting, since it effectively achieves the intended goals of most instructive programs on “back safety.”

Following his presentation, Dr. Smith toured the NYCC gait lab. He thereafter met with NYCC researcher Dr. Kevin Ball’s research team to plan continuations of similar NYCC studies that will combine the



Dr. Dean Smith

best methodologies used in labs at both NYCC and at Miami University in Ohio.

CDC Online

www.nycc.edu

Our online database
has the following listings:

PRACTICES FOR SALE



ASSOCIATE POSITIONS



OFFICE SPACE FOR LEASE



USED EQUIPMENT FOR SALE

Dr. Ferguson Visits With Students



Dr. Peter Ferguson, NYCC Chairman of the Board, had a recent opportunity to visit with the students he referred to the College: (L to R) Dr. Peter Ferguson, Theresa Fabrizio, 3rd trimester, Patrick McBrearty, 3rd trimester, Daniel Meers, 3rd trimester and NYCC President Dr. Frank J. Nicchi. Not pictured, but also referred by Dr. Ferguson, is Martin Vaught, 4th trimester.

A Toast... To Better Cholesterol

A Japanese study appearing in *Gerontology* assessed the relationship between alcohol consumption and cardiovascular health in over 12,000 male workers 20-69 years old. Though light drinking raised blood pressure in men in the middle-aged and elderly groups (ages 40-69), it also decreased unhealthy cholesterol levels and raised “good” HDL cholesterol.

Light-To Moderate Alcohol Intake Preserves Lucidity

A Rotterdam Study in the Netherlands involved 5,395 subjects 55 and older who provided information regarding their daily alcohol intake and other diet and lifestyle factors. Over the next six years, people were screened for the onset of dementia. Light to moderate alcohol consumption is associated with a significant reduction in the risk for dementia. The type of alcoholic drink did not appear to make a difference in the effect; beer, wine, fortified wine, and liquor all exhibited similar protective effects.

Beer Therapy For Cancer?

Japanese researchers reported good news to beer drinkers who are concerned about colon cancer: drink more beer! Laboratory rats given a potent carcinogen, were thereafter treated to diets that included either water or beer. About 90 percent of the water-drinking rats developed tumors, whereas only two thirds as many beer-lapping rats did! Another surprising endorsement for the prudent consumption of alcohol came on the heels of a Rotterdam study by A. Ruitenber that appeared in *The Lancet*, 2002:359, finding that light to moderate alcohol consumption was associated with a significant reduction in the risk for dementia.



Red Wine May Keep Prostate Cancer Cells in Check

According to a study in the *British Journal of Urology*, compounds in red wine may keep prostate cancer cells from proliferating, results of a preliminary laboratory study suggest. Researchers from Spain found five different polyphenols – antioxidants found in red wine, tea, and certain fruits and vegetables – inhibited the growth of prostate cancer cells in a test tube and encouraged cancer cells to “commit suicide” – a natural process called apoptosis.

The findings, if confirmed by larger studies, may help to explain the higher rates of prostate cancer in the U.S. and non-Mediterranean European countries, according to Dr. I. Romero and colleagues from Getafe University in Madrid, Spain. The rate of prostate cancer in the Mediterranean countries, where intake of red wine and other polyphenol-containing foods is high, tends to be lower.

The Mediterranean diet is considered to be protective against the endocrine cancers (including prostate can-

cer), and features a low animal-fat and meat content, with a high intake of fresh fruit, vegetables, pasta and wine,” Romero and colleagues explain in the journal *BJU International*.

Their study examined the effect of five polyphenols found in red wine – gallic acid, tannic acid, morin, quercetin and rutin – on prostate cancer cells. The researchers added varying amounts of these compounds to a dish containing prostate cancer cells. All five compounds inhibited cell proliferation and

encouraged apoptosis, compared with an inactive compound, after 24 hours. Romero’s team concludes, the results point to a need for studies investigating the effects of these compounds in humans, with the potential goal of developing recommendations for their use in cancer prevention.

Prostate cancer is the second-deadliest form of cancer for US men, after lung cancer, according to the American Cancer Society.

Valerio Pasqua, D.C.

by Jeb Albro, 8th Trimester



Dr. Valerio Pasqua

As a pilot in the U.S. Army Air Corps 366 fighter crew, Dr. Val Pasqua found himself in Germany anxiously awaiting a chance to do his part in fighting WWII. Fortunately for him the war had ended shortly after his arrival, yet he was left with some difficult decisions. He had long intended to become a medical doctor, but a chance meeting with German/Swedish physical therapy instructor Dr. Franz Rapp in Kassel, Germany, changed all that. At the United States Armed Forces Institute, Dr. Rapp taught Pasqua's class about a therapy known as "chiropractic," referred to in Germany as "bloodless surgery."

This first exposure to body mechanics, central nervous system development, and the concept of "innate" appealed to the studious Pasqua. He returned home and studied Swedish physical therapy under the GI Bill. Fate was to knock again, however. Professor Molender, himself a chiropractor, urged Val to pursue chiropractic. Val Pasqua earned his

degree in physical therapy and thereafter applied to, and attended, the Chiropractic Institute of New York.

Legal Obstacles

An obstacle faced by Dr. Pasqua upon first seeking New York chiropractic licensure was the absence of licensing legislation. Dr. Pasqua, who served as Chairman to the New York State Education Department's Board of Regents, played an instrumental role in developing the first New York licensure exam. Thanks to the fine efforts of Dr. Pasqua and others, graduates from numerous chiropractic colleges were granted licensing opportunities by New York State's Board of Regents.

While serving as New York State Chiropractic Association's third president from 1973-1975, Dr. Pasqua helped establish a system in New York State that compensated chiropractic services through Medicare, Workers' Compensation, and No-Fault Insurance programs. Chiropractic's inclusion into these programs, explained Dr. Pasqua, came about largely through legislation that expanded opportunities for other health-care providers as well. By drafting legislation this way, lawmakers could extend parity to these other health care-professionals who, like chiropractors of the day, were fighting for health-care inclusion.

Named to the NYCC Board

In 1995, when Dr. Pasqua seriously considered retiring from

practice, he was approached by NYCC to serve on the Board of Trustees – an offer he happily accepted. Dr. Pasqua's 52 years of political and professional experience have served him well on the Board and benefited the College greatly. As far back as 1975, Dr. Pasqua extolled research that tended to prove scientifically the efficacy of the chiropractic adjustment. Today, he continues to place a high priority on research and feels that one of his responsibilities as a trustee is that of facilitating NYCC's research efforts. An ardent supporter of students, Dr. Pasqua makes every effort to assist NYCC in its mission to produce "quality colleagues." Although today's struggles may differ from former ones, political savvy is often a prerequisite for success. Chiropractic continues to lack the significant federal financial assistance enjoyed by the medical community, and the profession does not yet maintain departments of chiropractic in the vast majority of US hospitals. Therefore, chiropractors must work diligently for their fair share of tax-dollar support and for parity in professional opportunities.

Trends

Though Val Pasqua is a self-proclaimed old-school chiropractor, he is encouraged by the exciting direction health care is taking. He feels that the chiropractic profession has too long been dominated by men; and he is impressed by current trends that encourage greater inclusion for female doctors.

Dr. Pasqua has observed chiropractic's focus moving from a visceral to a more neuromusculoskeletal orientation, and he noted that multidisciplinary partnerships are becoming more common. Encouraging NYCC graduates to take advantage of these changes, he urges them to learn their subjects well enough to communicate effectively with other health-care professionals. Even those new graduates who do not choose to associate financially with other providers may nonetheless converse effectively across disciplines and thereby enhance their respective practices. He explained how patients will perceive a network of quality health-care professionals as an extension of the referring chiropractor. Since the impression left is a lasting one, chiropractors who communicate effectively with the talented practitioners enjoy a decided advantage.

A Legacy

Dr. Pasqua and his wife Susan have begun something of a trend themselves. Their son Gregori is also a chiropractor with 22 years' experience, as will be their grandson Evan, who recently began his studies here at NYCC. Dr. Pasqua is blessed with five daughters as well.

Parting Words

Finally, Dr. Pasqua seeks the development of greater cohesiveness within the profession. United professionals accomplish more goals. He also urges stu-

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Getting to Know Dr. Lloyd Henby

by Jeb Albro, 8th Trimester

Dr. Lloyd Henby has brought a wealth of knowledge and experience to the Seneca Falls campus of NYCC. A full-time faculty member since September 1991, Dr. Henby is generally found in the technique labs helping students better hone their adjusting skills. His flair for bestowing motion to restricted joints is known as “the gun slinger” in some circles. His style is lightening fast – a style developed over many years and under many circumstances.

Dr. Henby, originally from Illinois, enlisted in the army as a food inspector in Fort Lee, Virginia. He recalls that the job was fun, but was the only health-related profession he’d had at that point in his life. Dr. Henby had never been to a chiropractor. In 1949 he was discharged (honorably) from the army and gave a chiropractic career some consideration. “I was thinking about where my feet were going to take me as a food inspector. As I stood in front of a chiropractor’s office in Petersburg, Virginia, I said to myself, ‘Now what is *that* all about?’” He researched chiropractic and was intrigued by the notion of “natural healing.” Dr. Henby applied to National Chiropractic College in 1949 and was accepted into their program. Fresh out of chiropractic college, he began his career working at a Veterans Hospital in order to generate funds required to launch a chiropractic practice.

In 1954 Dr. Henby bought a practice in Watkins Glenn, NY, from the late Floyd Scout, D.C. At the time, no chiropractic licensure laws recognized the profession in New York State. Consequently, Dr. Henby would, after six years of private practice, find himself arrested for practicing medicine without a license, though he was not jailed.



Dr. Lloyd Henby

Dr. Henby is pleasant and good-humored – one who befriended and treated many people in his community (some of whom with significant influence). In fact, the judge assigned to decide Dr. Henby’s “illegal practice of medicine case” was a Henby patient!

In 1962 New York State passed legislation for chiropractors and established a written qualifying exam. Dr. Henby, out of school for eight years, was busy supporting his family and running his practice. How could he possibly fit in sufficient time to study for a state test? Somehow, he managed to do just that and earned New York license number 157.

New York, however, was not the only state to benefit from Dr. Henby’s service. In 1976, Dr. Henby left his Watkins Glenn practice and moved to Florida. While there, he learned Manipulation Under Anesthesia and

served as the chief chiropractor to both the Tampa Bay Buccaneers and the Bandits (USFL team). He describes his six-year experience in Florida as “valuable.” In 2002 Dr. Henby celebrated his 50th year as a chiropractor.

Dr. Henby returned to New York State to practice in Hornell. Subsequently, he and his son Dr. Adam Henby, another National alumnus, started a small practice in Palmyra, NY and Lloyd began teaching at NYCC. Adam thereafter opened a practice in East Rochester.

Dr. Henby’s professional experiences are varied: “Everything that’s in chiropractic I’ve done at one time or another.” He favors Gonstead and diversified techniques (having learned from Dr. Gonstead himself). Dr. Henby appreciates the role models who provided a focus for currently practicing DC’s. He now steps forward to offer his own home-spun advice to students: “Give yourself a fighting chance to be the best adjuster that you can be. Avoid being discouraged by your perceived lack of progress and make a good effort to master the skills.” Dr. Henby observes that chiropractic appears to have shifted and attained a more neuromusculoskeletal orientation. Nevertheless, he feels that treating people for a variety of conditions is what puts the “Doctor” in doctor of chiropractic. He urges beginning chiropractors to achieve proficiency in the basics before pursuing other avenues of treatment such as SOT, activator and other techniques.

In closing, Dr. Henby paints a rosy future for the chiropractic profession. It is important that the profession remain politically active. As he puts it, “There is much to be done in chiropractic and we have lots of work ahead of us.” Thank you, Dr. Henby.

Valerio Pasqua, D.C.

Continued from previous page

dents to emphasize the positive aspects of their educational experience. “School,” he says, “is a lot like training for private practice. Be positive, friendly and loving with your patients. It is a sure-fire way to breed success.” He added that the support a doctor shows his pa-

tients who are at their lowest state affects them more profoundly than does similar support shown when they are content. Patients appreciate doctors who are dedicated and genuinely interested in their well being. No amount of advertising can engender such allegiance.

Sports Medicine Journals in the NYCC Library

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

New York Chiropractic College's library receives journals that cover sports medicine and related topics. Most, but not all, are indexed in the Pubmed (Medline) medical research index, available for free on the Internet (www.ncbi.nlm.nih.gov/Pubmed/).

American College of Sports Medicine's Health and Fitness Journal. v.3- 1998- (print only). Produced by the American College of Sports Medicine, the subtitle is "Bridging the Gap Between Science and Practice." The journal provides credible, readable, and applicable information about research in sports medicine and exercise science, and about health and fitness-related practices. Indexed in: Cumulative Index to Nursing & Allied Health Literature (CINAHL), Physical Activity Index, Sports Information Resource Center (SIRC), and Science Citation Index Expanded Research Alert, Focus on: Sports Science and Medicine.

The American Journal of Sports Medicine. In print: v.11- 1983-. Online: journal.acsm.org/ Peer-reviewed. This is the official publication of the American Orthopaedic Society for Sports Medicine. *The American Journal of Sports Medicine* welcomes the submission of original research articles and case reports related to sports medicine from all countries.

British Journal of Sports Medicine. In print: v.22- 1988-. Online: www-us.ebsco.com/online/direct.asp?JournalID=104188. This peer-reviewed. *Journal of the British Association of Sport and Exercise Medicine* is an international journal that publishes original work, commissioned reviews and current opinion, covering all aspects of sports medicine, the management of sports injury, exercise physiology, sports psychology, physiotherapy, and the epidemiology of exercise and health.

Chiropractic Sports Medicine. In print: v.1-9, 1987-1995. This peer-reviewed journal, continued by the *Journal of Sports Chiropractic & Rehabilitation*. v.10-15, 1996-2001, is dedicated to the advancement of manipulation and biomechanics of sports injuries, as well as chiropractic advances in fitness, physical therapy, athletic training, and injury prevention.

Clinical Journal of Sport Medicine. In print: v.5- 1995-. This peer-reviewed journal is published by the Canadian Academy of Sport Medicine, Australasian College of Sports Physicians, American Medical Society for Sports Medicine, American Osteopathic Academy of Sports Medicine, and the Physiatriac Association of



Daniel Kanaley, Library Director

Spine, Sports, and Occupational Rehabilitation (PASSOR).

Clinics in Sports Medicine. In print: v.2- 1983-. Each issue of this journal has a guest editor and covers a special topic.

Exercise & Sports Sciences Reviews. In print: v.6-7, 9, 14, 16- 1978-79, 1981 1986-. Catalogued for circulation: RC1200.E94. This journal became a quarterly, non-circulating publication with v.28- 2000-. It provides premier quarterly reviews of contemporary scientific, medical and research-based topics emerging in the field of sports medicine and exercise science.

International Journal of Sports Medicine. In print: v.7- 1986-. This journal provides a forum for the publication of papers dealing

with basic or applied information that will advance the field of sports medicine and exercise science. The journal covers physiology and biochemistry, training and testing, immunology, nutrition, orthopedics and biomechanics, clinical sciences and behavioral sciences.

Journal of Orthopaedic & Sports Physical Therapy. In print: v.1- 1979-. This peer-reviewed journal is an official journal of the Orthopaedic Section, American Physical Therapy Association, and the Sports Physical Therapy Section, American Physical Therapy Association.

Journal of Sports Medicine and Physical Fitness. In print: v. 19- 20, 23- 1979-80, 1983-. This peer-reviewed journal publishes scientific papers relating to the area of the applied physiology, preventive medicine, sports medicine and traumatology, and sports psychology.

Medicine & Science in Sports & Exercise. In print: v.12- 1980-. This online publication at www-us.ebsco.com/online/direct/asp?JournalID=106065 is peer-reviewed and is the official journal of the *American College of Sports Medicine*.

The Physician and Sports Medicine. In print: v.14-29 (5). 1986-2001. This peer-reviewed journal may be found online at physsportsmed.com/bac_iss.htm and serves the practicing physician's professional and personal interests in the medical aspects of exercise, sports, and fitness.

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Dr. Homack Guest Lectures at Nazareth College

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

Recently, Dr. Dennis Homack has been guest lecturing a Human Factors class at Nazareth College in Rochester, NY, an hour west of the NYCC campus. Nazareth College, with its lovely campus, rich architecture and well-appointed classroom facilities, teaches a Human Factors course very similar to ergonomics, yet distinguished in the psychological component that characterizes human interaction with the environment. Phyllis M. Ladrigan, Ph.D., Nazareth's course instructor, asked Dr. Homack to inform her students regarding ergonomics from the health-care perspective.

The class discussed lifting techniques, patterns of injury, and interaction with environments from the viewpoint of multiple disciplines. The students learned just how unique chiropractic is in its familiarity with kinesthetics and the neuromusculoskeletal system. People's varied environments require that they interact with work stations, backpacks, and children's ergonomic issues. Enthused, the class easily assimilated the material presented them. Class feedback was positive, leading the way for future cross-campus opportunities.



Dr. Phyllis M. Ladrigan and Dr. Dennis Homack

Sports Medicine Journals in the NYCC Library

Continued from previous page

Sports Medicine. In print: v.4- 1987-. This peer-reviewed journal may be found online at <www-us-ebSCO.com/online/direct/asp?JournalID=101141>. It focuses on definitive and comprehensive commissioned review articles that interpret and evaluate the current literature to provide the rationale for and application of research finding.

Sports Medicine Digest. In print: v.10- 1988- Covers continuing education activity and is intended for health care professionals who prevent, treat, and rehabilitate sports injuries.

Sports Medicine, Training and Rehabilitation. In print: v.3- 1991-. This journal claims to bridge the gap between all professionals in the multidisciplinary field of sports medicine, publishing reviews, commentaries, short communications and book reviews. It also provides a scientific yet practical approach to areas such as exercise, athletics, and all sports activities. In addition, injury prevention, recognition, evaluation, management, treatment and rehabilitation are emphasized.

Buffing Up With Pine Trees



Androstenedione, an adrenal hormone produced in humans, is also found in the pollen of scotch pine trees. Androstenedione, reduced at one position on the molecule, forms testosterone. Studies revealed that men who were given 50mg of androstenedione experienced elevations in serum testosterone of 140-183%. Larger doses, in the 100mg range, yielded a 211-237% increase in serum testosterone. Muscle building via scotch pine pollen eludes testing, since the rise in serum testosterone caused by androstenedione ingestion quickly returns to normal levels in about a day.

NYCC Commencement - August 2002



*Laura C. Bellows,
Valedictorian*

Dr. Roger Walter, serving as the commencement ceremony's Grand Marshal, led the faculty and graduate procession into the auditorium. He then introduced Executive Vice President and Provost Dr. G. Lansing Blackshaw, who welcomed all those attending the ceremony together with the graduating class's president, Matthew Sheehan, who led the audience in the National Anthem. Father Richard Murphy delivered the invocation, followed by Dr. Blackshaw's introduction of College President Frank J. Nicchi, D.C. (NYCC '78). Dr. Blackshaw recognized President Nicchi as a person who is admired by his peers, and who has served as practitioner, teacher, and administrator. "Dr. Nicchi," said Dr. Blackshaw, "has provided service to profession and has, over the past two years, established a standard of caring for the College and a passion for it."

Dr. Nicchi introduced members of NYCC's Board of Trustees present at the ceremony,

including Seneca Falls Savings Bank President Mr. Robert Kernan, Jr., and Trustee Emeritus and former Chairman of NYCC's Board of Trustees Dr. Richard Carnival. President Nicchi also introduced NYCC faculty members to the audience, referring to them as "the finest faculty in chiropractic education."

Dr. Richard Carnival delivered greetings from NYCC's Board of Trustees and said that the new graduates "have a job to do." They are to educate the public about chiropractic and tell them about the brain and its important role in immune, nervous and visceral functions. Dr. Carnival recalled a patient he had who visited his office with severely swollen feet donned with slippers. Ulcers covered his shins. Three hospitals had previously failed to provide the poor man any relief. Dr. Carnival administered chiropractic treatments and observed as the ulcers healed and



*Dr. Frank J. Nicchi,
NYCC President*

the swelling abated. The patient was so pleased he subsequently sent forty other "last resort" patients Dr. Carnival's way over the years. Dr. Carnival says he has practiced chiropractic over fifty years and has never regretted a day.

President Nicchi then introduced NYCC Chancellor Dr. Kenneth W. Padgett, followed by Dr. John Taylor's faculty greeting. Dr. Taylor remarked that the graduation class before him was the first class he had the privilege to teach at NYCC. He described the class as "a delightful group — happy, intelligent, diverse, eclectic, respectful, conscientious, always smiling and caring, a cohesive group that knew how to have fun." He urged the graduates to stay in touch and to continue to share their trials and triumphs with the College. "Go out and make us proud," he concluded.

Dr. Blackshaw then recognized academic achievement and invited valedictorian Laura C. Bellows and Salutatorian Melanie E. MacIntosh to take the stage. Ms. Bellows credited her brother, Larry Bellows, D.C., (NYCC '97) for his valuable support throughout her academic career. Laura also gave thanks to all the faculty and staff, reminding them how they made the special day possible for her. She recognized faculty member Dr. Margaret Anticola for opening her mind and heart to subluxation, and said of her fellow graduates that they constituted a family who had successfully met their respective



*Melanie E. MacIntosh,
Salutatorian*

challenges. Ms. Bellows thereafter posed the thought, "Ponder how chiropractic survived when other health professions failed." The others failed, she said, because they neglected to recognize the phenomenon of subluxation. "Chiropractic has survived the test of time!" she exclaimed, and urged her classmates to become educators. "Unlock our patients' innate intelligence," she instructed, and then advised them to work together to bring forth a chiropractic theory that is practiced. She urged her colleagues to recall what it was that caused disease, and cautioned them not to simply learn more and more about less and less, until they are left knowing everything about nothing. "Practice with vision, velocity, intensity, stamina, innovation, opportunity and necessity," she prodded, and then closed with B.J. Palmer's words, "You have in your possession a sacred trust; guard it well!"

Dr. Joan Fallon delivered the commencement address.

Dr. Fallon serves as Vice Chair of the International Chiropractic Association's Council on Chiropractic Pediatrics, a position she has held since 1992. She also holds a Doctor of Chiropractic degree from Palmer College and a bachelors degree in biology from the Franklin & Marshall College, and obtained her Diplomate of the International Council on Chiropractic Pediatrics (DICCP) through the ICA's program at Palmer College. Dr. Fallon runs a private practice specializing in children's health-care issues and those that occur during pregnancy. Since 1996 she has managed a consulting business in association with New York Physicians PC, a multispecialty practice affiliated with Columbia Presbyterian Hospital.

Dr. Fallon said she intended to give the graduating class a "big push" into a special world just as she had 19 years prior. She recalled that she had received a scholarship to attend medical school, but instead chose to attend chiropractic college — explaining to the graduates that they were about to join "a rich legacy." She said that chiropractic was an essential component of health care, and the graduates had been entrusted with its future. Dr. Fallon went on to explain how difficult it is for non-prevailing models to remain standing, analogizing the challenges suffered by the dot-coms that entered a marketplace characterized by traditional business precepts. The only ones that appear to be surviving, she said, were Ebay and Amazon.com. "Like these successful dot-coms, chiropractic educates its public



Dr. John Taylor

and brings essential services to them," she added. Dr. Fallon told how chiropractic has changed children's lives, and that she has enjoyed watching children become active participants in their health care and take responsibility for it.

Urging the graduates to forge new territory and to avail themselves of great opportunities that exist "out there," Dr. Fallon dared the students to be unafraid, to know and love themselves and others, and she "double-dog-dared" them to be the finest chiropractors they could possibly be.

Dr. Blackshaw then presented the doctoral degrees. Dr. Clay McDonald, Dean of Academic Affairs, assisted Dr. Nicchi as they presented the diplomas. Dr. Lee Van Dusen called the graduates' names as they took the stage to be hooded, and Dr. McDonald thereafter administered the Chiropractic Oath.

Alumni President Dr. Frank Lizzio (NYCC '80) addressed the graduates and welcomed them as alumni who succeeded passing a rigorous doctoral program. He reminded them of



Dr. Joan Fallon

their new responsibilities and urged them to render care "in a kind and loving manner." He said the true measure of the graduates' success was the gratitude they would receive with every adjustment they gave and every life they affected. Dr. Lizzio recollected how he once expressed his concern to then NYCC President Ernest Napolitano about how one makes a living with chiropractic, and recalled Dr. Napolitano's response: "Look to your patients and your rewards will come. Don't worry about the business — you'll learn it — it's not that hard." Dr.

Lizzio closed his talk advising the graduates to involve themselves in their respective state, national and college alumni associations. "Enjoy the day!" he exclaimed, "And wake up tomorrow ready to practice!"

President Frank Nicchi expressed his happiness in presiding over the ceremony, and remarked that the graduates had finished sharing an ongoing learning relationship that brought them closer together. He commented that the graduation ceremony marked the realization of many students' heartfelt dreams and reminded them that the privilege of practicing chiropractic carries with it certain responsibilities.

Dr. Roger Walter was beckoned to center stage to receive a Distinguished Service Citation in recognition and appreciation of his outstanding service to the College and to the chiropractic profession. Dr. Walter was already teaching at NYCC when President Nicchi was a student. Dr. Walter congratulated the new doctors, thanked the faculty and staff, and brought the commencement exercises to a close.



Chiropractic Oath

Class of '60

Edwin Goldberg, D.C., relocated to Manhattan at 155 W 68th St., Apt. 1203, New York, NY, 10023, which is around the corner from the old Columbia Institute of Chiropractic at 261 W 71st St. He is reminded of Drs. Dean and Walsh and his other teachers, **Abraham Shapiro, D.C., '47**, **Drs. Mazzeferre, D.C., '57**, and Dr. Ernest Napolitano – it's a memory lane of good and loving feelings. Dr. Goldberg feels that the faculty were the most polite, caring and mindful people he has ever known and as Dr. Dean would say, "Chiropractic is from the heart. We want people to get well. Love Humanity." Dr. Goldberg's phone number is 212-877-3115.

Class of '71

Michael S. Reed, D.C., F.A.C.C., F.I.C.C., was promoted to full professor of Physical Medicine in May 2002 at Southwest College of Naturopathic Medicine and Health Science. He introduced his patented stretching equipment called the "POWER STRETCH" in July 2002 at the Strength and Conditioning Specialists Annual Convention. His address is 5835 E. Anderson Drive, Scottsdale, AZ 85245 and his phone number is 602-482-0276. His website address is www.powerstretch.net.

Class of '81

Marc J. Kerschner, D.C., of Capital Chiropractic Office, 1822 Western, Avenue, Albany, NY, celebrated 20 years of practicing in the Guilderland area this past November.

Class of '84

Bradley J. Weiss, D.C., is now located at 222 North Main Street, Natick, MA 01760. His phone number is 508-655-9008 and his fax is 508-651-3805.

Class of '86

Thomas D'Amico, D.C., was elected President of the Pediatric Council of Chiropractic for the Florida Chiropractic Society. He teaches CE hours on pediatric practice and technique. Dr. D'Amico was elected President of the Southern Chiropractic Association. His address is 8854 State Road 84, Davie, FL 33324 and his phone number is 954-474-9995.

Class of '89

David J. Madeira, D.C., was elected President of the Pennsylvania Chiropractic Association. He previously served as both District Director and 1st Vice President. He is in private practice at his clinic The Better Health Center, 1172 Memorial Highway, Dallas, PA 18612. He and his wife Melanie celebrated their 10th anniversary and have four children, Hannah (9), D.J. (6), Michaela (4) and Anthony (2). His phone number is 570-675-4775 and his e-mail address is dmaddc@epix.net.

Class of '93

Athena Farrell, D.C., has added a Foot Reflexologist, Hypnotherapist and Usui Master Teacher to her expanding practice. She has completed the Usui Reiki system to become a Reiki Master Teacher this year. Her family news includes her newest AKC Champion Wrights Manishka who is also noted as a Top Producing Dam in 2001 for American Eskimo Dogs. Her website address is www.angelfire.com/realm2/naturaleskies. Her address is 422 Upper Stump Road, Chalfont, PA 18914 and her phone number is 215-997-5055.

Michael D. Lehrer, D.C., and his wife Sharon announce the birth of their second daughter, Jenna Faith. She was born May 10, 2002

and was welcomed home by her big sister Rachel. Dr. Lehrer practices at 33 Walt Whitman Road, Suite 117, Huntington Station, NY 11746. His phone number is 631-549-3674 and his e-mail address is MS81191@aol.com.

Class of '94

Daniel Perry, D.C., and his wife Kelly are the proud parents of their new baby girl, Makayla Lynn, who weighed 9 lbs. Dr. Perry says "hi" to fellow graduates and can be reached at bktchiro@frontiernet.net. His address is 34 N. Main Street, Brockport, NY 14420 and his phone number is 585-637-5398.

Class of '95

Jennifer Kissane, D.C., and Stefan Hake were married on September 7, 2002. Other alumni attending the wedding were **Siobhon Delamere, D.C.**, and **Jim Fitzpatrick, D.C.** Dr. Kissane opened The Chiropractic and Nutrition Center of Greenwich in June 2002. Her address is 11 Maple Avenue, Greenwich, CT 06830 and her phone number is 203-661-6629.

Frank L. Bergeron, D.C., is board eligible to become one of only 750 Chiropractic Neurologists in the world. He also holds a Master's Certification in Whiplash Injury. Dr. Bergeron practices at Bergeron Chiropractic Neurology & Muscular Therapy at 560 Wilbur Avenue, Swansee at Coles Landing in MA. His phone number is 508-672-0507.

Class of '96

Albert J. Pogorelec, Jr., D.C., D.O., graduated from Kirksville College of Osteopathic Medicine in Kirksville, MO, on June 1, 2002. He was honored with several awards including an award from

the Family Health Foundation of Missouri for the Most Outstanding Graduate Entering Family Practice. In June 2002 Dr. Pogorelec began a three-year family medicine residency program at Christ Hospital in Jersey City, NJ. His wife **Maria K. Jinks, D.C.**, practices in the Clifton, NJ office, which they established in 1996.

Jennifer Creighton Stansberry, D.C., and her husband Fred, welcomed their second daughter, Claire Evelyn, into their lives on May 29, 2002. Everyone is great! Dr. Creighton Stansberry can be reached at jennycreighton@hotmail.com.

Brian W. Carman, D.C., has joined Chiropractic & Rehab Associates at Route 309 Fernbrook Plaza, Dallas, PA. His phone number is 675-0525.

Stephen Athan, D.C., and Christine DeLuca were married on August 24, 2002 in the Bronx. Dr. Athan has a private practice in Dix Hills, NY.

Class of '97

Jennifer DeWald, D.C., of DeWald Chiropractic in Williamsport, PA, was awarded a Certificate of Proficiency in the Webster Technique from the International Chiropractic Pediatrics Association.

Kevin Augustine, D.C., and his wife Priya had a baby girl, Taylor, on November 27, 2001. Dr. Augustine opened and is currently working in two chiropractic offices. His address is 30 Forest Stream, Williamsville, NY 14221 and his phone number is 716-632-9203.

Christine (Ferguson) Hourihan, D.C., and her husband Jim had a

baby boy, Michael James Hourihan, on December 10, 2002. Their address is 38 Ackerman Road, Saddle River, NJ 07458 and their phone number is 201-934-9677.

Matthew Germond, D.C., and Coreen Bennett are engaged and planning a July 2003 wedding. Dr. Germond owns Germond Chiropractic in Bainbridge, NY.

Class of '98

Karen L. St. Laurent, D.C., has opened an office in the New England Regional Headache Center, 85 Prescott Street, Suite 101, Worcester, MA.

Michelle (O'Connor) McCoy, D.C., and **Gregory McCoy, D.C.**, '00, opened their practice, McCoy Chiropractic, P.C., at 250 East Main Street, Jefferson Valley, NY (Westchester County) in June 2002. They would like to thank **Margaret Verhagen, D.C.**, '86, **Robert De Bonis, D.C.**, '78, Susan De Bonis, Edward Epstein, D.C., and Bob and Mary O'Connor for all of their mentoring, love and support. The McCoy's can be reached at 914-245-8410. You can also contact them via their website at www.mccoychiropractic.com.

Cheryl Doolittle, D.C., and her husband Scott announce the birth of their first child, Alison Lee, on June 24, 2002. She weighed 9 lbs. 4 oz. Their address is 216 West D Street, Iron Mountain, MI 49801.

Class of '99

Jaimie C. Kukla, D.C., and Rodney Palmieri are engaged and will be marrying in August 2003. Dr. Kukla has been in private practice for two years and loves chiropractic. Her address is 2500 Brunswick Pike, Suite 206,

Lawrenceville, NJ 08648. Her phone number is 609-883-6600.

Catherine Toplansky, D.C., practices at Loudoun Chiropractic in Ashburn, VA. She plans to open a second practice nearby in the Fall of 2003.

Tracy M. Ball, D.C., practices at Active Health Chiropractic, 3525 Ellicott Mills Drive, Ellicott City, MD. Her phone number is 410-480-1852 and her e-mail address is ActiveHealthChiropractic@comcast.net.

Class of '00

Brian J. Piatak, D.C., and Jessica L. Tezyk were recently married. Dr. Piatak is in practice at Piatak Chiropractic and Rehabilitation, Carbondale, PA.

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

Philip Didomenico, D.C., opened Didomenico Chiropractic in the north Pittsburgh area this past August. His address is 4960 William Flynn Highway, Allison Park, PA 15101 and his phone number is 724-444-8822. His e-mail address is didomenicochiro@yahoo.com.

Anik St. Martin, D.C., and **Darin Shook, D.C.** were married in Gananoque, Ontario in June 2001. They purchased a practice in Longview, WA in November 2001 and are expecting a baby in the spring of 2003. Their address is 1424 16th Avenue, Longview, WA 98632 and their phone number is 360-425-6620.

Class of '01

Charles Jakubczak, D.C., and Jennifer Richards-Langefeld have recently become engaged. A May 2003 wedding is planned.

Heather E. McCoy, D.C., recently opened her own practice, North East Chiropractic, P.A., at 102B East Cecil Avenue, North East, MD 21901. Her phone number is 410-287-9110.

Amy K. Collins, D.C., has been associating at two practices in southeast Connecticut since February 2002. Her e-mail address is gymdr66@netscape.net and her phone number is 869-303-6463.

William McGrimley, D.C., opened the Seneca Falls Family Chiropractic Office, 27 State Street, Seneca Falls, NY, in September 2002. His phone number is 315-568-6767.

Mandy K. Durham, D.C., '01, and **Sam Vassallo, D.C.**, '02, were married on May 25, 2002. She is self-employed at Family Chiropractic Care, 315 Holcomb St., Watertown, NY, and he is employed at Crouse Hospital, Syracuse, NY.

Shane Stainton, D.C., and Rosanna Castiglione were married on September 14, 2002. Dr. Stainton has practices in Staynor and Collingwood, Ontario, Canada. They are at home in Wasaga Beach, Ontario, Canada.

Class of '02

Laura C. Bellows, D.C., is practicing with her brother, **Lawrence T. Bellows, D.C.**, '97, at Mansfield Family Chiropractic, 267 South Main Street, Mansfield, PA 16933.

Pamela V. Bell, D.C., is practicing at Palmyra Family Chiropractic, 525-A East Main Street, Palmyra, NY.

Alicia Berg, D.C., is practicing at Dudick Chiropractic, a practice with offices in Albany,

Poughkeepsie, Clifton Park and Schenectady, NY.

Ian Paskowski, D.C., who recently finished a six-month internship at the National Naval Medical Center in Bethesda, MD, now works as a chiropractor on the South Shore based in both Holbrook and Foxboro. He resides in Beverly, MA.

Louis F. Campbell, D.C., and **Rudy A. Gehrman, D.C.**, opened The Heights Chiropractic and Rehabilitation in August 2002 at 163 Remsen Street, Brooklyn Heights, NY.

Patrick J. Szurek, D.C., is practicing at the office of N. Katz, M.D., in Queens, NY.

Christopher Uliana, D.C., of Monson, MA will head the new Multimed Center Inc. in Springfield, MA.

Michael Cardamone, D.C., has joined the practice of Family Chiropractic, run by **Kristin Jacobsen-Pacana, D.C. ('99)**. The new office is located at 2230 Pine Avenue, Niagara Falls, NY 14301 and the phone number is 716-282-2225.

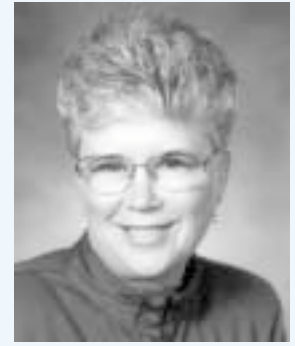
Michael Baxter, D.C., has opened Dr. Of Chiropractic, Main Street in Whitney Point, NY. His telephone number is 607-692-3961.

Douglas Swede, D.C., has joined Orwigsburg Chiropractic, 132 E. Market St., Orwigsburg, PA.

Nicholas J. Gresock, D.C., and Tara Ficcaglia are engaged and planning an October 2003 wedding. Dr. Gresock is practicing in Pittsburg, PA.

enrollment MANAGEMENT

The following students are recipients of NYCC's Academic Scholarships for the Winter 2002 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*

Daphne Maxwell
Krzysztof Wroblewski
Edward Semelsberger
Kenneth Adams
Lindsay Arbogast
Joel Stutzman
Robert Inesta
Jeffrey Farnham
Gregory Richardson
Lori Jones
Melissa Riley
Kristin Rayball
Bradley Brooker
Michael Schwartz
Jeb Albro
Pietro Fonti

Darcy Oikawa
Scott Moore
Melanie McIntosh
Louis DeGironemo
Heather Wilt
Paulette Matuszewski
Anthony Licatase
Natalie Radoslovich
Mark Morris
Mark Lique
Nathan Sikora
Michael James
Suzanne Plano
Loan Huynh
Kirsten Dutcher
Joseph Hong

Gregory Larivee
Michael Lalonde
Son Nguyen
Tanya Hintz
Eric Vincent
Jessica Kennedy
Jason Sonners
Matthew Davis
Mark Guker
Jeremy Lindstrom
Audrey Forbes
Shauna Dougley
Daniel Steigerwalt
John Cipriani
Kimberly Brown
Matthew Swearingen

Joseph Albert
Brendan Corcoran
Randy Hallman
Donna Balfour
Stephanie Szentmiklosy
Gregory Bauer
Laura Bellows
Scott Trescott

The following students have been awarded the NYCC Educational Opportunity Award for the 2002-2003 year. Applicants for this award were required to have a minimum grade point average, submit an essay, and demonstrate some financial need.

Kenneth Adams
Donna Balfour
Brad Brooker
Teesha Chacko
Pietro Fonti
Robert Green
Randy Hallman
Joseph Hong
Carol Langenbach
Trisha MacIntosh
Michael McClure
Giang Nguyen
Darcy Oikawa
Sachin Patel
Michael Schwartz
Chad Thompson
Jonathan Wong
Shelly Bhullar
David Allensen
Yolanda Bernat
Christa Campbell
Heather Connolly
Audrey Forbes
Zachary Greene
Tanya Hintz
Aaron Howard

Gregg Larivee
Brent Maxwell
Michael McKeown
Son Thanh Nguyen
Marisa Pancheri
Richard Powers
Dan Steigerwalt
Pamela Thompson
Michele Kin
Lindsay Arbogast
Laura Bowen
Kathleen Calixto
Matthew Davis
Donald Galovich
Mark Guker
Andria Hoda
Katarzyna Komorowska
Jeff Lowes
Daphne Maxwell
Jennifer Moore
Tricia Nolan
Pervinder Panwar
Amir Rezaei
Deepak Sud
Linda Tran
Thien Dang Tan

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

Kenneth Adams
Donna Balfour
Teesha Chacko
James Fogarty
Randy Hallman
Joseph Hong
Gregory Larivee
Brent Maxwell
Son Thanh Nguyen
Sachin Patel
Michael Schwartz
Deepak Sud
Jonathan Wong
Joseph Albert
Brad Brooker
Shauna Dougley
Mark Guker
Tanya Hintz
Jennifer Illes
Mark Lessey

Daphne Maxwell
Darcy Oikawa
Sara Plain
Erin Sepic
Chad Thompson
Michele Kin
David Allensen
Christa Campbell
Pietro Fonti
Tara Haas
Andria Hoda
Michael Lalonde
Catherine Martin
Giang Nguyen
Pervinder Panwar
Amir Rezaei
Christopher Steacy
Brad Watkins
M. Catherine Kristof

Career Development Tips for “Sports-Minded” Chiropractors

When you hear the terms “sports” and “chiropractic” teamed together, exciting and romantic images come to mind: the glamour of working with Olympic-level athletes such as Derek Parra, the excitement of counting high-profile professional athletes like Mark McGwire, Tiger Woods, or the St. Louis Cardinals among your patient base, the thrill of following the PGA tour across the country. These images have become reality for a number of D.C.s already, and opportunities for work in this arena will grow as many professional and athletic sports organizations are acquiring an understanding of the role chiropractors can play in injury treatment and prevention. According to the American Chiropractic Sports Council, chiropractors are now being included in sports programs at national levels, such as the National Football League, the U.S. Olympic Committee, the New York and Boston marathons, and others.

You don’t need access to professional-level athletes to create a rewarding and lucrative career in sports chiropractic. Many chiropractors find that working with their local or regional high-school or college sports teams, and lending their services to special events such as triathlons, 5K races and tournaments can provide the excitement of an athletic environment and be an excellent practice builder as well. Consider these statistics, published in an article entitled “Taking the Bite out of Sports-Related Injuries: Chiropractors and Dentists Can Unite to Educate Patients, Trainers, and Coaches,” by Darryl Curl, D.D.S., D.C.:

- There are about 23-27 million children of school age that engage in sports worldwide
- Most of these children also engage in sports activities outside of school
- There are more injuries incurred in team sports, and those injuries are more severe than those that occur in individual sports
- Most injuries occur during practice

These statistics demonstrate a clear need for doctors who are willing to become involved in local sports teams to assist with injury treatment and prevention. Since many of these injuries are musculoskeletal in nature, who better to play that role than the chiropractor?

Doctors of chiropractic may help athletes in a variety of ways – from solo health-care provider at local high-school games to working alongside an interdisciplinary team of health-care providers at events featuring amateur/professional athletes. Often higher profile events involve providers in more intricate and specialized health-care roles.

Dr. Curl states in his article that most injuries occur during practice. The obvious need in connection with most sporting events is injury treatment. Doctors may be on site for both practices and actual events, and may treat sprains and strains, apply ice, tape, bandages or splints, and administer other types of first-aid treatment for



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

injuries occurring during play. Doctors who attend practices have additional opportunities to play a role in injury prevention. Injuries are minimized when doctors educate athletes about the importance of stretching and other injury-avoidance techniques. Proper nutrition is crucial for optimal athletic performance, and chiropractors play a pivotal role in enhancing athletes’ performance through healthy eating tips. Imagine the great PR available when treating athletes, like Derek Parra, who credit their winning performances, in part, to their chiropractor! From a business perspective, activities such as these can put you in touch with coaches, teachers, parents, and other community members who can be prospective patients.

Before setting out to care for athletes, consult your state’s scope of practice. Some states place restrictions on chiropractors’ ability to perform school physical exams or sports screenings, or to engage in nutritional counseling. A current First Aid certification is another valuable credential to have when working with athletes. Although not a requirement, a diplomate as a Certified Chiropractic Sports Physician might increase your skill level and bestow additional credentials. Dr. William Bonsall, 2nd Vice-President of the ACA Sports Council, urges chiropractors to evaluate each event in order to familiarize themselves about the services that may be required. Also, they should evaluate their ability to provide the necessary services, given their expertise and their jurisdiction’s scope of practice.

For those who remain interested in the world of chiropractic sports practice, Dr. Bonsall, in his article “Working an Event – Be Prepared!” (available on the ACA Sports Council website), suggests contacting the Sports Council. They can put you in touch with the specific events you may prefer. He also advises not to expect to start at the top. Work enough events and you will ultimately be asked to participate in higher profile events.

Kimberly Koski Wins Dr. Marvin B. Sosnik Memorial Scholarship

The Dr. Marvin B. Sosnik Memorial Scholarship has been awarded to sixth-trimester student Kimberly Koski. This scholarship is awarded to students enrolled in the fourth, fifth or sixth trimester who best answer the question, "Who is your chiropractic mentor? In what ways has this person influenced your current pursuit of a chiropractic career?"

Ms. Koski's essay credits her brother, Randy Koski, D.C., (NYCC '96), a successful chiropractor in Sudbury, Ontario, Canada, for her decision to embark on a chiropractic career and to attend NYCC. A chiro-

practic patient since the age of 15, Kimberly knew she wanted to practice chiropractic, and consequently served as a chiropractic assistant to brother Randy. He encouraged her to research only those chiropractic colleges with outstanding academic reputations. NYCC made that list. When Kimberly was granted an admission interview, she and Randy drove the eight hours from Canada to Seneca Falls. When she was granted acceptance, Randy committed himself to assisting his sister financially. He continues to call Kimberly when she is preparing for exams, simply to lift her spirits. Randy works with

Kimberly on chiropractic adjustments, x-ray positioning, and orthopedic testing. One day, Kimberly hopes to practice alongside her brother. She concludes her essay with a tribute to his unwavering support: "If it weren't for him, I would not have been able to fulfill my dream of becoming a Doctor of Chiropractic."

The Sosnik Fund was created by Dr. Shawn Sosnik (NYCC '90) in memory of his father, Dr. Marvin Sosnik, a longtime doctor of chiropractic in New York who served as an inspiring mentor to his son. Dr. Marvin Sosnik graduated from the Columbia Institute of Chiropractic (now



Kimberly Koski, 7th trimester

NYCC) in 1957. Friends who wish to make contributions to the Sosnik Fund may contact the College at (800) 234-6922, ext. 3103.

Pamela Thompson Awarded Fein Scholarship

The Dr. Wendy Fein Memorial Scholarship in the amount of \$500 was awarded to sixth-trimester student Pamela Thompson for her well-written essay, "My Perspective on Chiropractic as I Enter the Final Half of My Chiropractic Education." Pamela's thoughts have changed dramatically since she arrived at NYCC. Originally she dreamt of treating professional baseball players and famous celebrities. Since then, however, she has found her dreams were not ambitious enough. Instead, she now finds great excitement in doctor's accounts of "miracle cures" she had no idea chiropractic manipulation could help to achieve. Her essay tells of the many changes she observes taking place in the profession. And as chiropractors continue to garner the public's respect, the once unimaginable vision of chiropractors partnering



Pamela Thompson, 7th trimester

and team-treating patients has now become a reality. Pamela believes that more research is needed in order to help scientifically substantiate chiropractic's many health benefits. She says, "The only way to stop the bad press is to open conversation with those who seek to hurt chiropractic and open their minds one at a time."

Gregg Larivee Awarded NCMIC Scholarship

Seventh-trimester student Gregg Larivee was awarded the NCMIC Scholarship in the amount of \$1,000. Mr. Larivee's essay discussed the role that doctor/patient communications play in risk management. He wrote that communication between patient and doctor is an extremely important part of successful patient management. He cited the *Webster's Dictionary* definition of the term "communication" and explained that the existence of a common system of signs, symbols and behavior is critical to the process. Communication, he adds, includes a variety of interactions including written communication, telephone conversations, graphic charts, videos, body language, touch, handshakes and general bedside manner. The most important aspect of communication, he concludes, is the art of listening. Commu-

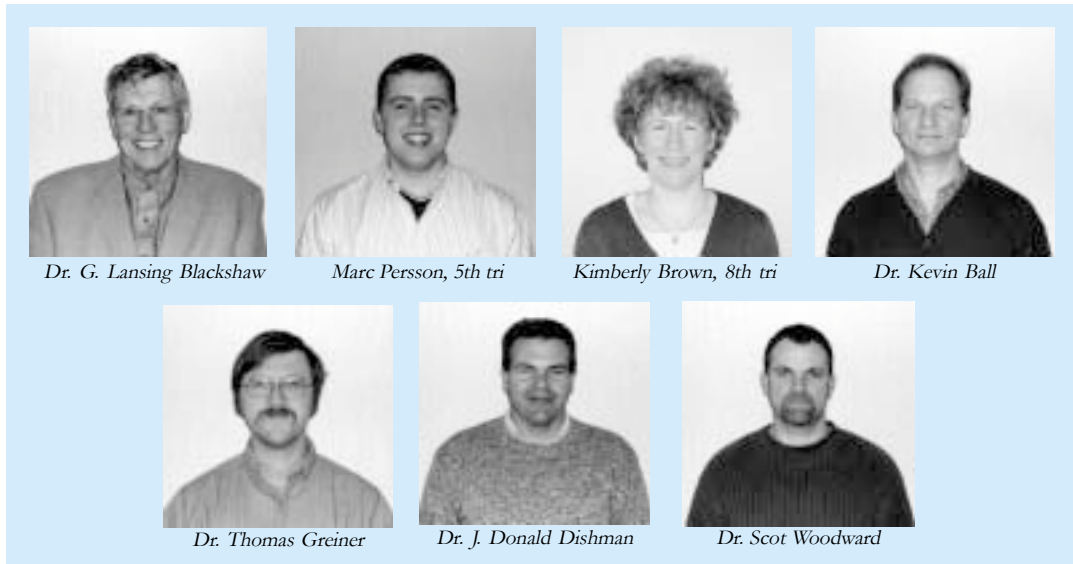
nication develops the mutual respect between doctor and patient upon which success depends. He advises doctors to remain cognizant that all people are potential patients, and that professional demeanor is to be maintained at all times. Most malpractice claims, he concludes, are often no more than breakdowns in communication.



Gregg Larivee, 8th trimester

ACC's Scholarship Program: NYCC Makes Good Showing

NYCC students were pleased when the Association of Chiropractic Colleges (ACC) announced its research scholarship results. Three of the seven research scholarships awarded nationally under the auspices of the ACC and Ed-Invest were won by two current NYCC students and one December 2002 graduate. ACC and Ed-Invest have contributed to the chiropractic community by offering competitive scholarships to students with outstanding research potential at chiropractic colleges and universities. NYCC student recipients, 5th-tri student Marc Persson and 8th-tri student Kimberly Brown, each received \$7,500. Kevin Ball, Ph.D., in collaboration with Tom Greiner, Ph.D., mentored winner Marc Persson. Kim Brown's mentor was Donald Dishman, D.C. A postdoctorate award in the amount of \$17,500 (to be matched by the College) was presented to NYCC graduate Scot Woodward, D.C.,



mentored by Drs. Ball and Greiner. Each scholarship also awards \$2,500 to the student's faculty mentor(s) and \$2,500 to his/her institution.

NYCC Executive Vice President and Provost G. Lansing Blackshaw, Ph.D., coordinated the review process, as he has since the inception of the research scholarship program four years ago. The scholarship

finders, in recognition of Dr. Blackshaw's services, previously had designated a special scholarship in his name. A panel of eight reviewers thoroughly evaluated and commented upon the various scholarship applications, which included comprehensive proposals for research studies. The reviewers, all chiropractors, hailed from such

educational powerhouses as Dartmouth, Canadian Memorial Chiropractic College, the University of Calgary, Harvard, the Palmer University Research Consortium and SUNY Stony Brook. Several of the reviewers possess postgraduate degrees, such as M.D.s and Ph.D.s, in addition to their doctor of chiropractic degree.

Jeb Albro Awarded Kenneth W. Padgett Alumni Scholarship

Seventh-trimester student Jeb Albro was awarded the Kenneth W. Padgett Alumni Scholarship in the amount of \$1,000 for a well-crafted essay that discussed how he might effectively promote and support NYCC in its mission as a leading educational institution of chiropractic. He wrote how, as an alumnus, he will encourage people seeking a career in health care to consider matriculating at NYCC. In addition, he will contribute to the Col-

lege financially, serve as a mentor to future students, and present lay lectures about chiropractic's many benefits. His essay reveals how he grew up in the northern Finger Lakes region, often hearing mention of Upstate New York's fine chiropractic college. As time passed, Jeb began discovering for himself that many of those doctors whom he respected most in the profession were closely associated with NYCC. Now, having spent the past two years studying chiropractic in

Seneca Falls, Jeb fully appreciates the strong association between chiropractic quality and NYCC. He looks forward to the time when he will invite students to his busy practice — allowing them to shadow him in his office and learn first hand how the business of chiropractic is efficiently and compassionately performed. Certain that he will develop a proficiency in select areas, Jeb wants to guest-lecture at the College so that, as he puts it, "students' road to success will become



Jeb Albro, 8th trimester

less arduous and the future of NYCC will be made even brighter."

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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

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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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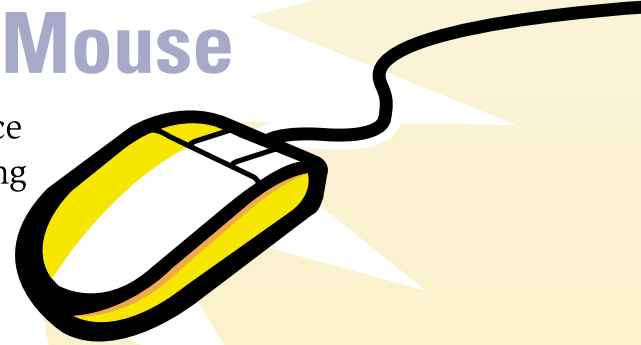
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TRANSITIONS

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