



Transitions Transitions

May/June 2005



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Dr. Ernest Napolitano: A Vision and the Doctor Behind It

Dr. Ernest Napolitano was appointed president of NYCC in 1958 and served for over 25 years, until his death in 1985. Through his inspiring orations and unwavering commitment to the chiropractic profession, Dr. Napolitano shared his strong sense of natural healing and the body's innate ability to heal. His philosophy was open and accepting – eagerly encouraging professional tolerance, shared information, and a healthy respect for scientific rigor.

The Vision

Dr. Napolitano expanded a naturalistic and preventive approach to healthcare, fusing it with scientific diagnosis and clinically proven methods of healing. He sought to bridge the gap dividing healthcare professionals and envisioned a day when chiropractors would work in hospitals shoulder-to-shoulder with physicians – much as current students and alumni are doing today. In addition, Dr. Napolitano embraced Eastern therapies and introduced the nation to its first Postgraduate School Acupuncture Certification. His foresight created an environment ripe for the creation of



NYCC's programs in Acupuncture and Oriental Medicine.

The Man Behind the Vision

Internationally known author, lecturer, chiropractor and acupuncturist Dr. John Amaro was a good friend of Dr. Napolitano and credits him with being an “incredible visionary.” Dr. Amaro stated, “Dr. Napolitano was so far ahead of himself that what he spoke about 25 years ago is contemporary today.” Dr. Amaro recognized Dr. Napolitano for inspiring leaders in the integrative healthcare community. He said Dr. Napolitano knew that “all of these

modalities work with energy and innate intelligence and that there is no separation. He was the first person to embrace them and encourage that they be done together within a single clinical practice.”

As we commemorate the 20th anniversary of Dr. Napolitano's passing, we reflect upon his vision and comprehend how it directed us to our current fortunate circumstance. Dr. Amaro remarked, “I know that Dr. Napolitano is smiling at the development of the College.”

NYCC and A.T. Still University Offer Alumni Master's Degrees



New York Chiropractic College (NYCC) recently entered into a partnership with A.T. Still University's School of Health Sciences, enabling NYCC's alumni to earn master's degrees in Public Health (MPH), Healthcare Administration (MHA) or Geriatrics (GHM). The programs are 100 percent online, are accredited by the North Central Association of Colleges and Schools, and accepted by the Missouri Coordinating Board of Higher Education. J. Clay McDonald, D.C., J.D., NYCC's Executive Vice President for

Academic Affairs, said, “The programs spare the student the expense of travel and inconvenience of the traditional classroom setting, yet maintain both A.T. Still's and NYCC's reputations for excellence in graduate school education.” A.T. Still University has demonstrated a history of academic quality through its family of colleges that also include the Arizona School of Dentistry and Oral Health, the Kirksville College of Osteopathic Medicine and the Arizona College of Health Sciences.

Anyone interested in more information about the programs should contact Laura Feligno at NYCC's Office of Academic Affairs by phone at (315) 568-3226, or by e-mail at lfeligno@nycc.edu.

a message from THE CHAIRMAN OF THE BOARD of trustees



Dr. Lewis J. Bazakas,
Chairman of the Board of Trustees

Healthy Travel Habits

My occupation requires that I travel extensively. Chairing NYCC's board, working with the American Chiropractic Association, and managing a demanding healthcare practice often find me boarding airplanes, pacing airports, and motoring the nation's highways. Fortunately, I haven't sacrificed physical fitness for my rigorous travel schedule.

I counsel many of my traveling patients, encouraging pleasure and business travelers alike, to turn their sightseeing forays and executive excursions into healthy workouts by walking at a faster clip and by using stairs whenever possible. Hotels are getting into the wellness mindset – increasingly providing fitness rooms with treadmills, steppers and Nautilus machines as well as free weights. Their pools present exercise opportunities and are no longer simply sun decks that just happen to be near water. Sandy beaches, I inform my patients, improve leg strength and balance. And mountain paths on foot or bike elevate moods and persuade people to take large gulps of fresh air.

Food

As for food, travel needn't add pounds. Healthy food is not always available, particularly at airports, so patients might consider packing their own snacks. There are choices, however. Bottled water can quench one's thirst every bit as effectively as a soda or beer, and with a lot fewer calories. Water also

fends off jetlag by forestalling dehydration.

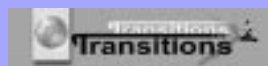
When visiting other people's homes, one needn't surrender to weight gain. When served to fowl, for example, request the white meat and stay away from the skin. Don't dive into dessert right after the meal, but rather wait a moment to gauge just how hungry you really are. If you still have room, easy on the treats!

Many of these tips are common sense. The difference lies in one's inclination to practice healthy travel habits. I commend *Transitions* magazine for its effort to remind travelers (and their doctors) that it is possible to practice healthy lifestyles when straying far from home.

Alumni Abroad

In addition, this magazine carries special messages from alumni who are living and practicing abroad. It is exciting to see chiropractic making such a tremendous impact around the world. Healthcare practitioners, particularly those in the chiropractic and acupuncture professions, are limited only by their imaginations when it comes to finding ways to positively impact patient wellness. Au revoir, adios, and arrivederci!

New York Chiropractic College
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Paying Tribute to President's Council Member: Dr. Herbert & Mrs. Rebecca Holden

Dr. Herbert and Mrs. Rebecca Holden

In addition to financially assisting New York Chiropractic College through its President's Council, Dr. Herbert Holden and his wife, Rebecca, support a number of regional causes including the Seneca Community Players, the Seneca Falls Historical Society, the Seneca Falls Community Band, the Smith Opera House, Seneca Falls Canal Fest, and Celebrate Commemorate Memorial Day in Waterloo – to name just a few. “You have got to give back,” noted Dr. Holden, “to keep the quality of life the way it should be.”

Dr. and Mrs. Holden were also ardent supporters of Eisenhower College before NYCC purchased the campus. Dr. Holden commented, “There is an advantage to living in a college town. The professors and students bring depth and breadth to the community. They bring a different perspective and heightened interest in recreational activities for our kids.”

A popular veterinarian in Seneca Falls, Dr. Holden expressed his devotion to his profession. “It is not just a job – it's a way of life,” he explains, “You have to have a commitment to doing things right.” He feels that all of these principles hold true – whether you are treating animals or their owners.



Dr. Herbert Holden

Dr. Holden credits his successful career to the diverse and comprehensive education he received at New York State College of Veterinary Medicine at Cornell University. In civic affairs, he has taken active roles that have proved similarly successful. For example, in 1980 he led the Taylor Brown Hospital board in successfully contesting the closure of the hospital – to his knowledge the only hospital in New York that has survived closure. The hospital has since merged with Geneva General Hospital and Dr. Holden serves on its board.

Mrs. Holden is just as active as Dr. Holden. She has been a tireless worker, including board member and president of the National Women's Hall of Fame for many years. She has also been a director of the Seven Lakes Council of the Girl Scouts of America.

In their spare time, Mrs. Holden enjoys golf, whereas Dr. Holden partakes of yard work. He contends that yard work is “a lot less frustrating.” In addition, and perhaps most importantly, they both thoroughly enjoy the company of their three children, their spouses and their six grandchildren. Thank you, Dr. and Mrs. Holden!

NYCC's Alumni Wall of Fame

Calling all alumni! Join NYCC's Wall of Fame! Simply furnish us with any photographs featuring you with famous celebrities – actors, authors, athletes, or any other notable person. We will create a copy of the photograph, frame it, and place it on the wall of the Administration Building! Your original may be returned to you if you request it. The celebrity may be your patient or those you have met through professional affiliations.

Your photo will share space on the Wall of Fame with such notables as Actor/Bodybuilder Gov. Arnold Schwarzenegger; Olympic Gold Medalist Swimmer Dara Torres; Actor Christopher McDonald; Professional



*Tiger Woods and Dr. Thomas
LaFountain, NYCC '82*

Golfer Tiger Woods; Grateful Dead Keyboard Player Bob Weir; Miss World of Canada Shawna Roberts; Former Mr. Olympia Dorian Yates; Professional Bodybuilder Ernie Taylor; and Dr. Janet Travell – personal White House physician to President John. F. Kennedy and co-author of definitive text on Myofascial Trigger Points; together with their NYCC doctors. Please include a brief description of your association with the celebrity and your year of graduation. Again, original photos will be returned

to their owners after they are scanned.

You may send them to NYCC, Public Affairs Office, 2360 State Route 89, Seneca Falls, NY 13148-0800.

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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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Including Yoga in Your Vacation Plans

by John L. DeCicco, B.A., D.C., FACC, Associate Professor
Model: Audrey Myers, 5th trimester

There's no doubt about it, yoga is HOT!!! It's everywhere. It's all over the media—television, magazines, the Internet. Classes are held in gyms, in doctor's offices, in hotels, in the workplace. You'd have to be living under a rock to miss it. But despite the onslaught of exposure and publicity of late, many people still know very little about yoga, or at best, view it through the distorting lens of popular culture.

Yoga – What Is It? (and Is Not ...)

So, what is yoga? I'm not going to tell you – that is, I can't. A short article in *Transitions* could never do justice to a subject that requires volumes. But what I can do is offer some insights into what it is not and, in doing so, perhaps spark your interest in pursuing the subject further.

First of all, yoga is not a fad. Regardless of the faddish nature of recent publicity, yoga has a history that is steeped in tradition. Yogic principles can be found in texts dating back 5,000 years, and the physical postures associated with hatha yoga are at least 1,500 years old. It is also not a weight-loss program or an exercise routine, although many pursue it for these reasons. Yoga is not a religion, although some may practice it with religious fervor. While often associated with both the Hindu and Buddhist traditions, yoga really has direct ties to neither, other than its geographical origin on the Indian subcontinent. However, the nature of some yoga practices can be decidedly spiritual, and may therefore be incorporated into almost any belief system. Lastly, Yoga is not about being flexible or being a contortionist. Flexibility may result from a yoga practice, but it should not be the goal.

Harmonize!

The goal of yoga is to bring harmony or “unity” to all aspects of your life – corporal, mental and spiritual. Yoga is often viewed as part of a lifestyle, or perhaps a mindset that allows us to deal more effectively with the stresses of everyday life. The physical postures of hatha yoga provide a framework for how we choose to move through our environment – with intent, with deliberateness, with focus, and with awareness. While some of the postures and movements within the practice involve pretzel-looking positions, most involve reasonably “normal” movements and positions that the human body is indeed designed to perform. It's just that the yogi attempts to perform them with purpose, depth and attentiveness to the performance itself.

Yoga poses are as often about learning to contract the proper muscle at the proper time, as they are about stretching.



Dr. John DeCicco, '92

Control, alignment (not a foreign word to chiropractors), balance, and stability of the human frame are hallmarks of a good hatha yoga program. Flexibility simply follows – often along with alertness and clarity, and an overall sense of well-being. Breathing improves, and with it, oxygenation of tissues. In fact, virtually all styles of yoga stress proper breathing mechanics as being critical to a practitioner's success. The effects of yoga practice are often cumulative over time. While some particular styles of hatha yoga add physical strength and stamina to the mix, these are not typically regarded as goals of a yoga practice either. Rapid movements are generally not the norm. Instead, the controlled, purposeful movement through a

range of motion, and the progressive lengthening of time spent in a posture, are designed to give soft tissues the opportunity to adapt to the demands placed on them. Coming out of a pose is also an exercise in control. This control – of movement, posture and balance – carries over into the movements of everyday living, and the movements of everyday life become part of your yoga.

Consequently, principles of hatha yoga can be brought to bear at almost any moment of every day, if we bring awareness and purpose to our movements. Even our nonmovements (sitting, standing or lying still) can be done with awareness.

Vacation “Extensions”

In keeping with the vacation/travel theme of this issue, I'd like to offer a few easy-to-perform postures that can be useful during that long plane (or train, or automobile) trip, when quarters are cramped and mobility is limited. What follows are simple but effective ways to counter the tedium and fatigue of long-distance travel. All can be done from the comfort (?) of your seat, and involve a minimum of props. Before beginning, however, it should be mentioned that the best way to handle the stress of long-distance travel is to take breaks from prolonged sitting, if at all possible. If traveling by car, short stops to get out and stretch are crucial to both driver and passengers. On a plane trip, get out of your seat when allowed, and walk up and down the aisle. It's also a good idea to drink a glass of water every hour or so. Long-distance travel, especially when crossing time zones, can lead to a variety of symptoms typically referred to as jet lag. While simple yoga stretches won't prevent or cure jet lag, they can often lessen the effects of the accompanying body aches and fatigue that are associated with it.

So, enjoy your vacation, and if the opportunity arises, take a yoga class....on the beach.

YOGA

Easy Pose or Seated Mountain Pose (Fig. 1)

Sit forward in your seat, with your knees and feet about hip-width apart, feet on the floor, directly below the knees. Sit tall, with your weight evenly distributed on both ischia, not on the coccyx. If the height of the seat causes the knees to be higher than the hips, sit on a folded blanket. If your feet don't reach the floor, place a book or something flat beneath them. Draw your lower back forward and up; align your head directly above your hips. Relax your shoulders and arms, and place your hands on your thighs so that your upper arms are at the sides of your torso and perpendicular to the floor. Breathe easily, but deeply, deliberately and

consciously. Soften the facial muscles and rest quietly for a few breaths. This pose allows you to breathe more freely and can be used to help increase both mental alertness and focus. It is a useful meditation pose and should be the starting point for all of the seated poses that follow.

Neck Stretch (Fig. 2)

Starting from Easy Pose, inhale. On the exhalation, drop your right ear gently and deliberately toward your right shoulder, without lifting your shoulders or turning your head. Feel the stretch on the left side of your neck, but *don't* force the movement. After a few breaths, deepen the stretch by reaching your right hand over your head and gently moving your neck further away from your left shoulder. As you breathe, feel the vertebrae separate and the muscles along the side of your neck relax. After a few more breaths, release your hand from your head and slowly lift it back upright, then repeat the movement to the other side.

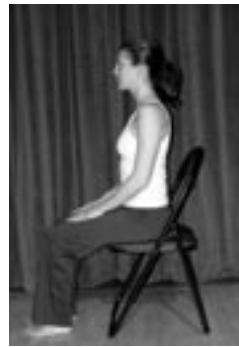


Fig. 1



Fig. 2



Fig. 3



Fig. 4

Open Chest Stretch (Fig. 3)

Starting from Easy Pose, inhale, as you reach your arms behind you. Depending on the amount of room, either grasp your hands together behind your back, interlacing your fingers, or grasp the sides of the chair back. On your next inhalation, draw your shoulders back and lift your chest up and forward. Look upward toward the ceiling. Exhale, relaxing your shoulders and allow them to drop away from



Fig. 5

your ears. Hold this position for six to 12 breaths. Release on an exhalation, slowly returning to your starting position. This will also encourage deeper, freer breathing, decrease rounded shoulders, and release tightness in the mid-back from prolonged sitting.

Chair Twist (Fig. 4)

From Easy Pose, inhale deeply. As you exhale, begin to turn to the right, starting with your head and neck, then your shoulders and torso. Bring your left arm across your body and reach to the right side of the seat cushion, or chair handle, or the outside of your right thigh. As you breathe in this position, focus on lengthening your spine upward from your tailbone to the



Fig. 7

top of your head as you inhale, then deepen into the twist as you exhale. Breathing should be slow, deep and deliberate. Allow your shoulders to relax and drop downward. Stay in the pose for six to 12 breaths, and then return to Easy Pose on an inhalation and repeat to the other side. This will help release the muscles of the mid and lower back.

Calf and Hamstring Stretch (Fig. 5)

(You will need a belt for this pose.) From Easy Pose, extend your legs

forward, placing your heels on the floor with your legs straight at the knees. Lengthen your back, maintaining the arch of your lower back and lifting your chest and sternum upward. Create a right angle between your torso and legs. Reach your arms toward the legs, and place the belt around the bottoms of both feet. Gently pull the feet

into dorsiflexion, and lean the torso forward slightly. Hold the pose for six to 12 breaths, and release. This is helpful for the circulation to the legs.

Hip Opener (Fig. 6)

Starting from Easy Pose, grasp your right leg with both hands just below the knee, and pull the knee toward your chest. Grasp your right ankle with your left hand and your

right knee with your right hand, and turn the right hip joint outward, placing your right ankle on your left knee. *Don't force the right knee downward toward the floor.* Instead, allow it to find its own level. With repetitive breaths, you may gently encourage it lower. Hold for six to 12 breaths. Release back to Easy Pose, and repeat with the left leg.

Low Back Stretch (Fig. 7 and 8)

(This pose is not for tight quarters. All but the smallest people will find this difficult.) From Easy

Pose, widen your legs so the knees and feet are wider than your hips. Lean your torso forward, and place your forearms or elbows on your inner thighs. Press your thighs outward with your forearms. Hold for a few breaths. Lean further forward, slowly stretching your arms down toward the floor. Your ribs will rest on your thighs. Cross your arms at the elbows. Drop your head. Continue to breathe deeply, and let your entire body relax. Hold for six to 12 breaths. Come out of the stretch by slowly rolling your back upward on an inhalation, returning to Easy Pose.



Fig. 6



Fig. 8

Health Centers

Jennifer vonHahmann, R.N., BSN

Jennifer vonHahmann, R.N., BSN, recently began her position as NYCC's Clinic Administrator, reporting to the Executive Vice President of Academic Affairs and working closely with the health center directors on the operations at all of the College's health centers. Jen earned her B.S. in Nursing at Keuka College. For the past 10 years she worked at Happiness House-Finger Lakes Cerebral Palsy Association, first as Program Nurse and then as Director of Quality Assurance and Health Services. Her responsibilities included the agency's Corporate Compliance Program, HIPAA Standards, internal/external auditing processes, the Quality Improvement initiative of the strategic plan, and Empire State Advantage review. She supervised the nursing staff and oversaw a number of community outreach programs. Jen is certified to teach medication administration to daycare providers and serves as a healthcare consultant to daycare providers who need assistance in writing health plans. Jen lives in Romulus, N.Y., with her two children: Adam, 11; and Heather, 8.



Jennifer vonHahmann, R.N., BSN

Mercy Yule, L.Ac.

Mercy Yule, L.Ac., is NYCC's Clinical Coordinator for Acupuncture and Oriental Medicine. In this new position, Mercy – who earned a Master of Science in Acupuncture and Oriental Medicine from Bastyr University in 2000 and is a diplomate in acupuncture, Chinese herbology, and Oriental medicine – will be seeing patients with interns at the Seneca Falls Health Center, supervising students in detoxification acupuncture at the Finger Lakes Addiction Counseling and Referral Agency, and coordinating the flow of students, supplies, schedules, and so on the balance of the time.



Mercy Yule, L.Ac.

Before coming to NYCC, Mercy was in private practice for five years in Bellevue, Washington. There she exchanged referrals with a “great chiropractor” in her area and came to believe that the two modalities work well together. Mercy added, “I am excited about being a part of an acupuncture and Oriental medicine program that I believe will bring our profession to the next level of integrated care.”

Levittown Health Center



Dr. Lloyd Kupferman recently received a large “thank you” from USA Team Handball. Dr. Kupferman and several Levittown interns provided the team with chiropractic and athletic services at the National Competitions at Nassau Coliseum. The team has qualified to compete in the 2012 Olympic Games, hopefully to be held in New York City.



The Levittown Health Center has expanded its offerings of health care services by adding acupuncture and traditional oriental medicine. Kathi Monroe, L.Ac., a graduate of New York College of Holistic Medicine in Syosset, N.Y., is also a licensed massage therapist. She began providing services to health center patients in April.

April 2005 Commencement

by Eoin Gregory, 5th trimester

New York Chiropractic College celebrated the commencement of the class of April 2005 on April 2. For the well-loved class, graduation served as a climax to three and a third years of rigorous class and clinical work. Associate Professor David Aberant opened the ceremony as the grand marshal, welcoming all to the commencement. The benediction was given by campus Chaplain Father Richard Murphy, followed by a singing of the National Anthem by Daniel Cameron, brother of Philip Cameron, a member of the graduating class.

After welcoming the graduates, their families and friends, NYCC President Dr. Frank J.



Daphne Maxwell, valedictorian (right), Louis DeGironemo, salutatorian (left) and NYCC President Dr. Frank J. Nicchi, (center).

Nicchi introduced the board members, faculty and staff seated on the dais and in the audience. Associate Professor Dr. Margaret Finn then gave the faculty address. She asked the class never to forget what they have learned from their teachers, since all of the teachers have given a part of themselves to each of their students. Dr. Finn questioned the students: “Do you realize that each one of you has the potential that is greater than the summation of



Dr. Maggie Finn

your parts?” and implored the graduates to “soar to the highest heights and dream extraordinary dreams.” Dr. Finn ended by telling the graduates to “get out and be the excellent doctors I know you are.”

Executive Vice President of Academic Affairs Dr. J. Clay McDonald pronounced Daphne Maxwell as the class valedictorian and Louis DeGironemo as the class salutatorian. Dr. Maxwell addressed her classmates, reminiscing about their time at NYCC and stressing the importance of setting high expectations and having lofty dreams. She noted, “Our focus should be on making good decisions.” In closing, Dr. Maxwell commented, “Life is a promise! Fulfill it!”

In a departure from normal graduation procedure, four distinguished members of the chiropractic community were



(L to R) Dr. Robert Crocker, Jr., Dr. Michael O'Connor, and Mr. Horace Elliott

recognized by the American College of Chiropractors. Fellowship in the American College of Chiropractors (FACC) is granted to individuals who have worked tirelessly for the benefit of chiropractic. Those awarded FACC status were: Dr. Frank Cartica (posthumously), a 1979 graduate of NYCC as well as a former board member; Dr. Robert Crocker, Jr., a 1976 graduate of National Chiropractic College and current NYCC board member; and Dr. Michael O'Connor, a 1982 graduate of NYCC and current associate professor in Chiropractic Clinical Sciences at

NYCC. In addition, Mr. Horace Elliot, an educator and the

executive vice president of the National Board of Chiropractic Examiners (NBCE), was awarded an honorary Doctorate in Humane Letters.

Dr. Gerard Clum, president of Life Chiropractic College West and a 1973 graduate of Palmer College of Chiropractic, gave an inspirational commencement address. Dr. Clum began by congratulating not just the graduates, but also their families, friends, colleagues and future patients



Dr. Gerard Clum

– the people behind the new doctors. He reminded the graduates to look back at the history of chiropractic, commenting that it was just two generations ago that the profession was established. Finally, Dr. Clum presented the three tenets for establishing a sound and successful practice: First, “Practice as if Mom and 60 Minutes are in the room with you and you won’t have a problem”; second, “Deliver your care with as much attention, with as much grace, and with as much dignity as you would want your mother or your father or your husband or your wife or your child to experience”; lastly, “Never, never, never underestimate the power of an adjustment.” Dr. Clum continued, “Your task is to be as honest and true to chiropractic as you can be.” Dr. Clum concluded by reminding all those assembled, “This is not a dress rehearsal. Enjoy the moment!”

Pointers for Painless Travel

by Andrea Del Monte, B.A., 2nd trimester



This issue of *Transitions* focuses on health from the standpoint of aches and pains that crop up during the course of travel, and the therapies dispensed at some of the various destinations around the globe.

In America, our hard work is rewarded with vacation time. It turns out that neglecting to take time for vacation can be bad for

one's health.

Be aware, however. Sometimes vacations can bring some of the same stresses they were designed to dodge! Vacations can mean travel in cramped cars or planes, heavy and awkward luggage, and a diet that our digestive systems must (excuse the pun) bone up for. Proper planning may help quell many anxieties.

Before you travel

If you are traveling to a foreign country, consider registering with the U.S. Embassy so that your presence and whereabouts will be known in case it is necessary to be contacted in an emergency. According to the U.S. Department of State, if an American citizen becomes seriously ill or injured abroad, a U.S. Consular officer can assist in locating appropriate medical services and informing family or friends. Consular officers can also assist in the transfer of funds from the United States.

What can happen and what to do about it

Common health problems associated with travel, are jet lag, altitude sickness and diarrhea. To adjust to new time zones, avoid stimulants such as caffeine or alcohol, and drink plenty of water. For altitude sickness, experts recommend gradual exposure to altitude; if that is not possible, there are

over-the-counter medications that can relieve and prevent symptoms. Diarrhea often occurs when a foreign type of bacterium enters your digestive tract. The best way to prevent it is to be careful of the foods and drinks that you consume.

Medical considerations

If you have a medical condition, don't take a vacation from it; do some upfront preparation for major emergencies. Review the health precautions for your destination. Your family doctor and the Centers for Disease Control and Prevention are good sources for finding out what immunizations are required.

Don't forget to pack prescription medications, vitamins, contact lenses and cleaners, as well as over-the-counter medications for pain, indigestion and allergy relief. Pack these in your in-flight luggage – in case your luggage takes a different vacation from the one you are on.

You might also want to write down your medical history. Having this information readily available can help foreign healthcare workers make appropriate decisions if you're unable to communicate. Your health insurance plan may not be accepted in a foreign country. Check with your health insurance company. If it is not, some health insurance companies offer travel insurance that covers a range of crises such as cash transfers, medical consultation and monitoring, and legal, medical and dental assistance.

Just go!

Use your vacation time – it is an agreed-upon term of your employment. You are getting paid to recharge yourself! And be prepared for the rare emergency and common travel mishaps that can plague any vacation. A little planning can help you get the most out of your vacation. Enjoy the following articles in which chiropractors comment about healthcare practices in a number of global destinations.

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.

Dr. Sheila O'Brien, Class of 2000

Ireland

Dr. Sheila O'Brien is a 2000 graduate of New York Chiropractic College. While a student at NYCC, she went through many life changes and knew that she wanted something different after graduation. She considered practicing in Australia or Peru, but found that Ireland was her true calling. Dr. O'Brien's father, Seamus, was from Ireland. This allowed her to work there and qualified her for dual citizenship in both Ireland and the United States. Since Ireland is in the European Union, she is able to travel freely throughout the Union.

Scared and Nervous

Two months after graduation, scared and nervous, Dr. O'Brien took off for the Emerald Isle. Five years later, Dr. O'Brien is a great success. She has opened her own practice along Ireland's northwest coast, outside of the small town of Enniscrone. Enniscrone is home to good surf, of great interest to her husband, Jonny, and has provided an excellent place to raise their daughter, Bobby Marie.

Drawing Upon Her Experience at NYCC

Dr. O'Brien feels her education at NYCC provided her with outstanding training at very high standards. She highlighted the Anatomy Department in particular, commenting that it "was a gift to be able to study on a cadaver." Dr. O'Brien continued, "I



don't know if we appreciated it while we were there, but I'd love to go back." She also mentioned that she enjoyed the diversity of the faculty and staff, and that this exposed her to different techniques and the variables within each of the techniques.

What Insurance?

As with many alumni working in Europe, Dr. O'Brien does not have to worry about her patients' health insurance. She indicated that most pay cash and get reimbursed on their own. Dr. O'Brien likes this because she does not need to wait for collections and is able to individualize programs for those unable to pay. Further, she enjoys practicing in Ireland because she is able to be in an area that is underserved.

Visit, Visit, Visit

Dr. O'Brien maintains that "you should go to where you want to live" and that "if you truly want to make it work, you will. If you have good intention, strong character, and are confident in your skills, you will succeed." She recommends connecting with NYCC's Career Development Center and searching the Internet, particularly for chiropractic associations such as the European Chiropractors Union and ProChiropractic Europe. Finally, Dr. O'Brien suggests that people investigate their lineage to see if it provides an advantage in the employment sector.

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Max Ingold, D.C., Class of 2002

Italy

After graduating from NYCC in 2002, Dr. Max Ingold and his wife, Heather Henshall, “thought that it would be a wonderful family experience to live in a foreign country and for the children to learn another language. Moreover, we wanted to help fulfill a goal for the Baha’i Faith and help maintain a local spiritual assembly.” In May 2003, Dr. Ingold took a position with a “static clinic” in Verona, Italy, one of 19 clinics throughout that country. Over the past two years, Dr. Ingold has gained tremendous experience in this high-volume practice, seeing between 70 and 100 patients a day, five days a week.

Dr. Ingold commented that NYCC prepared him well for the experience of working abroad. He has found that orthopedists and physiatrists schooled in Italy do not have as much hands-on experience. He recalls being surprised to find that a physiatrist hadn’t dissected a corpse in her almost six years of medical school. Further, he contends that “as far as radiology goes, we’re unbeatable.”

Practicing In Italy

Dr. Ingold says, “Practice in Italy differs from that in the United States and Canada. For starters, chiropractic is still not legally recognized as a profession in Italy, although the Italian Chiropractic Association has been pushing very hard to have legislation approved that would grant autonomy and due recognition.” He continues, “That having been said, Italy being a country of dichotomies, medical doctors may write prescriptions for chiropractic manipulations for their patients. The healthcare system covers about 90 percent of the cost of the chiropractic treatment. Patients take their prescriptions to a static clinic and are then seen by a physiatrist, who decides whether or not the patient requires chiropractic care.” If the patient is approved for treatment, Dr. Ingold adjusts him or her. Other modalities such as traction, ultrasound, laser, interferential and physiotherapy are then provided by nurses and physiotherapists.

Building a Practice

Dr. Ingold comments, “Because chiropractors are not legally recognized outside the clinics, we are not allowed to advertise.” He does, however, work privately out of a dentist’s office in his hometown and in a cardiologist’s office in a town nearby. “Patient referral is by word of mouth and from understanding medical doctors,” he adds. At these offices, Dr. Ingold sees



20 to 25 patients each week and is able to spend significantly more time with each one than at the static clinic. Here he employs many techniques, including diversified, total body modification, activator, soft tissue, and trigger-point therapy. He is not permitted to prescribe X-rays, but patients may request them through their family doctors.

“One big difference about practicing in Italy,” notes Dr. Ingold, “is that it is still very much an all-cash basis because most of the burden is placed on the healthcare system. Hence, there is very little paperwork aside from essential patient files when treating patients privately. In the static clinic, I have almost no paperwork to do except filling out a simple patient chart with the spinal levels

that I adjusted.”

Recommendations and Resources

Dr. Ingold remarked that “practicing overseas can be very challenging but also very rewarding.” He recommends learning the language, visiting the country, and contacting the country’s chiropractic association (if one exists), particularly about legal issues. His most pressing piece of advice: “Above all, don’t try to change the country; instead change yourself to fit into the context.”

For those looking to get more information about practicing in Italy, Dr. Ingold recommended the Italian Chiropractic Association’s Web site at www.associazionechiropratici.it. Dr. Ingold may be contacted via e-mail at moonriver1990@hotmail.com.



Dr. Max Ingold '02

Dr. Frank P. Mechler, Class of 1965

Australia

After graduating from NYCC in 1965, Dr. Frank Mechler set up practice in a home/office combination in his hometown, Flushing Heights, in New York City. Throughout those early years, Dr. Mechler maintained a friendship with a fellow graduate from Australia, Dr. Murray Anderson. As their practices grew, so too did the horror stories he heard of the chiropractic situation in Australia. Dr. Anderson told him how the qualified chiropractors practicing 'down under' were without the benefits of licensure or official recognition, resulting in a number of unscrupulous people presenting themselves as chiropractors.



Dr. Frank P. Mechler '65

It took 10 years and significant legal and financial efforts to finally pass a law for chiropractic registration in 1980. Within a short period of time, each state legislated to have chiropractic recognized as a rightful health profession. During that time, Dr. Mechler and his wife had two more children. They enjoyed Queensland so much they decided to stay for good. Since 1997, Dr. Mechler has been practicing in a multidisciplinary building with "medicos, physios, dentists, ophthalmologists, radiologists, pharmacists and laboratory technicians. There is a lot of cross-referencing of patients to the benefit of everyone. It's been a long but fulfilling road."

Recognition of Chiropractic in Australia

By late 1969, Dr. Mechler had tired of his urban lifestyle and considered relocating to a western state. When sharing this news with his Aussie buddy, Dr. Anderson asked, "How about going so far west you'd be going east?" and encouraged Dr. Mechler to join him in Brisbane, Queensland. Within five months, Dr. Mechler sold his practice and, with his wife and two children in tow, joined the crusade for licensure for the profession in Australia!

Moving Abroad

The culture shock of moving abroad was initially quite strong for Dr. Mechler and his family, particularly adjusting to the small town with different social mores and driving on the opposite side of the street. Even though English is the primary language, Dr. Mechler admits that "getting a handle on Aussie slang took some getting used to."

Dr. Mechler says that his "education at NYCC was enhanced by Dr. Napolitano's credo of service to the profession and urging to advance the chiropractic message into every state and hamlet – no matter where in the world you settled to practice." He was also inspired by Dr. Napolitano's encouragement to excel in his technical skills so the results speak for themselves.

Recommendations From Down Under

Dr. Mechler recommends that "any student considering practicing abroad should research all aspects of that country – from its political and social history to its people's social attitudes towards foreigners." He continues, "It is so easy to step on emotional toes if you have the slightest condescending attitude toward their values or social customs. But, your obvious eagerness to fit in and service their health needs will definitely reap rich rewards."

Dr. Mechler sends a special g'day to all of his fellow classmates. His e-mail is fmechler@ozemail.com.au and he looks forward to renewing his connection with you and enjoying student memories.



Brisbane, Australia

Dr. Peter Peuler, Class of 1974

France

Peter Peuler, D.C., a 1974 graduate of NYCC, learned of a practice for sale in Le Havre, on the Normandy coast of France, in 1991. He had previously enjoyed living in France with his French family. The opportunity to return was just too good to resist!

Practicing in France

Dr. Peuler compares the practice of chiropractic in France with that of the United States. The French government recognized the profession as recently as 2002. Dr. Peuler pointed out, "Before that, we were tolerated but illegal, subject to being arrested for practicing medicine without a license. Things move s-l-o-w-l-y in France and the scope of practice has still not yet been determined."

Many of Dr. Peuler's patients travel between one to two hours to see him. There are only about 450 chiropractors in all of France, a country with a population of approximately 63 million people. One of the more interesting differences is that "French people believe that if they don't undress when they see the doctor, he isn't serious and competent. No gowns are needed; men strip down to their shorts, women bra and panties."

The French National Healthcare System

Chiropractic is not included in France's national health care system. According to Dr. Peuler, "The thoroughly enjoyable part of practicing here is that there is absolutely no paperwork: no billing, no insurance forms, and no insurance reports. The patient pays after each visit either by check or by cash." Dr. Peuler also observed, "What is nice about practicing here is that there is no stress." He does not pay much for malpractice insurance since "suing doctors, or in general anyone, is not really part of the French culture."

Recommendations: Be Open (Don't Worry)

"What I think is important for anyone who wants to practice in France," notes Dr. Peuler, "is to be open to ways of thinking that may seem strange, and to seek to integrate into the local lifestyle." While he maintains that knowing French is important, Dr. Peuler says that total fluency is not necessary



Lysiane Peuler and Dr. Peter Peuler '74

at the beginning, since it develops very quickly naturally.

Dr. Peuler recommends purchasing an existing practice. "Buying a good practice and having the departing chiropractor stick around for a period of transition is important. The French tend to be reticent at first, yet quickly open up to simple and honest care," says Dr. Peuler. He gets many referrals from medical doctors, noting that "It is important to work closely with all members of the healing profession for the betterment of the patient. What we learned in chiropractic school was that the triangle of philosophy, science, and art of chiropractic must be an equilateral one. The head, heart and hands must be

integrated and in harmony. This approach breaks down cultural barriers and makes practicing a pleasure."



Le Havre, France

Dr. Laura Fernandes, Class of 1996

England

Dr. Laura Fernandes, a 1996 NYCC graduate, is quite the traveler. Having practiced in Montreal (Canada), California, and Portugal, she currently calls England home. She has also practiced in a variety of settings: solo, as part of a group of chiropractors, and in an integrated clinic.

Dr. Fernandes indicated that she was well-trained at NYCC and expressed that “experience rounds it all off.” She chose to practice abroad in order to expand her horizons and to experience how other countries accept and practice chiropractic. Dr. Fernandes has seen first hand some of the politics associated with healthcare legislation. In Portugal, for example, she was involved at the



ministerial in an effort to pass laws associated with the medical profession’s official recognition of chiropractic. “In England,” she remarks, “chiropractic is already well-regulated.”

Dr. Fernandes urges students interested in practicing abroad to find out what foreign qualifications, costs and time periods are involved in getting a license. Dr. Fernandes also feels it important to explore whether a work visa is required, the kinds of jobs that are available, and the country’s cost of living. “Make yourself understood in the country’s official language,” she adds, “and talk to practicing chiropractors. Work with them first before setting out on your own.”

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Art Kellenberger, D.C. '78
Clinton, New Jersey

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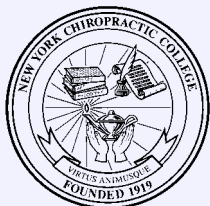
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Going Places “Ergonomically”

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

Taking a trip, whether for work or fun, can be both enjoyable and rejuvenating. Unfortunately, it can also be frustrating, painful and sometimes even dangerous. Preparation and a little forethought can go a long way, however. As for luggage, choosing the right kind can favorably impact your health and happiness. Consider the following options when choosing your luggage:



Dr. Dennis Homack, '97

- Adjustable wide and padded straps for backpacks and bags.
- Several strong handles for luggage. Don't just think of carrying the bag, make sure there are comfortable holds to transfer the bag to a car trunk or aircraft overhead compartment.
- Long handles for wheeled suitcases.
- Several smaller bags may be smarter than fewer large and heavy bags.
- Many times we come home with more than we take on our trips. In such a case, consider packing a filled small carry-on bag into a larger empty suitcase (perfect for the extra clothes and souvenirs you may purchase on your trip)!

Wear appropriate clothing for your trip. For example:

- Dress for traveling in comfortable loose fitting clothing.
- Make sure you have appropriate footwear for the additional walking you may have to do.
- Take items like keys and wallets out of pants pockets.
- Consider the climate at your destination. Have a strategy to either stow or grab a sweater or jacket from carry-on luggage if needed.

Pay Attention to Body Signals

Minimize aches and pains by taking periodic rests. Remember to listen to body signals - if something hurts, something's wrong! Although pulling over and walking around the car every 20 minutes is recommended, we will often drive two or more hours between breaks. During airplane flights, moving periodically can reduce aches and pains and in some cases, help reduce the possibility of forming dangerous blood clots. These form due to barometric changes (from the altitude changes and

pressurization of the cabin) and from circulation stasis aggravated by pressure from seat cushions and lack of movement. Here are a few things you can do on a car, train, plane or boat to make your trip safer and more enjoyable:

- Place a small piece of luggage under your feet to take pressure off of the back of your legs.
- Bring a small pillow or towel to roll behind your neck for support.
- Avoid alcohol and drink plenty of water to avoid dehydration. Aircraft cabins' dry air can affect your skin and eyes (making you feel more tired).
- Periodically pump your feet by alternating tapping your toes and then lifting your heels. This helps circulation in the lower extremities.
- Walk along the aisle of the aircraft or train.
- Gently stretch out your arms in several directions.

About Dr. Homack

Dr. Dennis M. J. Homack, NYCC '97, is an assistant professor in the Diagnosis and Practice division of the Chiropractic Clinical Sciences department at NYCC. Following the receipt of his D.C. from NYCC, he accepted a position at the College. The Homack family – wife, Debby, and their six children – continue, eight years later, to make Seneca Falls their home.

Just this past year, Dr. Homack earned a Master of Science degree from Cornell University where he studied occupational performance and ergonomics, including a study of occupational injuries to chiropractors. In addition, he was recently published in the *Australian Journal of Chiropractic* based on his presentation at the Association of Chiropractic Colleges (ACC). To date, Dr. Homack has nine accepted submissions to ACC, and presented two this past March at their conference in Las Vegas. He enjoys all aspects of chiropractic and academia – teaching current and post-graduate students, seeing patients, doing research, and illustrating *Transitions* magazine.

Since his graduation, Dr. Homack feels that the College “has made tremendous improvements in the depth and breadth of educating future chiropractors across the program.” He elaborates, “The students and faculty have the best tools and support system anywhere. Moreover, the caliber of students continue to demonstrate a high level of professionalism.” Dr. Homack is most impressed with the current crop of students and recent alumni. He said, “The most gratifying feeling is that this will be the generation that represents my profession. They are the individuals I want the public to know.”

Ergonomics Group



(L to R) Barry Wiese, D.C., Jeanmarie Burke, Ph.D.,
J. Russell Ebbets, D.C., and Dennis M.J. Homack, D.C.



Ergonomics Group



Jeanmarie Burke, Ph.D., earned her M.S. and Ph.D. degrees from Indiana University in 1987 and 1991, respectively. She is the director of research and an associate professor at NYCC. Dr. Burke is applying her expertise in neuromuscular adaptations to exercise and aging to understand the physiology of chiropractic interventions. In the future, her research interests may extend

to include acupuncture and Oriental medicine.

J. Russell Ebbets, D.C., M.S.,

received his B.A. in English from Union College in 1977, an M.Ed. in physical education administration from Norwich University in 1981, and his D.C. from NYCC in 1992. In 2003, Dr. Ebbets received an M.S. in Organizational Communication and Learning Design from Ithaca College. An associate professor, he has been a faculty member at the College for over 10 years and has taught courses on psychomotor skills and lower extremity techniques, modules on sports and electives in diagnosis and management of extremity conditions. In addition, Dr. Ebbets teaches continuing education courses for the Certified Chiropractic Sports Physician/Practitioner program, as well as for the Elite Sport Science at the Lake Placid Olympic Training Center. One of Dr. Ebbets most notable achievements has been the development of a sports intern outreach program; throughout the years, interns in the program have traveled to more than 50 events, providing care to over 5,000 athletes. In addition to his duties at NYCC, Dr. Ebbets is also the editor of Track Coach Magazine, the technical journal of USA Track and Field, for which he interviews athletes and conducts roundtable discussions with influential coaches and athletes in the sport.



Dennis M. J. Homack, D.C., M.S., CCSP, received an A.S. in Computer Programming from Ocean County College in 1990, B.A. in Mathematics in 1993 from Richard Stockton State College and D.C. from NYCC in 1997. This past year, Dr. Homack earned a Master of Science degree from Cornell University. In addition, he is a Certified Chiropractic Sports Physician/Practitioner.

Dr. Homack is an assistant professor in the department of Diagnosis and Practice. He participates in the patient assessment courses and is preparing to launch a new, comprehensive preparation course for clinic. Dr. Homack's research focuses on occupational performance and ergonomics, including injuries to chiropractors (the focus of his master's thesis) and how chiropractic interventions and strategies help improve task performance and reduce injuries. Dr. Homack is also very interested in the human-computer interphase, particularly with respect to specialized groups such as children, those with special needs, and the elderly.



Barry Wiese, D.C., DIBNC, CSCS, CCSP, received his D.C. degree from Palmer College of Chiropractic in 1994 and his Neurology Diplomate in 1999. He became a Strength/Conditioning Specialist in 1996 and a Certified Chiropractic Sports Physician/Practitioner in 1999. Dr. Wiese has completed paramedic training and plans to become certified in electromyography/nerve

conduction testing as well as manipulation under anesthesia in the next few years. Dr. Wiese is a clinician at the Seneca Fall Health Center and is responsible for patient care. In addition, he participates in formal and informal course work and is interested in research on multiple sclerosis.

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**ANABOLIC
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NEW YORK CHIROPRACTIC COLLEGE

Alumni Golf Tournament

Thursday, July 28, 2005

Seneca Falls Country Club

2766 Route 89 - Seneca Falls, NY 13148

9:00 a.m. Breakfast

10:45 a.m Modified Shotgun ♦ Scramble Format

\$95 PER PERSON



Improve Your Game!

GOLF Let's Get Back To Basics

"75% of a Good Golf Shot is in the Setup"

Featuring Special Guests

Dr. John Danchik

*US Olympic Committee Chiropractic Selection Council Chairman
ACA Sports Chiropractic Hall of Fame Inductee*

Dr. Raymond Trottier

Member of the US Golf Teaching Federation

Presentation begins at 10:00 a.m.

Our golf package includes:

- ♦ 18 Holes of Golf, Greens Fees & Cart
- ♦ Breakfast
- ♦ Refreshments on the Turn
- ♦ Awards for Team Play, Longest Drive, Accurate Drive, and Closest to the Pin Contests
- ♦ Golf Education Program
- ♦ Hole-In-One Contests
- ♦ Social Hour & Awards Dinner

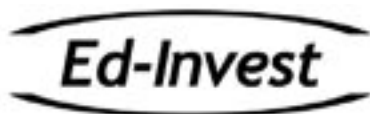
Social Hour and Awards Dinner will be served at NYCC immediately Following Play

Join us for several chances to be a winner!

Take part in a drawing for an array of fabulous prizes!

Try your luck at winning one or more amazing items during the "Must Have That Item" Auction

To register call Diane Zink @ 315-568-3065.



NYCC Alum Visits Campus



Duane R. Sadula, D.C., (R) is a member of the Maryland State Board of Chiropractic Examiners and is a 1988 NYCC alumnus. Dr. Sadula recently visited with NYCC President Dr. Frank J. Nicchi (L) on his visit to campus to assist with the administration of the Part IV Exam of the National Board.

Orientation Speaker

Dr. Bloom, luncheon speaker for the May 2005 incoming D.C. class and an associate professor in the Clinical Sciences Department at NYCC, is a 1990 NYCC alumna who is a diplomate in chiropractic neurology and applied chiropractic sciences. A popular lecturer, Dr. Bloom has been the featured speaker at many state association conferences.



(L to R) NYCC President Dr. Frank J. Nicchi and Associate Professor Dr. Lisa Bloom '90

Sharing her own first-day fears, Dr. Bloom comforted the students and assured them that their “collective potential in the next twenty years is astounding.” She recommended that the best way to get there is “one day, one class, and one minute at a time.” Dr. Bloom related a story about Mother Theresa and quoted her saying: “We can’t do great things, but we can do small things greatly.”

Dr. Bloom reminded students that their time at the College will go by quickly. Asking, “Do you want to be good enough?” she responded by encouraging the students to be the best they can be. “Make the choice today, tomorrow, and the next day,” she implored, “and when you do small things greatly, you will be great!”

Dr. Nicchi concluded the presentation with a certificate of appreciation and a gift of thanks.

Dr. Hamm Joins NYCC

Nathan Hamm, B.S., D.C., has returned to NYCC as a graduate associate. In his new position, Dr. Hamm will be assisting in the Activator I and II elective classes. After earning a Bachelor of Science in Corporate Community Wellness Management at Southern Adventist University in Tennessee in 2000, he completed his Doctor of Chiropractic degree at NYCC



Dr. Nathan Hamm '04

in December 2004. He currently practices at Brighton Hill Chiropractic in Syracuse, where he uses not only activator, but also flexion/distraction, SOT and diversified techniques. He and the proprietor, Dr. Carnie Goetsch, hold an educational class on chiropractic for their patients, instructing them in stretching, the application of heat and cold, and how to find and relieve trigger points; then they treat them to pizza and give each person a coupon for discounts on items such as pillows and supplements. The goal of the classes is to have four patients attend and for each to bring a friend who will then be introduced to chiropractic. Dr. Hamm currently lives in Jordan and has a Lab/Rottweiler mix named Titus.

NYCC Exceeds Blood Donations Goal

Mr. Bob Fredericks, Account Manager for Recruitment and Donor Services for the American Red Cross Blood Services of New York-Penn Region, acknowledged NYCC for its outstanding efforts on blood drives, consistently exceeding its goal for blood donations by over 25 percent. NYCC received the Platinum Level Life Share Sponsor Award - the highest award given in the Colleges category - for 2003 and 2004.



NYCC President Dr. Frank J. Nicchi (L) is pictured with Bob Fredericks, Account Manager for Recruitment and Donor Services for the American Red Cross Blood Services of New York-Penn Region (R).

scholarships SCHOLARSHIPS

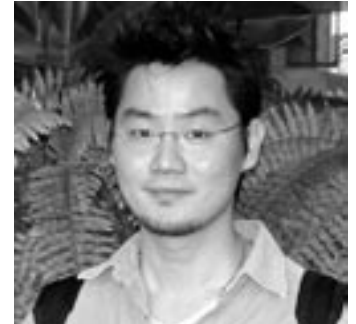
Footlevelers Scholarship



Michael Vorozilchak, 8th trimester, (L) was awarded the Footlevelers Scholarship in the amount of \$1,000 for his essay discussing the significant role that communication between patients and doctors plays in overall health management.

Jonathan Kim Awarded Dr. DiBenedetto Scholarship

The recipient of the Dr. Jack DiBenedetto scholarship in the amount of \$2,000 is Jonathan Kim, 2nd trimester. The scholarship was created in 1996 to honor the memory of a man who led an exemplary life in both his professional and personal pursuits. The scholarship is intended to help students who, like Dr. DiBenedetto, changed careers in order to become chiropractors. Prior to becoming a student at NYCC, Jonathan was employed in the field of finance.



Jonathan Kim, 2nd trimester

Dr. Wendy Fein Memorial Scholarship

The Dr. Wendy Fein Memorial Scholarship in the amount of \$1,000 was awarded to first trimester student Theresa Krawczyk. The scholarship is in memory of Dr. Wendy Fein, NYCC '77, who died prematurely in 1980, and honors Dr. Fein's life, work, and achievements. Supported by funds given by Dr. Fein's family and friends, this scholarship is intended to help a female enter the field of chiropractic.



Chris Henthorne

Dr. George and Frances Koenig Scholarship

Chris Henthorne, 2nd trimester, was awarded the Dr. George and Frances Koenig Scholarship in the amount of \$2,000. The Koenig Scholarship is provided from the earnings of an endowment fund created by Dr. George Koenig, NYCC '48.

Dr. Walter L. Vaughn Scholarship

Tharmajini "Jini" Sathasivam, 2nd trimester, qualified for the Dr. Walter L. Vaughn Scholarship in the amount of \$2,000 based on her personal statement and academic merit.



Jini Sathasivam

Padgett Alumni Scholarship



Jonathon Todd Egan, 8th trimester, (L) was awarded the Kenneth W. Padgett Alumni Scholarship in the amount of \$1,000 for his essay discussing how he might effectively promote and support NYCC as a leading education institution of chiropractic.



Rega Sathasivam

Dr. William and Florence Crowther Scholarship

Tharmarega "Rega" Sathasivam, 2nd trimester, qualified for the Dr. William and Florence Crowther Scholarship in the amount of \$2,000 based on her personal statement and academic merit.

NYCC Hires New Financial Aid Counselor

Contributed by Darrin Rooker, B.S., Financial Aid Director

Jason Carnicelli began in December as the new Financial Aid Counselor. Jason grew up in Seneca Falls, and aside from living in Utica, N.Y., for three years, and a year that he spent out west in Bakersfield, Calif., he has lived here all of his life. As he puts it, “Even in places as beautiful as Venice and Laguna beaches, there are always thoughts of home. Small-town upbringings in a little town like Seneca Falls always pull you back to your roots.”

Before starting at NYCC, Jason worked a few months as a direct childcare counselor on the former KidsPeace campus in Romulus, N.Y. Working with a vast number of at-risk children and teens at the campus gave Jason firsthand experience in helping young adolescents cope with troubled backgrounds and develop a more positive attitude before entering into adulthood. Last fall, Jason’s position was caught in a massive, campuswide downsizing, leading to the sudden closure of the campus and a sudden need for him to find a new career opportunity.



Jason Carnicelli

As one door closed at KidsPeace, another one opened at NYCC. For three years prior to working at KidsPeace, Jason worked for Affiliated Computer Services (ACS) as a student-loan counseling representative. ACS is the nation’s largest student college-loan servicer, with call centers based in Utica, N.Y., and Bakersfield, Calif., and several other division and corporate offices across the country. In his position with ACS, he counseled student-loan borrowers on their many repayment and deferment options.

Jason says, “It’s been a little different for me to get use to awarding student-loan monies, rather than working the collection end of the field.” He feels his experience from the other side of the student-loan business will serve him well when counseling NYCC students with their loan issues.

On a personal note, Jason and his girlfriend, Khalisa, live in the village of Seneca Falls with their two sons: Tommy, 7, and Jacob, 4. They enjoy traveling, camping, visiting the West Coast when possible, and they love animals. Their home has grown quickly over the last couple of months with the addition of two dogs, Sammy and Boomer. Already having three cats, Jason says, “My two dogs really run the house, and I just pay the bills.” He has a malamute/Samoyed and a Labrador/border collie, each with a very different personality. Boomer, the Lab mix, won’t let anyone near the house; and Sammy, the malamute mix, does everything short of opening the door for any stranger that happens to go by. Jason says he might get a bull mastiff next to oversee them all.

Orthopedic Surgeon Speaks to NYCC Students



Orthopedic surgeon Ian Blair Fries, M.D., father of 9th trimester intern Susan Fries, recently addressed the College community about the role healthcare professionals play in patient legal proceedings. Dr. Fries spoke from personal experience, injecting a good dose of humor both to entertain and enlighten students.

CICU President Visits NYCC

Abraham M. Lackman, President of the Commission on Independent Colleges and Universities (CICU), visited NYCC to discuss CICU’s upcoming Capital Match Grant Program. NYCC is eligible to apply for some of the \$150 million that was approved in the New York State budget for independent colleges and universities.



Abraham M. Lackman

Acupuncture Today Editor Visits NYCC

Marilyn Allen, editor of *Acupuncture Today* (sister magazine to *Dynamic Chiropractic*) and well-known expert in the fields of acupuncture and medical malpractice, was impressed with the NYCC campus during a recent visit. The director of marketing for the American Acupuncture Council and instructor at 14 acupuncture colleges, Ms. Allen holds an M.S. degree from Pepperdine University.

Ms. Allen commented that the school's facilities are "incredible" and the campus is "top of the line." "Two things that stood out," noted Ms. Allen, "were how well-equipped the library is and how much the classrooms are tuned into technology."

Chiropractic and Acupuncture: A Good Match

Ms. Allen finds chiropractic and acupuncture to be a good match, both on campus and in practice. Patient-oriented techniques in both disciplines are hands-on approaches that involve few, if any, side effects. Practitioners within both professions make it a point to listen attentively to their patients. According to Ms. Allen, "Chiropractors pushed open the door to complementary medicine, and acupuncture students are getting the benefits."

As one of many journals published by MPAMedia, the goal of *Acupuncture Today* is to serve as a news source to students and professionals throughout the United States. This service is especially relevant as "acupuncture is the fastest growing healthcare profession in the United States," according to Ms. Allen. "Consumers are increasingly exploring acupuncture as a viable option in their healthcare regimen. Every year, more and more insurance companies are covering it." One recent triumph



(L to R) Judy Martin, NYCC President Dr. Frank J. Nicchi, and Acupuncture Today Editor Marilyn Allen

was the assignment of four new procedural terminology (CPT) codes for acupuncture. Ms. Allen also remarked that greater numbers of people are using their flexible spending plans for acupuncture.

Acupuncture continues to gain more acceptance throughout the United States. This fact is evidenced by the National Center for Complementary and Alternative Medicine's support of research in acupuncture. Ms. Allen believes that this trend will continue as more and more students become licensed in acupuncture throughout the United States. She said, "We have a responsibility to share with every person we meet the wonderful things that Oriental medicine does."

NYCC Extends Health Efforts: Cleaning-up Geneva Waterfront

A delegation of New York Chiropractic College students, faculty, staff and their families converged on the Geneva, N.Y., waterfront for a badly needed waterfront cleanup in April. Dr. Barry Wiese, a clinician and educator at NYCC's Seneca Falls Health Center, organized the effort. Geneva Mayor Donald H. Cass was on hand to thank everyone for their time and energy.

The clean up focused on a large stretch of Seneca Lake near the Geneva Area Chamber of Commerce building and past the Ramada Inn to the jetty at the end of Lakefront Park. Fourteen volunteers filled a 40-yard dumpster with refuse ranging from plastic bottles and Styrofoam to shopping carts and broken plastic toys.

Whole families were involved as Grove Higgins, a 9th

trimester NYCC student, his wife, Cheryl, and sons Lance and Gabriel pitched in with the cleanup. Keeping a lookout for his boys near the waters, Mr. Higgins remarked "It's hard to believe this much trash can accumulate" but "it's great to get out and help the community!" Dr. Wiese anticipates his chiropractic students will be working in other Finger Lakes communities on different sprucing-up projects.



Grove Higgins, 9th trimester

Welcome Back, Soldier...and Thanks!

While this edition of *Transitions* inspires us to consider travel throughout the world, there is one traveler who is thrilled to plant his heels back in the good ole USA. Staff Sergeant Nicolas Ellis recently returned from active duty in Iraq to join the August 2008 graduating class of chiropractors, his third time entering NYCC. His two previous entrances were interrupted by the military.

In Iraq, Staff Sergeant Ellis was stationed at a base named LSA Anaconda, located about 30 miles north of Baghdad. He served as a combat medic in convoy security and assisted in delivering supplies and equipment – a very dangerous job. Though he would most often trek to Mosul, Falluja, and Taji, Staff Sergeant Ellis is most proud of a difficult nine-day journey in which his 630th Trans Company undertook a trip across the border to Jordan to return with tanks that country provided



(L to R) NYCC President Dr. Frank J. Nicchi and Nicolas Ellis, 1st trimester chiropractic student

the new Iraqi army. Ellis described Jordan's actions as "a huge gesture of goodwill. Being a neighboring country, this [arming Iraq with tanks] was very generous and trusting."

The military has prepared Staff Sergeant Ellis well for NYCC's difficult course load – one that would certainly test the mettle of any soldier! Ellis returns with a new appreciation for all that we enjoy in the States. He is also looking forward to finally "getting through the program all at once." When Staff Sergeant Ellis is not studying,

you will find this adventure seeker at the gym working toward his personal athletic and fitness goals (such as the possibility of a triathlon or natural fitness competition) or planning his next rock-climbing adventure.

We thank you for your service, Staff Sergeant Ellis, and wish you a warm welcome home!

Transitions Magazine Wins Award

NYCC's *Transitions* magazine has won an Award of Distinction from The Communicator Awards, an international competition that recognizes excellence in the communication field. One of over 5,000 entries, *Transitions* was judged by industry professionals and recognized for exceeding industry standards in communicating a message or idea. It received an Award of Distinction in the Educational Institution category.



The Transitions team is pictured above. Front row (l-r): Dr. Beth Donohue, Jill Henry, and Vicki Baroody. Back row (l-r): Peter Van Tyle, Jessica Gregory, Peggy Van Kirk, and Dr. Dennis Homack.

NBCE Elects President and Director-at-Large



Dr. Peter Ferguson



Dr. Frank Lizzio '80

During their Annual Meeting May 7 in Montreal, Quebec, Canada, Peter D. Ferguson, D.C., of Canton, Ohio, a member of NYCC's Board of Trustees, was re-named President of the National Board of Chiropractic Examiners (NBCE). Dr. Ferguson was elected to return as NBCE President after serving for one year as Chairman of the Board. The NBCE Board also elected Frank S. Lizzio, D.C., '80, Assistant Professor and faculty clinician at NYCC's Chiropractic Health Center in Levittown, to a two-year term as Director-at-Large. Please join us in congratulating Drs. Ferguson and Lizzio.

In Memoriam

In Memory of Frank J. Crifasi, D.C.

Dr. Frank J. Crifasi, D.C. graduated on May 13, 1947 from Chiropractic Institute of New York. This was a special day; not only was it his graduation, but it was also the beginning of a new family life with his wife, Madeleine. On this day, their first child, Francine, was born. In the years that followed, the birth of three more daughters, Denise, Louise and Theresa, completed the family. Their father was a loving and very caring person. He instilled the importance of respect, self worth, independence and the value of giving 110 percent.



Dr. Frank Crifasi

Dr. Crifasi enjoyed helping his friends and was very dedicated to his profession as well as his patients. His patients were always his primary concern and he made himself available in the office and by telephone. Dr. Crifasi gained the respect of not only his patients, but also the community and political leaders, doctors of all professions, nurses, and administrators. All who knew him knew of his open-door policy for anyone seeking advice, guidance or just plain old conversation.

Dr. Crifasi's involvement in the community led him, with the help of another person, begin the Council of Neighborhood Organization (CONO). This organization was formed to improve the community through grants and fund raising and he remained their chairman until his death. Dr. Crifasi's excellent reputation, his involvement in his community and his appointment as a

trustee for his Church drew the attention of the Maimonides Medical Center. They asked Dr. Crifasi if he would consider becoming a member of the Board of Trustees at Maimonides. He accepted and became the first and only chiropractor on the Board of Trustees for the Center.

As a practicing chiropractor for 54 years, Dr. Crifasi was a pioneer in his profession and had tremendous vision. He wanted doctors in the fields of medicine, orthopedics, neurology and alike to be able to work together with the chiropractic profession to give people quality of care throughout the country. He continued working towards this

vision even up to his passing away.

Today, his four daughters and their husbands, nine grandchildren, three great-grandchildren and a brother survive Dr. Crifasi. He now joins his beloved Madeleine in a peaceful and well-deserved rest. One of Dr. Crifasi's daughter's, Denise Perillo, eloquently stated, "We want to remember our father as a person who dedicated himself to his family, his profession, his patients, his church and his community. Lastly, we would like him to be remembered for his love for the New York Yankees. He had been an avid and devoted fan of theirs for 75 years!" He will be sorely missed by all, especially by his family who loved him dearly.

In Memory of Ralph N. Foster, D.C.

Dr. Ralph N. Foster passed away last November at the age of 90, one week after his favorite Boston Red Sox won the World Series. He was a 1938 graduate of Lincoln Chiropractic College who practiced in Fulton, N.Y. for many years until retiring in 2004. Dr. Foster would jokingly remark that he didn't practice because he already knew how. He treated thousands of patients with utmost care and with great confidence in himself and the healing power of chiropractic. Known as stubborn, opinionated, and loveable, Dr. Foster spoke his mind – if you asked a question, he always gave a straight forward answer.



Dr. Ralph Foster

Next to his family, chiropractic was Dr. Foster's sustaining love. He inspired a great number of people with whom he came in contact. Richard Falanga, DC, of Oswego was one such person. He said of Dr. Foster, "Everyone has a beacon in their life that keeps them from crashing into the rocks. Dr. Foster was my beacon." Recalling him as a "gruff man with a good sense of humor," Dr. Falanga remarked about Dr. Foster's commitment to the profession – recounting that Dr. Foster encouraged almost 40 other chiropractors to join the profession.

Dr. Falanga noted, "By any measure, Dr. Foster was successful and could look back on his life and feel satisfied without regret or unfulfilled desires."

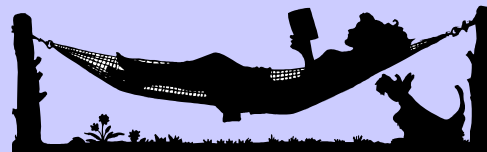
Dr. Foster was also very active in his community, serving as the city of Fulton Fire and Police Commissioner from 1950 to 1967 and as a member of the Fulton Kiwanis Club for 35 years — serving as their president in 1948. He also played a key role in the development and implementation of the Fulton Kiwanis Kidhaven and was a member of the First United Church of Fulton.

Dr. Foster, predeceased by his wife, Mary (Shaver) and son, Robert, is survived by two daughters, Carolyn Broadbent and Gretchen Rowe, son, Dr. Raymond Foster, and brother, Horace Foster. Dr. Foster is also survived by four grandchildren, five great-grandchildren, and several nieces and nephews (including former NYCC President Dr. Kenneth W. Padgett.)

Memorial contributions may be made to the Dr. Ralph N. Foster Memorial Fund, NYCC, 2360 State Route 89, Seneca Falls, NY 13148. The funding effort was kicked off by a generous donation from NYSCA's District 12.

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- **“Documentation, Standards and Guidelines,”** Instructor/facilitator Vincent F. Loia, DC, 3 CE credits, (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)
- **“Documentation, Patient Consents and Interaction,”** Instructor/facilitator Benjamin Bartolotto, BS, DC, 3 CE credits, (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)
- **“E-spine Volume I, II & III,”** Instructor/facilitator Scott Banks, DC, 2 to 4 CE credits
- **“Ergonomics: Human Computer Interface,”** Instructor/facilitator Dennis Homack, DC, 2 CE credits (online only)
- **“Ergonomics/Human Factors - Standing, Lifting, Backpacks,”** Instructor/facilitator Dennis Homack, DC, 2 CE credits (online only)
- **“Fee Splitting, Self Referrals and Kickbacks: The Latest Word of Prohibited Healthcare Arrangements,”** Instructor/facilitator Peter Van Tyle, Esq., 3 CE credits (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)
- **“Fibromyalgia,”** Instructor/facilitator Virginia Norris-Schafer, DC, MD, MBA, 3 CE credits
- **“Integrative Health Care: An Emerging Model,”** Instructor/facilitator Thomas R. Ventimiglia, DC, FACC, 3 CE credits
- **“Pathophysiology, Evaluation, and Management of Headaches,”** Modules I through VI, Instructor/facilitator Scott Banks, DC, 2 to 4 CE credits
- **“Spinal Trauma: The Rest of the Story,”** Instructor/facilitator Charles Masarsky, DC, BS, 3 CE credits
- **“Systemic Effects of the Vertebral Subluxation Complex,”** Instructor/facilitator Charles Masarsky, DC, BS, 3 CE credits
- **“Treating the Female Patient: The Menstrual Cycle,”** Instructor/facilitator Diane Benizzi DiMarco, DC, BS, 3 CE credits
- **“Treating the Female Patient: The Pregnant Female,”** Instructor/facilitator Diane Benizzi DiMarco, DC, BS, 3 CE credits (online only)

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Summer 2005

NYCC Sponsored Classroom Program Information

Cost per credit hour:	Cost per credit hour: \$20.00 Drs.; free to NYCC students (limited seating, also certain restrictions apply); 10% NYCC alumni discount
Locations:	Programs are offered via classroom or Interactive video teleconferenced (IVTC) broadcasts. Unless otherwise noted, IVTC courses are available at three locations: Depew, Levittown and Seneca Falls, NY. Host site indicated for each program.
Additional Information:	Contact T. Ventimiglia, DC, at 800-434-3955 x121, or visit website: www.nycc.edu/continuing_education.asp

3 CE Credits Courses

Offered: Thursdays (2:00pm – 5:00pm)

Solving Clinical Challenges Through Ergonomics

Instr: Dennis Homack, DC, BS

August 25 – IVTC host site – Seneca Falls, NY

4 CE Credit Courses

Documentation, Record Keeping, & Patient Consents

(Can be applied towards NYS Category 1, "Ethics, Documentation, Record Keeping and Patient Communications") (Each part 4 CE credits), Part I 9am-1pm, Part II 2pm-6pm. Each part is a standalone course and may be taken independent of the other part.

Instrs: Benjamin Bartolotto, DC, Vincent Loia, DC - July 16 – Seneca Falls, NY

Imaging & Treatment of Disc Disorders & Post Surgical Spines

(4 CE credits), 9am-1pm

Instrs: Michael Mestan, DC, Paul E. Dougherty, DC - July 17 - Seneca Falls, NY

6 CE Credit Courses

Offered: Saturdays (1:00 pm – 7:00 pm)

Cervical Spine & Upper Extremity Rehabilitation

Instr: Patricia Flynn, DC

July 30 - Levittown, NY

Ethics & Boundaries

(Can be applied towards NYS Category 1, "Ethics, Documentation, Record Keeping and Patient Communications")

Instr: Stephen Perle, DC - August 27 – IVTC host site – Levittown, NY

2 Day - 12 CE Credit Courses

Offered: Sat. 1:00 pm – 7:00 pm and

Sun. 9:00 am – 3:00 pm

Chiropractic Nutrition Certificate Program

Instr: David Seaman, DC, MS, DACBN, FACC, 3 sessions – June 25-26,

July 23-24, Sept 17-18 - IVTC – host site – Levittown, NY

(can take all 36 CE credits to earn certificate, or only one session)

Cold Laser Therapy

Instr: Virginia Norris Schaefer, DC, MD, MBA - Aug 13-14 – IVTC host site – Levittown, NY

Ethics and Boundaries: The Total Package

(Can be applied toward NYS Category 1, "Ethics, Documentation, Record Keeping and Patient Communications")

Instrs: Salvatore LaRusso, DC, Ronald Wellikoff, DC - Sept 24-25 - IVTC host site -Levittown, NY

CO-SPONSORED CLASSROOM PROGRAMS

To register or for additional information, please contact our co-sponsors at the numbers listed below. Contact NYCC only when indicated (**).

Active Release Techniques

Lower Extremity (24 CE credits) July 14-17 - St. Paul, MN; Sept 15-18– Portland, OR; **Upper Extremity** (24 CE credits) Aug 4-7 - Dallas, TX; Sept. 22-25 - Chicago, IL; **Spine** (21 CE credits) July 7-10 - Secausus, NJ; Aug 18-21 - San Jose, CA; **IRONMAN Triathlon** (12 CE credits - July 21-24 – Lake Placid, NY; Aug 25-28 – Penticton, BC, Can; Sept 8-11– Madison, WI; **Call ART at (888) 396-2727, or visit www.activerelease.com**

Acupuncture Certification

(15 CE credits each) New classes beginning Sept in Chicago, IL and Orlando, FL. Call IAMA at (800) 327-1113, or visit www.iama.edu

Applied Kinesiology

100 hr Certification Program (12.5 CE credits each session) New classes beginning Sept 10-11 - **Call Applied Kinesiology Study Institute at (973)**

334-6053, E-mail Pauls42@tellurian.com

Applied Kinesiology in Clinical Practice

The Precision Adjusting Seminar for the Master Chiropractor – Aug 13 – Levittown, NY; **Call Charles Seminars at (800) 351-5450; visit at www.charlesseminars.com**

Association of New Jersey Chiropractors

2nd Annual Convention - Meeting Challenges of Every Day Practice (12 CE credits) Sept 9-11 - Cherry Hill, NJ - Call Assn of New Jersey Chiropractors at (732) 264-4200, or visit www.anjc.info

center for POSTGRADUATE AND CONTINUING education

Certified Chiropractic Sports Physician **

10 sessions, (12 CE credits each) July 16-17 - Levittown, NY; **Sponsored by NY Sports Chiropractic; To register, call NYCC at (800) 434-3955 - Call PG Dept. if interested in taking next program beginning Oct 1-2.**

Diplomate in Neurology **

(24 CE credits each session) take 1 or all 14, can begin any session – Sept 9-11 - Des Moines, IA; Sept 9-11 - IVTC host site – Levittown, NY; Sept 23-25 - Orlando, FL; **Sponsored by Event Management Services, To register, call NYCC at (800) 434-3955, visit www.iacn.org or www.iacn.com**

Electrodiagnosis Certificate Program **

(15 CE credits each 10 Sessions) Currently underway – Levittown, NY. Call if interested in next program. **Sponsored by NDX Consultants, Call NYCC at (800) 434-3955**

EMG Certificate and Electrodiagnosis

(15 CE credits each) - 10 Sessions – Currently underway – King of Prussia, PA. Call regarding dates for next program - King of Prussia, PA; **Call Expert Clinical Benchmarks at (800) 814-8712, or visit www.expertclinicalbenchmarks.com**

ISSA Certified Fitness Trainer

(12 CE credits, 3CE credits in Ethics) – July 16-17 – Ft. Lauderdale, FL; Levittown, NY; July 23-24 – NY, NY; Aug 13-14 – Atlanta, GA; Pittsburg, PA; Aug 20-21 – Chicago, IL; Aug 27-28; LI, NY; Sept 17-18 – Tulsa, OK **Call ISSA at (800) 892-477-4772, or visit www.fitnesseducation.com**

Graston Technique

(12 CE credits) MI & MII –Sept 17-18 – Newark, NJ; **Call Graston Technique at (866) 926-2828 or visit www.grastontechnique.com**

Sacro-Occipital Technique

(12 CE credits all programs) Cranial II – Level I - Aug 6-7–Levittown, NY **Call SOTO-USA at (781) 237-6673, or visit www.soto-usa.org**

Scoliosis Certificate Program **

(12 CE credits) Module 1 – August 20-21 - Levittown, NY; For future dates check with Scoliosis Systems **To register, however, call NYCC at (800) 434-3955, or visit www.nstllc.com**

Shiatsu (Finger Pressure Therapy)

(18 CE credits) Aug 25-28 - Boca Chica, Dominican Republic **Call Gil Weiner, DC at (787) 783-3253**

**Select co-sponsored program where the registration is being handled by NYCC. All other programs, contact co-sponsor to register.

ON-GOING CO-SPONSORED ON-LINE PROGRAMS

Applied Pharmacology for the Chiropractor

A series of 8 on-line lectures. (2 CE credits each)
For details visit <http://www.brightcourse.com>

International Sports Sciences Association (ISSA) Seminars

(2, 3, 4, or 12 CE credit courses) including Body Composition Assessment: Essential Tools for Building Healthy; Eating Disorders 101; Hormones and Exercise; Interval Training for Fitness and Endurance Performance: Theory and Practice; ISSA Certified Fitness Trainer; Physiology of Resistance
Call ISSA at (800) 892-ISSA ext. 169 www.fitnesseducation.com

Risk Management of Sexual Harassment in the Office and on Campus

(1 CE credit) - Visit <http://www.brightcourse.com> for details and module description – (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)

For a complete listing of types of programs, be sure to visit the New York Chiropractic College website at [http://www.nycc.edu_\(Post-Graduate\)](http://www.nycc.edu_(Post-Graduate))

NEWS FROM NYCC ALUMNI OFFICE

Unity Day and Reunion Weekend

Seneca Falls, NY - July 15-17, 2005
Contact: Diane Zink, (315) 568-3087

EDUCATIONAL PROGRAMS OFFERED

Documentation, Record Keeping and Patient Consents

(Can be applied toward NYS category 1, “Ethics, Documentation, Record Keeping and Patient Communications”); Part I 9am-1pm, Part II 2pm-6pm; Each part is a single stand-alone course and may be taken independent of the other part (Each part 4 CE credits) July 16
Instr: Benjamin Bartolotto, DC, Vincent Loia, DC

Imaging & Treatment of Disc Disorders & Post Surgical Spines

9am-1pm (4 CE credits) July 17
Instr: Michael Mestan, DC, Paul Dougherty, DC

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Career Tips for Practicing “Afar”

by Sue Pittenger, M.S.Ed., Director

Does the thought of practicing chiropractic in faraway places and exotic locales appeal to you? If so, you are not alone. Many doctors of chiropractic consider combining career with travel and living in different cultures. And while this may be the perfect practice arrangement for some, the decision to live and work in other countries far away from home is not one to be taken lightly. Here are some important points to consider when making a decision to practice in another country.



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

Points to Consider Before Packing

Where do you want to go? While the Caribbean islands are an attractive vacation destination, would you be happy living there? The Chiropractic Diplomatic Corps (CDC), an organization dedicated to promoting chiropractic around the world, recommends that you choose a place where you feel a common bond. According to the CDC, 76 countries have only a few doctors of chiropractic to serve a large population of prospective patients. One hundred fifty countries have no doctors of chiropractic; of those, 120 are unable to support chiropractic practice due to size, poverty, or unstable political situations. The CDC suggests that you first travel or volunteer on a healthcare mission to the country of interest.

How is Chiropractic Received?

Determining the status of the chiropractic profession in your country of interest is of paramount importance. According to the CDC, chiropractic is only well-established in the United States, Canada and Australia, but is developing in places throughout northern Europe and South Africa. The organization has identified 37 countries that recognize and regulate chiropractic practice and defines four scenarios you may encounter regarding legal requirements for practice:

• **Fully legal** – In these countries, a chiropractic scope of practice has been defined and licensure is required for practice. As mentioned above, 37 countries have attained this level of practice. Contact the country’s regulatory agency for information about licensure requirements.

• **Somewhat legal** – No licensure requirements or scope of practice have been defined, but it is legal to practice with a chiropractic diploma.

• **Not illegal** – In these countries, the chiropractic profession is neither recognized nor prohibited by law. Doctors may need only to meet the laws that apply to residential and business ownership in order to practice; however, the lack of any regulation may leave them open to legal difficulties resulting from various interpretations about what they are

– or are not – allowed to do in practice, especially in countries without a chiropractic association.

• **Illegal** – Chiropractic may not be practiced legally in these countries.

Immigration Matters

Another important topic to investigate is the immigration process and your ability to obtain a work visa. All countries have an established process in place that you must follow in order to enter and work there. This often involves being sponsored by either a prospective employer or a family member. Many countries publish their requirements for immigration and work visas on the Internet. Also, contact the U.S. Embassy or that nation’s consulate for information on these requirements.

Some countries require citizenship in order to own a business, so you may only work as an associate. The traditional, solo style of chiropractic practice is most commonly found throughout the world, yet group practices consisting of two or more DCs are also becoming popular. Just as integrative practice is becoming more accepted here in the States, it is gaining similar recognition in other countries. Opportunities to work in medical or government-funded clinics are growing as well.

People interested in pursuing opportunities in foreign countries might peruse CDC’s excellent, downloadable booklet, “TOPIC” (Tips On Practicing International Chiropractic) at www.chiropracticdiplomatic.com. Also, visit the Career Development Center’s career opportunities database at www.nycc.edu/cdconline for a list of practice opportunities all around the world!

11 of Them WILL ALREADY THINK You're Guilty

IT'S A FACT:

Only 8% of Americans seek chiropractic care. That means when you find yourself in court facing a jury of your "peers," 11 out of 12 of those jury members have never been to a D.C. ... probably don't understand chiropractic ... and some may even have a **bias** against you *before you tell your side of the story.*



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Do you currently have malpractice coverage? Yes No
If "yes," when does your coverage renew? Month _____ Year _____
Name of company _____

Class of '76

Louis E. Bisogni, D.C., participated in a 100-mile bike ride on June 5, 2005 around Lake Tahoe in Nevada to raise funds for the Leukemia/Lymphoma Society; in particular for a 13 year old girl named Nicole Gioia, and in memory of his mother who died from Lymphoma. His address is 12 Old Mamaroneck Road, White Plains, NY 10605 and his phone number is 914-276-4200.

Maxwell I. Tuman, D.C., retired from chiropractic in 1993 and has turned a life-long hobby of photography into a second career. He now travels all over the county photographing various events and people. He and his wife Dorothy live on a small ranch in central California near San Luis Obispo and would love to hear from any of Dr. Tuman's former NYCC classmates at tmanfoto@aol.com.

Class of '84

Frank W. Scholz, D.C., moved to a new building in October 2004. His new address is 2430 South Bay St., Eustis, FL 32726. His phone number is 352-589-8500.

Class of '88

Donald R. Murphy, D.C., recently received a promotion to Clinical Assistant Professor of the Department of Community Health at Brown University School of Medicine. Dr. Murphy has taught at Brown Med for six years, teaching a variety of courses including History Taking, Epidemiology and various courses on Spinal

Pain. He also has medical students and residents rotate through his clinic. In addition, he has a regular Chiropractic Externship that is available to NYCC students. He is located at Rhode Island Spine Center, 600 Pawtucket Ave., Pawtucket, RI 02830 and his phone number is 401-728-2200.

Class of '89

David J. Madeira, D.C., was awarded the Chiropractor of the Year 2004 for his outstanding service to the profession. He currently serves on the Pennsylvania Chiropractic Association board, is a member of the American Chiropractic Association and the Christian Chiropractic Association. His private practice, The Better Health Center, is located at 1172 Memorial Highway, Dallas, PA 18612. His phone number is 570-675-4775.

Class of '95

Richard Strunk, D.C., is enrolled in a Clinical Research master's degree program at Palmer College of Chiropractic. He plans to focus in the areas of clinical epidemiology and outcomes research. His address is 2648 N. Ripley Street, Davenport, IA 52803 and his phone number is 563-324-3737. His e-mail address is richard.strunk@palmer.edu.

Class of '97

Christopher Anselmi, D.C., and his wife Donna are expecting a child in June. Dr. Anselmi is currently in practice in Manhattan and is the personal chiropractor for the Knicks at Madi-

son Square Garden. His address is 357 W. 55th Street, #4H, New York, NY. His phone number is 212-475-8104.

Class of '98

Sheila Sanders, D.C., relocated to Jamestown with her family in March and opened a new office, Advanced Family Chiropractic, 512 West Third Street, Suite 104, Jamestown, NY 14747. Her phone number is 716-488-9604 and her e-mail address is smsandersdc@hotmail.com.

Dominic Cirigliano, D.C., moved his practice to his hometown of Goshen and transformed it into a multidisciplinary wellness center. In addition to chiropractic care, ChiroFit Wellness Center offers Active Release Technique, biofeedback, reiki, reflexology, massage, esthetics and hypnotherapy. ChiroFit will soon offer pilates, stretching and qi gong. It is located at 2527 Route 17M, Goshen, NY. Dr. Cirigliano's phone number is 845-294-4402.

Class of '99

Mike Rupert, R.T., D.C., announces the opening of Rupert Chiropractic Clinic, 1001 McKean Avenue, Charleroi, PA 15022. His phone number is 724-483-4242 and his e-mail address is rupertchiro@yahoo.com.

Jeffrey Zappia, D.C., recently opened a chiropractic office at 13195 Broadway in Alden, NY.

Class of '02

Todd Patterson, D.C., and Natalie McDonald, D.C., recently became engaged and are planning a 2006 wedding. Dr. Patterson is pleased to announce the opening of a second location of Complete Wellness Chiropractic, Unit 3, 235 Starwood Drive, Guelph, Ontario. His e-mail address is wcpatterson@hotmail.com and his phone number is 519-763-8855.

Cory A. Pike, D.C., and Keri Lyn Whitehouse were married July 24, 2004. Dr. White is practicing at Onion River Chiropractic in Winooski, VT.

Class of '03

Susan Striegler, D.C., recently opened Gentle Hands Family Chiropractic, 22 Carlile Avenue, Utica, NY. Her phone number is 315-733-7770.

Class of '04

Bao Thai Vo, D.C., married Teresa Gabel on October 9, 2004. They are expecting their first child, Allison Vo, in July. Dr. Vo owns a cash practice in McLean, VA. His business address is 6830 Elm Street, Suite #6, McLean, VA 22101. His phone number is 703-725-1668.

Jeremy D. Fieni, D.C., is associating with **George Fraudin, D.C., (Class of '82)** at Advanced Chiropractic in Pittsburgh, PA.

Benjamin Shultz, D.C., has joined Allegheny Health and Rehabilitation Center, Brackneridge, PA.

Have You Consolidated Your Student Loans Yet?



Ed-Invest's Health Professions Consolidation Center (HPCC) can determine if consolidation is right for you. Ed-Invest's staff has assisted chiropractic colleges, students, and graduates for more than a decade, and, in partnership with the Association of Chiropractic Colleges (ACC), is also the provider of the ACC Student Loan Program. With consolidation you can:

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What's News?

Your fellow alumni want to know! Share your personal and professional successes with us—marriages, births, awards, achievements and professional advancement. Mail the form below to: Executive Director of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800, fax: 315-568-3153, call: 315-568-3146 or e-mail: pvantyle@nycc.edu.

Name _____

Name while at NYCC _____

Phone No. (Office) _____ Month/Year Graduation _____

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My News _____

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