



Transitions **Transitions**

November/December 2005



'Tis the Season...



D/omack
©2005

“My husband and I ride Harleys® and BIOFREEZE® sets us free!”



*Making
BIOFREEZE®
available to
your patients
to manage
their conditions
between visits is...
POWERFUL
healthcare
EFFECTIVE
patient care
PROFITABLE
practice building*

BIOFREEZE® is honored to be endorsed by:



Proud participant of:



BIOFREEZE® is A
Supporting Member

Dear Mr. Cox,

What follows is how I feel about the use of your product.

BIOFREEZE SETS ME FREE:

My husband is 47 and I am 51 and we lead extremely active lives. We both now find the use of Biofreeze the key toward “just moving” on some days. In 1972, I took a fall in Karate and had to have a disk removed in my lower back. Since that time, I have never really been pain-less, or awakened minus stiffness. In addition, I am a writer with several columns, feature work and a magazine to edit. Sitting for hours at the computer tightens my shoulder muscles. What follows is a horrible, painful headache that ultimately affects my vision and concentration.

Exercise is usually the key for people with my kind of “computeritis.” But it takes time to work out the kinks before productive exercise can begin. One small application of Biofreeze goes to work immediately. It relieves the pain, which in turn allows me to exercise enough to release the tight muscles - which releases the headache - which makes me feel ready to roll. (Whew!) The vicious cycle is broken.

But, that’s not all. I now suffer degenerating arthritis in 3 neck disks. Not so bad by itself, but my husband and I ride Harley-Davidson motorcycles. It’s a new adventure for me and I hate to miss a day on my Sportster. However, at the end of a 500 mile trip, I hit the bed with all of the above pains and worry over how I’ll make it home the next day. On my last ride through the Blue Ridge Mountains, I carried my Biofreeze. The next morning, I used it before “suiting” up. And even though the day was a miserable arthritic’s hell (wet, cold), I felt fine. Just wanted to share with you the reason I can’t live without Biofreeze.

Sincerely,

Pam Mann

Steve and Pam Mann

**Performance Health does not sell
BIOFREEZE® to retail stores.**

For more information about BIOFREEZE® and our **Complimentary Patient Education Program**, please give us a call at: **1-800-BIOFREEZE (1-800-246-3733)**

Mention Code: NYCC

PerformanceHealth™

HEALTH & WELLNESS PRODUCTS

Performance Health Inc., 1017 Boyd Rd., Export, PA 15632
1-800-BIOFREEZE (1-800-246-3733) • health@biofreeze.com • www.biofreeze.com
International inquiries call 1-724-733-9500 or export@biofreeze.com





Dr. Frank J. Nicchi
President

The Spirit of Giving...

The holiday season is fast approaching, bringing with it memories of past years and the promise of the future.

Looking ahead...

New York Chiropractic College has grown and is currently flourishing. The first-trimester D.C. class is the largest in recent memory. The Acupuncture and Oriental Medicine program has become an integral part of NYCC's academic community and is embraced as an important part of our mission to prepare professionals who will practice in a world characterized by integrative healthcare. The caliber of our applicants suggests a very promising future for this institution and for the CAM professions, generally.

Gifts...

As we celebrate with family and friends, we mark the occasion with gifts. This year, when you make out your gift list, please consider making a gift to the future of New York Chiropractic College. Your contribution, whether a one-time donation or an ongoing endowment, helps to create valuable opportunities for our student body and generates significant returns for our practitioners.

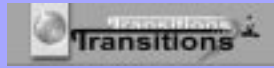
Consider including NYCC in your will. This could be the perfect way to give something back to the school – helping to ensure that future generations of D.C. and AOM students achieve their goals, as we expand our research and inform the general population about CAM's many benefits.

Stress...

Though the holidays clearly generate joy, too often they lend additional stresses to our demanding lives. Students undergo the pressures of academic rigor. The workplace brings its own brand of frustrations. The anxiety involved in creating "the perfect holiday" can be overwhelming! Fortunately, coping with stress and its effect on our health is the focus of this issue of *Transitions*. Enjoy the articles and learn not only how stress impacts our lives, but also how to relieve its ravages.

My sincere wishes go out to you and to your loved ones for a healthy, happy and "stress-free" holiday season. May you be blessed with happy times together, and with good health throughout the season and the coming year.

New York Chiropractic College
2360 State Route 89
Seneca Falls, NY 13148-0800



November/December 2005

Public Affairs Office
(315) 568-3146
e-mail: pvantyle@nycc.edu

Editor/Executive Director of Institutional Advancement

Peter Van Tyle

Advisor/Designer

Peggy Van Kirk

Editing Associate

Vicki Baroody

Cover/Illustrations

Dennis Homack, D.C., '97

Writers

Jessica Gregory

Kathryn Hadley

Photography

Bernie Cecchini

Morris Houghton

Val D'Ottavio

Eoin Gregory

Research Assistant

Carol Simolo

Student Contributors

Paul Blackledge

Stephanie Brown

Val D'Ottavio

Eoin Gregory

Spectrum

Frank S. Lizzio, D.C., '80

NYCC Alumni President

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

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

TRANSITIONS is published six times a year.

INSIDE THIS ISSUE

President's Council.....	5-7
Convocation.....	10-11
Series Introduction - Stress: Thoughts Turned Physical	12-14
Academic Spotlight	16
Faculty Spotlight.....	17
News Briefs	21-23
Spectrum.....	24-25
What's News	26-27
Postgraduate and Continuing Education.....	28-30

NYCC Remembers Dr. Helene Rebenklau

(And Thanks Dr. Rebenklau for Remembering NYCC)

1907 - 2005

Dr. Helene Rebenklau was born in New York City February 8, 1907, and grew up in Manhattan. While employed as a bookkeeper, she sought assistance from a chiropractor for relief from adhesions following an appendectomy. Inspired by the power of chiropractic, she put herself through Columbia Institute of Chiropractic (NYCC's founding institution) and graduated in December of 1939. In 1964, New York State conferred her license to practice as a chiropractor, after the profession was legally recognized in the early '60s.



Helene Rebenklau, D.C.

Dr. Rebenklau practiced exclusively in Manhattan until the late 1950s. She then moved to Long Island and opened a practice there while maintaining her Manhattan practice. Her niece, Joan Randall, recalled her aunt's care for her as a student in nursing school: "It required two buses and a train to get from New Jersey to her office in Manhattan, but she literally kept me in school. If it weren't for her generous, loving care, I would never have reached my dream of being a nurse." Doris Siller, Dr. Rebenklau's niece and goddaughter, remembers that "she lived her life for the betterment of chiropractic and never missed the opportunity to extol the message of healing through chiropractic." As a

leader in the profession, Dr. Rebenklau was a charter member of the American Chiropractic Association and a founding member of the Chiropractic Pioneers Society.

In 1969, Dr. Rebenklau retired and moved to Tamarac, Fla., where she continued to be active in civic affairs in her community and enjoyed traveling. In 1991, she sold her house and moved to Good Samaritan Village in Kissimmee, Fla., where she remained until her death this year at age 98.

Ms. Siller remembers Dr. Rebenklau as an intelligent and astute woman who was determined in her beliefs. "She enjoyed reading and learning about many subjects,

including current events and all things chiropractic." Ms. Siller also remembers her aunt's priority to keep fit, commenting, "Even when she was well into her 90s, she never missed a day of exercise and stretching. She was proud of how many miles she had logged on her exercise bicycle."

Gifts to the NYCC Heritage Society help deserving students embark on rewarding and successful careers. Planned gifts provide a way for you to create a legacy of learning for the College, while helping to strengthen our mission of advancing the science of wellness for generations to come. Heritage Society giving options that name NYCC as a beneficiary include bequests, real estate, retirement assets, and more. If you have any questions about the NYCC Heritage Society, please contact Peter Van Tyle at 1-800-234-6922, ext. 3146, or by e-mail at pvantyle@nycc.edu.

Just as she was generous to her patients, Dr. Rebenklau was benevolent in her charity bequests. NYCC recognizes Dr. Rebenklau for her unwavering dedication to the chiropractic profession and her generous contribution to the College.

NYCC and NYSCA District 12 Honor the Memory of Dr. Ralph Foster



Dr. Brett Tallents, Past NYSCA President; Dr. Frank Perkins, NYSCA Treasurer; Dr. Jonathan Falanga, NYSCA President; and NYCC President Dr. Frank J. Nicchi

The NYSCA District 12 and New York Chiropractic College honor the memory of Ralph N. Foster, DC, whose unique character, passion for chiropractic and caring treatment for patients from 1938 to 2004 demonstrated a lasting and distinguished legacy of healing.

Paying Tribute to President's Council Members: Dr. & Mrs. G. Lansing Blackshaw

President's Council: Dr. and Mrs. G. Lansing Blackshaw

Dr. G. Lansing (Lance) Blackshaw served as NYCC's executive vice president and provost for nearly a decade until his retirement in August 2004. Now provost emeritus, he was appointed to the board of trustees in October 2005. He and Molly, his wife of 50 years, have been President's Council members since 1995.

Dr. Blackshaw gives three reasons for supporting the College: "First, a gift supports the ongoing activities of the College by providing revenue to the operating budget. Second, it concretely represents my belief and confidence that NYCC is doing good and proper things. Third, it provides me with the satisfaction that I've been able to help."

Growing up on Long Island, Blackshaw attended Hofstra University and earned a bachelor's degree in physics. He later attended North Carolina State University, where he earned a master's degree in physics and a doctorate in nuclear engineering with a minor in mathematics. The Blackshaws have three children in their 40s and two teenage grandsons; and enjoy music, traveling, reading, watching baseball, and being involved in community service activities. Of family, friends and professional colleagues, he says, "I am grateful they have allowed me to pursue my professional life and interests in ways that felt comfortable and rewarding for me." Dr. Blackshaw also received support from his parents and Molly, who encouraged him to do what he believed was best. He credits Dr. Raymond L. Murray, head of the Nuclear Engineering Department at N.C. State and a nuclear



Dr. Lance and Molly Blackshaw

engineering education pioneer, with being a role model. Ray Murray demonstrated "how to provide quality classroom instruction in engineering and mathematics, and how to persevere in research and other professional endeavors when the going got tough and where it sometimes seemed impossible to make progress."

Dr. Blackshaw is proud of NYCC, particularly with regard to its dedication as a leader in integrative health care education and practice. He says, "In simple terms, I see NYCC as the foremost institution best

positioned to show the way with respect to the academic and professional preparation of chiropractors and acupuncturists. The College is committed to promoting and delivering quality patient care in an interdisciplinary environment." Dr. Blackshaw also foresees a positive future for complementary healthcare. "I see chiropractic and acupuncture becoming increasingly embraced by the public as first point of contact and treatment modalities of choice, and gaining continuous acceptance by mainstream healthcare practitioners for providing valued services to patients."

Dr. Blackshaw concludes, "Being able to support and work at NYCC, and interact with faculty and staff colleagues during much of the institution's life and evolution during the past 10 years, has been one of the supremely rewarding experiences of my life." We feel equally rewarded to have you on our team. Thanks, Dr. and Mrs. Blackshaw!

"Being able to support and work at NYCC, and interact with faculty and staff colleagues during much of the institution's life and evolution during the past 10 years, has been one of the supremely rewarding experiences of my life."



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.

President's Council

\$2,500 or more
Dr. & Mrs. Richard E. Carnival*
New York, NY
Dr. Glenn '94 and
Dr. Christine '94 Foss
Riverdale, NJ
Dr. & Mrs. Frank J. Nicchi '78
Seneca Falls, NY
Mrs. Kenneth Rogers
in Memory of Kenneth Rogers
Seneca Falls, NY

\$1,500-\$2,499
Dr. Robert A. Crocker, Jr.*
North Babylon, NY
Drs. George & Teresa Ngo '72
Garfield, NJ
Dr. & Mrs. John P. Rosa '92*
Rockville, MD
Dr. Charles R. Solano '67 &
Dr. Peggy Grabinski-Solano
Yonkers, NY

\$1,000 to \$1,499
Dr. Donald S. Allen
Canandaigua, NY
Mr. & Mrs. Sean Anglim
Seneca Falls, NY
Dr. William Atherton
North Miami Beach, FL
Dr. Brett Axelrod '91
Elmsford, NY
Dr. Raymond Bartoli '95
Brooklyn, NY
Dr. Lewis J. '78 &
Dr. Olga Gazonas '83 Bazakas*
Valley Stream, NY &
Long Island City, NY

Mr. & Mrs. John E. Becker II
Waterloo, NY
Dr. Joan Benko '81
Palm Harbor, FL
Dr. & Mrs. G. Lansing Blackshaw*
Belfast, ME
Bond, Schoeneck & King, L.L.P.
Syracuse, NY
Dr. Susan Bradley '94
New York, NY
Mr. Eugene B. Bradshaw
Seneca Falls, NY
Dr. Barry Burak '78
Miami, FL
C. H. Insurance
Syracuse, NY
Dr. Louis Catapano '85
Rochester, NY
Cayuga Press of Ithaca
Ithaca, NY
Dr. David Cuccia '80
Syosset, NY
Dale Surgical Professional Supply
(Joseph S. Ruggirello, President)
Bohemia, NY
Dr. Robert Daley*
New Hyde Park, NY
Dr. Gregory DeMaille '92 and
Dr. Susan DeMaille '96
Frederick, MD
Dr. & Mrs. Thomas DeVita '75*
Acton, MA
Dr. Mary DiDio '88*
Huntington Station, NY
Mrs. Diane C. Dixon
Syracuse, NY
Dr. Joseph S. Ferezy
West Des Moines, IA
Dr. & Mrs. Peter D. Ferguson*
N. Canton, OH

Dr. Margaret M. Finn '92
Geneva, NY
Foot Levelers, Inc.
Roanoke, VA
Dr. Lillian M. Ford '85
Geneva, NY
Dr. & Mrs. Arnold E. Forster '60
Great Neck, NY
Mr. & Mrs. David Hamblett
Johnson City, NY
Dr. Sylvia Heyman '89*
& Mr. David Heyman
New York, NY
Dr. Joseph L. Hoffman, P.C. '78
Roswell, GA
Dr. & Mrs. Herbert R. Holden
Seneca Falls, NY
Dr. Lawrence M. '78 &
Mrs. Carol Jack
Sacramento, CA
Dr. & Mrs. Robert A. Jarmain
New York, NY
Dr. & Mrs. Eric S. Kaplan '78
North Palm Beach, FL
Mr. & Mrs. Robert E. Kernan, Jr.*
Seneca Falls, NY
Mr. Peter & Mrs. Gretchen Koch
Seneca Falls, NY
LSV Management
Chicago, IL
Dr. & Mrs. Salvatore D. LaRusso '78
Wellington, FL
Mr. & Mrs. H. Russel Lemcke
Falmouth, MA
Dr. Lester Levine '74
Longwood, FL
Dr. Jeffrey Lewin '89
Coral Springs, FL
Dr. Frank S. Lizzio '80
Parkchester, NY



President's Council

- Dr. Joseph J. Lombino '84**
Monroe, NY
- Dr. Ronald G. Manoni '81**
Danbury, CT
- Dr. Joseph A. Mascaro '84**
Niantic, CT
- Mason Selkowitz McDermott**
Penfield, NY
- Ms. Mary Jo Maydew***
South Hadley, MA
- Dr. Robert Mastronardi***
Warrick, RI
- Mr. & Mrs. Walter McCarthy***
Sandy Hook, CT
- Dr. & Mrs. George B. McClelland**
Christiansburg, VA
- Dr. & Mrs. J. Clay McDonald**
Seneca Falls, NY
- Mr. Henry Melchor & Mrs. Jacqueline Robinson-Melchor**
Syracuse, NY
- Dr. & Mrs. Tyran Mincey '98***
Montclair, NJ
- Dr. & Mrs. William Murphy '78**
Jupiter, FL
- Dr. Serge Nerli '83***
Fresh Meadows, NY
- Dr. & Mrs. Kenneth W. Padgett**
Romulus, NY
- Dr. Richard & Dr. Maria Pashayan '82**
Garden City, NY
- Dr. and Mrs. Gregori S. Pasqua**
Mamaroneck, NY
- Dr. & Mrs. Valerio A. Pasqua***
Larchmont, NY
- Pricewaterhouse Coopers**
Syracuse, NY
- Prime, Buchholz & Associates, Inc.**
Portsmouth, NH
- Dr. Robert C. Reiss '85**
Yorktown Heights, NY
- Dr. Michael J. Rodriguez '78**
Ormond Beach, FL

Mr. & Mrs. Brien Rogers

Romulus, NY

Dr. Rick Rosa '96 & Dr. Dina Tagliareni-Rosa '97

Alexandria, VA

Dr. & Mrs. Robert A. Rowe '92

Annapolis, MD

Dr. Mark L. Sanna '87

Weston, FL

Dr. Philip T. Santiago '78

Lake Hiawatha, NJ

Seneca Meadows, Inc.

Waterloo, NY

Dr. & Mrs. Roy H. Siegel '77

New York, NY

Sodexo Marriott

Baldwinsville, NY

Mr. George G. & Mrs. Susan Souhan**

Romulus, NY

Dr. & Mrs. Scott N. Surasky '81*

Great Neck, NY

Dr. Peter Szakacs '78

Wesley Chapel, FL

Mrs. Robert Tarnow

Naples, FL

Dr. & Mrs. Lee Van Dusen

Seneca Falls, NY

Dr. & Mrs. Thomas R. Ventimiglia '80

Woodhaven, NY

Dr. Andrew S. Wasserman '82

Coral Springs, FL

Wilson Press

Seneca Falls, NY

Dr. Wayne M. Winnick '81

New York, NY

Corporate Support

Platinum Sponsor

Ed-Invest

Foot Levelers

Gold Sponsor

NCMIC

Seneca Meadows - IESI

Silver Sponsor

Lloyd Table Company

Giving Campaigns

Scholarships

- Dr. Kenneth W. Padgett
funded by NYCC Alumni Association
- Dr. Michael A. Hoyt '78
- Dr. George '49 & Frances Koenig

Memorial Scholarships

- Dr. Jack DiBenedetto
- Dr. William & Florence Crowther
- Dr. Wendy Fein '77
- Dr. Marvin B. Sosnik
- Dr. Walter L. Vaughn

Heritage Society

- Dr. Art Kellenberger '78
- Dr. I. Richard '55 & Edna S. Osder
- Helene Rebenklau, D.C. '39

Memorials

In Memory of Dr. William Hynan

- Mrs. William Hynan
- Dr. & Mrs. Kenneth W. Padgett
- Dr. & Mrs. Valerio A. Pasqua*

Memorials

In memory of Dr. Frank Cartica '79

- Dr. Robert A. Crocker, Jr.*
- Dr. Sylvia Heyman '89* & Mr. David Heyman
- Dr. Serge Nerli*
- Dr. & Mrs. Valerio A. Pasqua*

Annual Fund (\$500 or more)

- Dr. Terry R. Yochum
- Dr. Duane R. Sadula '88
- Drs. Andrew '00 & Andrea '00 Williamson

***Board of Trustees Members**

****Deceased**

“The college has sure come a long way since our days in Long Island as hopeful doctors of chiropractic. NYCC is without question a tremendous source of pride for all those individuals associated with the school, both past and present.”

Dr. Michael J. Bartell, DC, NYCC '77
Upon visiting campus with his family
September 23, 2005

The **Ernest G. Napolitano**
Philosophy Lecture Series Institute



**I Want to Help Fund the Future of
Our Holistic Philosophy.**

The **NYCC Heritage Society**
Leave a Legacy of Learning.



Become a Legend.

Shape history and create the future . . . of NYCC. Your membership in the NYCC Heritage Society ensures that your voice and values will be part of your legacy at NYCC.

Tell me more about making a planned gift to NYCC. My giving interests include (please check all that apply):

- Bequests
- Life Insurance
- Real Estate
- Stocks, Bonds and Mutual Funds
- Retirements Assets
 - IRs, 402Ks, 403Bs and Annuities
- Charitable gift annuities

I CAN MAKE A DIFFERENCE - HERE'S MY GIFT TO NYCC

President's Council

- \$5,000
- \$2,500
- \$1,000

Annual Fund*

\$_____

Napolitano Campaign

\$_____

Heritage Society

- Please send me more information.
- I am a member.

**Annual Fund contributions of \$1,000 or more qualify you for President's Council membership.*

Name _____ Date _____

Address _____

City/State/Zip _____ Phone No. _____

Method of payment: Check (payable to NYCC) VISA MasterCard Discover

Credit Card # _____ Expiration Date _____

Contributions of \$1,000 or more can be charged:

- Lump Sum
- Semi-Annually
- Quarterly
- Monthly



**TO MAKE A GIFT BY PHONE/FAX OR
FOR MORE INFORMATION CALL:**
1-800-234-6922 (Ext. 3151)
315-568-3153 (FAX)

**TO MAKE A GIFT ONLINE
VISIT OUR WEB SITE:**
[https://www.nycc.edu/
giving/give.html](https://www.nycc.edu/giving/give.html)

MAIL FORM/CHECKS TO:
New York Chiropractic College
Attention: Jill Henry
2360 State Route 89
Seneca Falls, NY 13148

Convocation 2005

by Val D'Ottavio, Student Writer

With many students, faculty and staff in attendance, NYCC held its 10th annual convocation ceremony Thursday, September 22, in the Delavan Theater. In the true tradition of the ceremony, the campus community gathered to honor the faculty, students and staff who pursue excellence in all aspects of their College experience. Students renewed their commitment to integrity and professionalism by reciting the Aspirational Code.

Guest speaker Mariangela Penna, D.C., a 1986 NYCC graduate, recently elected president of the New York State Chiropractic Association, talked about some of the challenges our current healthcare is experiencing. A member of NYSCA since 1986, Dr. Penna has held a seat on its board of directors for the past 10 years and served as vice president from 2001 to 2005. She has taught a number of classes for NYCC's Postgraduate and Continuing Education programs at the Levittown Health Center. In addition to managing her own private practice in Bayside, N.Y., Dr. Penna is a full-time wife and mother. She remarked how times had changed for chiropractic and acupuncture students, and commended the College for having led the integrated healthcare movement.

Winners of the Professional Excellence in Chiropractic and Acupuncture awards were selected by the students. Recipients were faculty members who demonstrated leadership on campus and throughout the profession, namely: Maggie Finn, D.C., R.N., and Jason Wright, L.Ac., pictured with Student Government Association (SGA) officers Aaron Curtiss (vice president), Christa Whiteman (president) and Meghan Cragg (secretary-treasurer), without whose efforts the convocation would not have been such a success. They had an integral part in both the layout and execution of the ceremony. In presenting Dr. Finn's award, Christa said, "The recipient not only brings teaching excellence, but is ready with a quick smile, true



*Dr. Mariangela Penna '86
(Guest Speaker)*

wit, and genuine compassion for all." She made note of Professor Wright's unique and vast knowledge of herbal medicines, adding, "He was the key creator of the herbal medicine dispensary located at the Seneca Falls Health Center. In respect of the global environment, this individual also converted the engine of his vehicle to run on vegetable oil!"

The Faculty Excellence Award in Teaching was awarded to Darlene Easton, L.Ac., for her contributions as a clinic supervisor at the Seneca Falls Health Center and at Monroe Community Hospital, where she is responsible for both patient care and student training in acupuncture and Oriental medicine. Easton is also a coordinator of the Women's Health Symposia, has recently developed a China Abroad Program for the AOM students, and is an authorized Clean Needle Technique instructor.

Dr. J. Russell Ebbets received the Faculty Excellence Award in Practice and Professional Service for having expanded the NYCC sports program. In addition to maintaining a private practice in Union Springs, N.Y., Dr. Ebbets serves as the editor of and writer for Track Coach. This past summer, Dr. Ebbets served as the national team chiropractor at the 10th International Association of Athletics Federations World Championships in Track and Field.

The Faculty Excellence Award in Citizenship was presented to Dr. Dennis Homack, former vice president of the Faculty Senate

and an active participant in many College committees, including the Open Adjusting Task Force and the Academic Affairs Committee. Dr. Homack has offered his talents for the highly praised cover artwork and graphics for *Transitions* magazine, for various school fund raisers, and for creating a short movie depicting the Napolitano Lecture Series Institute fund-raising campaign.

Two full-time administrative staff members were also recognized for their "excep-



(L to R) SGA Vice President Aaron Curtiss, 4th trimester; Maggie Finn, D.C., R.N.; Jason Wright, L.Ac.; SGA President Christa Whiteman, 5th trimester; and SGA Secretary-Treasurer Meghan Cragg, 4th trimester

Continued on next page

Senator Schumer On Campus

Dr. Nicchi presented Senator Charles Schumer with an NYCC sweatshirt during his recent visit to the campus for a “Town Hall” meeting. Sponsored by the Seneca County Chamber of Commerce, the event drew students, faculty, staff, and several members of the business community.



(L to R) NYCC President Dr. Frank J. Nicchi and Senator Chuck Schumer of New York

Senator Clinton Inducted into National Women’s Hall of Fame

Senator Hillary Rodham Clinton was inducted into the National Women’s Hall of Fame located in Seneca Falls, N.Y., during ceremonies held at NYCC’s Athletic Center on October 8. She and former President William J. Clinton posed for this photo with Dr. and Mrs. Nicchi.



(L to R) Mrs. Carol Nicchi, NYCC President Dr. Frank J. Nicchi, Senator Hillary Rodham Clinton and former President William Clinton

Convocation 2005 *(Continued from previous page)*

tional performance, extremely high customer service qualities, leadership, and service to NYCC.” Shelley Stuck, who has worked for NYCC for the past 14 years, is currently the systems administrator in the Informational Technology Department. Fellow employees who nominated her wrote, “She is definitely an asset to NYCC, and we are lucky to have her!” Kathy Robson has worked for the registrar’s office for 10 years and was recently promoted to the position of assistant registrar. She has consistently offered her services for Unity Day, open house, orientation

and commencement. Those who nominated her described her as “extremely helpful and friendly, understanding and kind.”

Student of the Year Grove L. Higgins, III, dedicated his award to his wife, Cheryl. Dr. Nicchi said in his recognition speech, “Many hours have been freely and generously given by this individual in the interest of promoting the benefits of chiropractic care as well as promoting the various programs and opportunities that New York Chiropractic College has to offer.”



(L to R) NYCC faculty members: J. Russell Ebbets, D.C.; Darlene Easton, L.Ac., and Dennis M. J. Homack, D.C.



(L to R) NYCC President Dr. Frank J. Nicchi and Grove Higgins, 10th trimester



(L to R) Shelley Stuck, Systems Administrator, NYCC President Dr. Frank J. Nicchi and Kathy Robson, Asst. Registrar

~ Series Introduction ~

Stress: Thoughts Turned Physical

Where, precisely, is that animating spirit whose beating, inhaling, flexing, and extending drives our physical shell - the “ghost in the machine,” if you will? Recent research involving human stress repostulates this age-old query. It reframes the endless and heretofore less-than-fruitful search. René Descartes’ dualistic view of thoughts and things, of “thises” and “thats,” is giving way to world views in which divisions are blurred and decidedly artificial.

How Stress Affects the Body

First, let’s take a look at what stress is. For the most part, it’s an emotional and physical response that occurs when humans confront – or dodge – challenging or extreme circumstances. The body’s sympathetic nervous system instantly readies itself for “fight or flight” as the adrenal medulla releases catecholamine hormones that include adrenaline and noradrenaline. The heart rate accelerates, respiration quickens, pupils dilate and digestion slogs. The edgy circumstances that trigger such a response may be family fights, traffic jams, or hostile bosses. Ultimately, the stress abates as the parasympathetic nervous system – commonly known for rest and relaxation – takes over. This scenario, one of activation followed by relaxation, is a normal and healthy one. Too much activation and too little relaxation, however, negatively impact body and mind. The reasons for this become clear once the body’s chemistry is investigated.



Blame It All on Cortisol

Chronically stressed people have too much cortisol flowing in their veins as the hypothalamus and pituitary gland release adrenocorticotrophic hormone, which, in turn, causes the adrenals to release cortisol. The results are weakened health and compromised immune, cardiovascular and nervous systems. Other symptoms include skin problems and eating disorders. While cortisol levels fluctuate throughout the day in healthy human beings, cortisol cycles are disrupted when chronic stress increases cortisol production.

Immune System

In the presence of chronic stress, the immune system weakens as stubborn infections take root. Illnesses occur more frequently and take much longer to heal. Reducing stress reduces its effects. Rheumatoid arthritis patients showed improvement when they practiced stress-reducing techniques such as tai chi and meditation. Curiously, caregivers – particularly elderly ones – are significantly bothered by stress. One study documented that interleukin-6 (IL-6, a protein of the cytokine family) levels rose four times higher than in non-caregivers, resulting in increased susceptibility to arthritis, heart and other diseases.

Stress’s Cardiovascular Devastation

Researchers are discovering connections between

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.

stress and high blood pressure, the severity of strokes, and atherosclerosis. In fact, stress is the leading cause of high blood pressure. An Ohio State University study showed how stress slows the metabolism of triglycerides, allowing fat to remain in the blood longer so as to contribute to atherosclerosis. Activities such as breathing exercises and meditation may control blood pressure, thereby reducing the risk of atherosclerosis by lowering levels of oxidative chemicals in the blood.

Chronic Stress Makes People “Older”

New direct evidence demonstrates that chronic emotional stress does, in fact, speed up the aging process. Telomeres are protein-DNA complexes that protect the ends of chromosomes in the body’s cells – serving as a sort of biological clock that tells the age of cells. Telomeres shorten each time a cell divides. When they finally shrink away, cell division stops. The cell dies, resulting in signs of aging such as gray hair, wrinkles and weakened eyesight. Telomere length, it turns out, was inversely proportional to perceived stress. Cells from highly stressed people resembled those of low-stressed people 17 years older! Not only was the mean telomerase activity significantly lower (48 percent) in stressed people, but the oxidative stress levels were higher as well. What is more, telomerase deficiency is associated with bone marrow failure and vulnerability to infection.

Complex, reciprocal relationships between physical, cognitive and emotional processes often result in arthritis and rheumatic diseases. Precisely what these mechanisms are that link cognitions, emotions, and arthritis symptoms eludes the experts. Suffice it to say the brain is the ultimate monitor, since it cannot extract itself from the functions of appraising and responding to stresses. As the brain chooses to perceive and respond to the environment, it unwittingly determines whether the body releases hormones that can lead to pathologies such as hypertension, glucose intolerance, cardiovascular disease and immunological impairment. While totally avoiding stress may be impossible, simply knowing how your body reacts to stress and learning how to handle it brings great benefits.

Since connections exist between people’s cognitive and emotional predispositions, and the result of those connections is often the manifestation of specific physical maladies, it behooves segments of the population to identify their particular vulnerabilities and to take steps to side-step the associated physical maladies. A recent study found that men with a family history of early onset heart disease had significantly higher stress symptom scores than men without a family history of early heart

disease. Researchers concluded that men who are afflicted with heart disease at an early age may have a genetic predisposition toward being stressed-out. By the same token, women are at greater risk than men for depression as well as for more serious and common forms of arthritis and rheumatic disease. Hence, they suffer a double burden of potential disability. The cycle is insidious in its ability to collapse a healthy system. Since stress is a causative agent in the development of depression and cardiovascular disease, and depression is linked to rheumatoid arthritis, the onset of depression makes it less likely that the patient will be able to manage emotions and subsequent stress appropriately. In addition, the pain, discomfort and associated stresses that attend the originally stress-induced physical disabilities all but ensure the existence of a devastating emotional spiral into disease.

“Stressed” Spelled Backwards is “Desserts”

People tend to deal with stress by eating. Well, don’t! Stress triggers binge eating, which leads to obesity; and obesity, if untreated, subsequently may lead to diabetes, heart disease and hypertension.

How to Manage Your Stress

The good news is that stress can be managed by exercising regularly; eating healthy, well-balanced meals; and getting sufficient sleep. Duke University researchers found that learning to reduce stress reactivity was even more important than exercise in lowering one’s risk of heart disease. While exercise is a stress-reduction tool, psychological stress-reduction strategies were more effective in overall stress and disease reduction. This is because unresolved emotional conflict and suppressed or poorly managed emotions are the most destructive types of stressors.

So, keep a positive attitude. Learn to manage your mind – and time – more effectively. For it is not so much stress that kills us, but rather our deficit in adequate tools and skills for coping with life’s stressors. It all boils down to the way we interpret our world and apply meaning to our experiences. We are capable of learning and changing the way we think; it is both a gift and a challenge. It helps to learn and practice more optimistic, non-judgmental and loving attitudes. Doing so will improve our individual and collective health, and peace of mind. Practice relaxation techniques. Assert your feelings rather than becoming defensive or passive. Get a pet. Animal companions not only give unconditional affection, but make good listeners, too. Physical contact with furry friends is always a good way to start and end a day!



Stress: Its Effects and How to Cope

by Steven Feldman, D.C.

Conversations with friends, family and patients often include words to the effect, “The stress is killing me,” or “I’m under so much stress.” We will take a look at the extent to which stress does negatively impact people’s health, and what they can do to alleviate it.

What Is Stress?

Stressors are stimuli, either external or internal, that cause physical and mental reactions. For example, a simple reflex such as the knee jerk is an example of a stress trigger (reflex hammer) and reaction (knee jerk).

A closer look reveals how stress affects the bodily systems and overall health. My mentor, Dr. Libero “Vio” Violini, was a clinician at NYCC’s Greenvale and Levittown outpatient facilities. He taught Principles III when NYCC was located on Long Island, New York. Vio would always emphatically remark, “If you let it, your brain will kill you.” Our discussion here will illustrate what Vio meant by that.

Stress is pervasive and can impact all of our bodily systems, including the central nervous, cardiovascular, gastrointestinal, endocrine/exocrine and immunological systems. The limbic system (CNS) controls our primal reactions to our environment, often acting subconsciously. The fight-or-flight mechanism is an excellent example of the body’s response to stress – elevating our blood pressure, heart rate, awareness, and perspiration to mobilize and escape danger. This pathway utilizes the sympathetic nervous system.

Another reaction is the “startle” reflex. Imagine waking up and looking at the clock only to find that it is after 9:00 a.m. and you missed your court appearance. Your heart races; you are totally awake and sharp. When you realize the scheduled appearance is, in fact, the following day, it takes a while to calm down – in fact, much longer than it did to mobilize. Were these reactions to be held internally and have nowhere to go, symptoms of anxiety would develop.

Stress’ Impact on the Musculoskeletal System

Stress affects the musculoskeletal system. Muscles become hypertonic to allow for efficient movement. However, if your muscles are already in a state of hypertonicity, a sudden neuromuscular “call to arms” may strain them, causing vertebral



Dr. Steven Feldman

restrictions or deviations, and spasms. Elevated blood pressure and heart rate will ultimately ravage the body and can result in aneurysms, strokes, myocardial infarctions (heart attacks) and sleep deprivation. Neurons and their pathways perform at lower thresholds, making it easier to fire impulses and to recruit other pathways. Stress-induced cortisol, a hormone of the adrenal cortex, and the renin-angiotensin (renal) system wreak havoc with organ systems and immunity.

Insomniacs who suffer from stress find their repair mechanisms and stages of sleep disrupted, leading to decreased immunity and impaired concentration. They simply feel lousy, not unlike a spring under tension, causing sufferers to lash out at the slightest provocation (due to a lowered neuronal threshold). Soon after, they suffer flu-like symptoms and possibly contract pneumonia. Depression sets in. This can be a vicious cycle.

Dealing With Stress

Unfortunately, we cannot entirely avoid stress. Exams, deadlines, pressured sales, term papers, grades, and bills are all a part of living. How we deal with these stimuli is key. Constructive outlets and nutritional practices can help.

Constructive outlets include aerobic exercise (running), anaerobic exercise (lifting), sports, striking a punching bag, and tai chi. These activities permit stress to dissipate. At the same time, they bolster the immune, musculoskeletal and circulatory systems.

Nutrition strengthens the body’s defenses and increases the quality of overall health. Do yourself a favor: Reduce intake of refined sugars; do not drink soda – not even diet soda; and eat more protein, veggies, fruits, nuts, seeds, and salad while decreasing grains. Meat is an excellent source for the constituents of blood (e.g., iron, zinc, and B12.) Also watch your intake of fats. As for carbohydrates (“carbs”), know that they are not all the same. Complex carbs, derived from fruits and vegetables, are more desirable. Teas, such as black, ginger and green tea, yield phytochemicals high in anti-oxidant properties that prevent inflammation. A nutritional regimen as outlined above yields decreases inflammation and thereby reduces symptoms associated with inflammatory disorders such as arthritis.

Why does NCMIC protect more D.C.s – and more graduating students – than all the other malpractice companies combined?

NCMIC Proudly Protects ...

University of Bridgeport
College of Chiropractic

Cleveland Chiropractic College
of Kansas City

Cleveland Chiropractic College
of Los Angeles

D'Youville College Chiropractic Program

Life Chiropractic College West

Logan College of Chiropractic

National University of Health Sciences

Northwestern Health Sciences
University

New York Chiropractic College

Palmer College of Chiropractic

Palmer College of Chiropractic Florida

Palmer College of Chiropractic West

Parker College of Chiropractic

Sherman College of
Straight Chiropractic

Southern California University
of Health Sciences

Texas Chiropractic College

Western States Chiropractic College

If you're a student enrolled at any of these schools, you're **ALREADY** protected by NCMIC when practicing under faculty supervision as part of the college's required core curriculum, in clinic, and for college-sanctioned or approved activities.

*We Take Care
of Our Own®*

Half the D.C.s in this country – over 36,000 – have chosen NCMIC's malpractice protection to protect their income and career.

Don't take chances – go with the malpractice leader.

What makes NCMIC #1? Here's what your colleagues tell us ...

★ **75% 1st Year Licensure Discount on Malpractice Protection**

New practitioner discounts through 4th year licensure.

★ **Comprehensive Coverage**

Based on the state in which you practice.

★ **Consent to Settle**

Never forced arbitration.

★ **Expert Chiropractic Malpractice Legal Counsel**

★ **FREE Claims Advice Hotline**


★ **Ongoing Service to the Profession**

NCMIC
Offers Substantial
Discounts ...

75% 1ST YEAR Licensure Discount
40% 2ND YEAR Licensure Discount
25% 3RD YEAR Licensure Discount
15% 4TH YEAR Licensure Discount

Discounts allowed by NY:
1st year 40%, 2nd year 20%

For your free rate quote
and report of benefits, call
TOLL FREE 1-800-769-2000,
ext. 3514 today!

 **NCMIC**
Chiropractic Solutions®
P.O. Box 9118, Des Moines, IA 50306-9912
www.ncmic.com

STRESS RELEASE



Drs. Lisa Bloom (L) and Julie Plezbert (R) undergo their version of “stress release.”

Lisa Bloom, D.C., B. Mus., received her Bachelor of Music degree from Ithaca College in 1983 and her Doctor of Chiropractic degree from NYCC in 1990. She is a diplomate of the International Board of Chiropractic Neurology as well as a diplomate in Applied Chiropractic Sciences. Dr. Bloom is an associate professor in the Clinical Sciences Department and teaches Neural Basis for Health and Disease, Orthopedic/Neurological testing, Advanced Clinical Neurology and Applied Kinesiology. The recipient of more than one Faculty Excellence and Pride in Chiropractic award, Dr. Bloom has served on the National Board of Chiropractic Examiners Part II Test Committee since 1999. An examiner, lecturer and board member of the International Board of Chiropractic Neurology, Dr. Bloom lectures nationally on the vertebral subluxation complex and other topics in neurology. In her classes at NYCC, she examines the neural and biochemical mechanisms of stress and results of prolonged stress. When asked how she manages her own stress, Dr. Bloom responded, “As for stress...what stress?”

Julie A. Plezbert, BSW, B.S., D.C., DNBHE, received a Bachelor of Social Work degree from George Williams College in 1980. She returned to college to earn Bachelor of

Science and Doctor of Chiropractic degrees from National College of Chiropractic in 1984 and 1986, respectively. Dr. Plezbert stayed on at National to complete a two-year family practice residency. She is a diplomate of the National Board of Homeopathic Examiners (DNBHE) and is certified in acupuncture. In addition, she received a certificate in Life Care Planning from Kaplan University in 1995. As an associate professor at NYCC, Dr. Plezbert has taught courses in both clinical and visceral diagnosis, clinical psychology, geriatrics, complementary and alternative medicine, homeopathy, and meridian therapy. She admires the work of Hans Selyes, who defined the general adaptation syndrome and all the biological effects stress has upon the body. More recently, she has been interested in the field of psychoneuroimmunology, which looks at the interactions of the consciousness, the central nervous system, and the immune system and helps describe the effect of mental stress on body systems. Dr. Plezbert says, “Stress has to be appreciated as part of the whole patient’s experience of illness or wellness.” As for herself, Dr. Plezbert finds great relief from stress through physical activities such as hiking, kayaking and getting out in nature, and finds meditation and the arts (including writing, painting, and music) to be great stress reducers.

Darlene Easton, M.S., L.Ac.

Darlene Easton, M.S., L.Ac., is an assistant professor in NYCC's Acupuncture and Oriental Medicine program, teaching classes in Oriental medicine theory and clinical skills, and serving as clinical supervisor at both the Seneca Falls Health Center and Monroe Community Hospital. Professor Easton comments on her experiences at NYCC over the past two years: "The AOM department has been embraced as an integral component of the College's vision toward integrated healthcare." She continues, "We are delivering a quality education. For a 2-year-old program, I'd say it's excellent!" Easton notes that in the clinic, acupuncture and chiropractic students are encouraged to approach healthcare in an integrative fashion, enabling them to collaborate and work closely with other healthcare practitioners. She adds proudly, "Our patients greatly appreciate this approach because it gives them the best results."

Ms. Easton's first introduction to acupuncture came during a chance meeting with Canadian acupuncture students while she was studying the Chinese language in the People's Republic of China. She received her first acupuncture treatment and was impressed to learn that in addition to acupuncture, traditional Chinese medicine includes dietary therapy, herbal medicine, Oriental bodywork therapy, and physical arts such as Tai Ji and Qi Gong. Years earlier, her parents had enjoyed successful results from acupuncture treatments for TMJ disorders and back pain. These experiences inspired Darlene, who set to work fulfilling the requirements for her bachelor's degree and subsequently earned a master's degree in acupuncture and Oriental medicine at the



Darlene Easton, M.S., L.Ac.

New York College in Syosset, N.Y. She then completed postgraduate acupuncture training at Guangzhou University Hospital and postgraduate herbal training at Hangzhou University Hospital, both in the People's Republic of China.

Extensive travel and Chinese language skills enhance Darlene's many offerings. Since 1998 she has been developing and leading acupuncture study programs to China, and she recently conducted NYCC's first study-abroad program in Hangzhou, PRC. She comments, "Learning Chinese medicine is an amazing journey that never ends. Introducing students to China and the medicine as it's practiced there is a rich and rewarding part of my job." She strongly encourages AOM

students to take the opportunity to participate in programs such as this. It is not surprising that Darlene was recently awarded NYCC's Faculty Excellence Award in Teaching.

Ms. Easton also contributes to the College's community relations efforts as co-coordinator of NYCC's Women's Health Symposia, an educational series focused on women's health issues and holistic healthcare approaches. Participation in programs whose scopes are more national includes her work with the Council of Colleges' Clean Needle Technique, membership on the board of the Acupuncture Society of New York, and membership on the advisory board of Finger Lakes Community College's Massage Department.

To deal with stress, Darlene turns to exercises such as Tai Ji and Qi Gong, or escapes to her art room for some painting, drawing or craft "therapy."

"The AOM department has been embraced as an integral component of the College's vision toward integrated healthcare."

All New
Formula!

Pro-Enz[®]

SUPPORTS SOFT TISSUE HEALING
& INFLAMMATION MANAGEMENT

Anabolic Laboratories introduces a reformulation of Pro-Enz[®]. This updated formula was designed to give your patients extended nutritional support for moderate to low-grade inflammation.

Pro-Enz[®] features the following ingredients:

Boswellia
Bromelain
Ginger Rhizome
Lemon Bioflavonoid
Rosemary
Turmeric



Dr. Mitch Mally, D.C.

"The new Pro-Enz[®] is an excellent formula for short or long-term support for inflammation."

For more information on Anabolic's quality line of products and a free catalog call:

(800) 445-6849

or email us at

customerservice@anaboliclabs.com

www.anaboliclabs.com

Anabolic Laboratories has been a leading manufacturer of nutritional supplements for health care professionals for over 75 years. We offer a comprehensive line of quality supplements and specialty formulas.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any diseases.



**ANABOLIC
LABORATORIES**

Have You Consolidated Your Student Loans Yet?

**Reduce your monthly payment by up to 50%
and
Choose a benefit option that fits your needs**



4.0% principal balance reduction!

or

1.0% interest rate reduction after as little as 24 payments!

and... with each option receive a 0.5% interest rate discount using auto-debit!

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

**Call an HPCC counselor at (800) 243-7414
to help determine if loan consolidation is right for you, or visit our website at:**

www.healthypayment.com

Health Professions Center
Consolidation

Ed-Invest

'Tis the Season...



*Offer your seasonal gift to
New York Chiropractic College
at www.NYCC.edu, or call us at 315.568.3151*

Recently Graduated NYCC Couple Relates Success in Practice

Drs. Andrew and Andrea Williamson met and married while students at NYCC. They graduated five years ago and now manage a successful practice in Maryland. Dr. Andrea says of Chiropractic First, Family Wellness Center, their fee-for-service practice, "It's a lot of fun!" She feels chiropractors currently depend too heavily on the insurance companies.

Andrea was initially attracted to NYCC because of its robust science curriculum. "Our education was definitely strong in the core sciences and diagnosis," she said. "NYCC prepared us very well for the boards." Husband Andrew, on the other hand, sought matriculation at NYCC largely because of the College's favorable location, and because it was highly recommended by a good friend.

As for practice philosophies, Andrew suggests chiroprac-



Drs. Andrew and Andrea Williamson

tors take time to become acquainted with purposes and philosophies in both life and practice. "Establish this before you go into practice, because it will keep you grounded," he explains. They readily credit management specialists Dr. Bob Hoffman, Dr. Patrick Gentempo, and the late Dr. Fred Barge for large doses of inspiration.

Family is important: The Williamsons spend as much time as possible with their one-year-old son, Cole, playing, going for walks, and just being together. Dr. Andrea states, "I love being a mom – though it's harder than I ever thought!" Having Cole helps the doctors relate to pregnant patients and parents in their practice. Soon, a new building will house their office

practice. When they can tear themselves away from Cole, they enjoy monitoring the building's progress.

DALE **PROFESSIONAL SUPPLY**

*Serving Chiropractors
with Tables,
Equipment,
and Supplies
for Over 25 Years*

MEMBER OF N.Y.C.C.
PRESIDENTS COUNCIL

LONG ISLAND
SHOWROOM AND WAREHOUSE

TABLES • THERAPY • REHAB
SUPPLIES • SERVICE

800-962-5551 • 631-244-3600



NEW YORK
CHIROPRACTIC
COLLEGE
Master's Degree
Programs in
ACUPUNCTURE
and
ORIENTAL MEDICINE

Become an **Acupuncturist.**

NYCC's Master of Science in Acupuncture and Oriental Medicine programs prepare students for a rewarding career in alternative and integrative medicine.

NYCC's clinically oriented programs enable graduates to practice in a wide variety of healthcare settings including hospitals.

The three-year programs are designed for healthcare practitioners, mid-career professionals, and recent college graduates.

Convenient full-time and part-time study options.

NYCC's 286-acre campus—located in the beautiful Finger Lakes region of Upstate New York—provides an outstanding environment for learning and living, including modern academic and library facilities, on-campus housing and a multipurpose athletic center.

Opportunity to earn a Bachelor of Professional Studies degree.

For more information on the Master of Science in Acupuncture (MSA), Master of Science in Acupuncture and Oriental Medicine (MSAOM) and Bachelor of Professional Studies (BPS) programs, contact:

The Admissions Office
800-234-6922
or visit **www.NYCC.edu**

2360 Route 89, Seneca Falls, New York 13148

NYCC Hires New Faculty



Dr. John Catena

Dr. John Catena has joined the NYCC faculty as a part-time clinician in the Student Health Center. Dr. Catena is a 1997 graduate of NYCC and has a bachelor's degree in biology from SUNY Oswego. He had a private practice in Amsterdam, N.Y., for two years and has had a full-time practice in Fairport since 2000. He lives in Rochester, N.Y., with his wife, Andrea, and their three children—Julia (8), Olivia (6)

and Jack (2). Dr. Catena enjoys reading and golf, and most of all spending time with his family.

Dr. William Lauretti is new to the faculty at NYCC. A 1989 graduate of Western States Chiropractic College, Dr. Lauretti is teaching technique classes and assisting in technique labs. He is a fellow of the International College of Chiropractors and had a private practice in Bethesda, Md., for 15 years. Dr. Lauretti was named Maryland's chiropractor of the year in 2000. He lives in Victor, N.Y., with his wife, Stacey; and their 2-year-old daughter, Lindsay.



Dr. William Lauretti

Dr. Pradip Sarkar recently joined the faculty of NYCC. He teaches biochemistry and pathophysiology, as well as conducts research in neuroendocrinology and neuroimmunology of mammalian systems. Dr. Sarkar comes to us from Rutgers University, where he was an assistant professor in the Department of Biology. He completed his education at the University

of Calcutta, India, where he earned a Bachelor of Science in Chemistry and a Master of Science in Biochemistry; and at the University of Calcutta's Bose Institute, where he earned a Ph.D. in Biochemistry. Dr. Sarkar, his wife, Soma, and son, Prasenjit (fondly called Jitu), live in Seneca Falls, N.Y. Dr. Sarkar likes cooking and gardening in his spare time.



Dr. Pradip Sarkar

New this fall to the Acupuncture and Oriental Medicine Department is full-time faculty member

Junjie "Jessie" Yang. Jessie is a teaching scholar from Jinan, China, and will be at NYCC for one year. She is a 1984 graduate of Shandong University of Traditional Chinese Medicine, in Jinan, China, with both bachelor's and master's degrees in medicine. Jessie was a teaching scholar at Syracuse University from September 1998 to February 2000 in the Department of Physical Medicine & Rehabilitation, SUNY Upstate Medical University. Prior to

coming to NYCC, Jessie was an associate professor and doctor at the Medical Literature Research Institute & Department of Health Care of the Teaching Hospital at Shandong University of TCM. This trimester, Jessie is teaching Diagnostic Theory I and Clinical Case Studies. She is also supervising students in the Campus Health Center. Jessie is living in Seneca Falls, N.Y., with her daughter, Song, who is in the 10th grade.



Junjie "Jessie" Yang

NYCC Board Chair to Head ACA Board of Governors

At the American Chiropractic Association's Annual House of Delegates meeting in September, Dr. Lewis J. Bazakos, a 1978 graduate of NYCC and chairman of the College's board of trustees, was elected chairman of the ACA's board of governors. Dr. Bazakos, who has been serving as ACA's District 4 governor, succeeds outgoing

chairman Dr. George McClelland, who stepped down after 25 years of service to the House of Delegates. "It is an honor and a privilege to serve as ACA chairman," said Dr. Bazakos. "I follow in the footsteps of some very special people who have served the ACA well. I pledge to work hard for the ACA and its members on the many challenges



Dr. Lewis J. Bazakos

that face our profession. I thank the board for its vote of confidence."

NYCC President Dr. Frank J. Nicchi commented "Dr. Bazakos is most deserving of this honor and this accomplishment is indeed recognition of his many years of service to the ACA and the chiropractic profession."

NYCC's Dr. Silvestrone Conducts Seminar at Southern California University of Health Sciences

by Paul Blackledge, Student Writer

Once again an NYCC administrator has gone above and beyond the call of duty. Dr. Judy Silvestrone, dean of the College's newly formed Center for Excellence in Learning and Teaching, was recently asked by the vice president of academic affairs at the Southern California University of Health Sciences to conduct a seminar on educational design for his faculty. The invitation was extended following a presentation she did for the Association of Chiropractic Colleges, addressing 50 technique faculty from across the country. Armed with a strong background in both chiropractic and higher education, Dr. Silvestrone, who also holds the rank of professor at NYCC, delivered a stellar presentation to the faculty of the former Los Angeles Chiropractic College on September 16. A key part of her agenda was to help design and implement a system of rubrics for the evaluation of communication skills and critical thinking.

According to Dr. Silvestrone, "Rubrics increase consistency between multiple evaluators and decrease subjective grading challenges on educators. They also give students a roadmap



Dr. Judy Silvestrone

describing exactly what is expected of them." Her efforts helped the SCUHS faculty better define what it means to be a good communicator and how to objectively evaluate the development of a student's communication skills. She added that rubrics can be used in many different subject areas. From differential diagnosis to chiropractic technique, rubrics help assess the reasoning process and not just the end result.

A former resident of San Diego, Dr. Silvestrone was delighted to revisit California. The seminar was well received, and she was asked to return again in January for a two-day workshop to follow up on the rubrics' implementation and to troubleshoot any problems the faculty

may have encountered.

A graduate of Mt. Holyoke College, Dr. Silvestrone earned her D.C. degree from Palmer Chiropractic College and has taught at both Palmer and NYCC. She also holds a master's degree in higher education from Syracuse University. Educational design and development has been a great area of interest for her.

Dr. Huntington Presents: "How To Build A Successful Practice"

by Stephanie Brown, Student Writer

Sponsored by the Career Development Center, Dr. Eric Huntington (NYCC '01) returned to NYCC on September 27 to talk with students about how to build a successful practice. Currently Dr. Huntington's practice employs 10 staff members and four NYCC alumni, and averages over \$100,000 a month. According to Dr. Huntington, the most important aspect of his success was that he had a plan. While a student at NYCC, he looked beyond the courses offered in business at the College and started researching how to run a practice. Upon graduation, he did a lot of legwork to reach patients and put his name out in the community, including health surveys and spinal screen-



Dr. Eric Huntington and Sue Pittenger, CDC Director

practicing, your doors might close shortly after they open. Slowly, his patient base began to grow. Dr. Huntington then chose to work with a management company, and approximately one year later the profits from his office improved. He attributes this to his realization that people will pay for a service that they value and to his implementing patient education to help patients understand specifically what chiropractic does and how it helps them. Dr. Huntington strongly warned against moving somewhere just because the prospects for having patients look good. Regardless of the potential for success, if you are not happy because you do not like the location in which you are

NYCC Hosts Annual Fall Open House



On Saturday October 15th, the Admissions Department hosted its annual fall open house. Over 100 prospective students and guests attended the open house and gained valuable information on the chiropractic profession, the program at NYCC and the Seneca Falls area. The day opened with a greeting from Dr. Nicchi, who encouraged the attendees to ask questions and experience the campus environment. The participants were then divided into groups and escorted by current NYCC students to one of five concurrent sessions. Each session included a question-and-answer period with a panel of NYCC faculty members, a tour of the Seneca Falls Health Center, a technique demonstration, a question-and-answer period with current NYCC students, and a tour of the Research Center. At the conclusion of these sessions, the participants were taken on a tour of the campus and also had the opportunity to mingle with students and staff at a club fair. The day concluded with a buffet lunch. Based on the feedback we've received from those who attended, the open house was a great success. The Admissions Department would like to thank all students, staff and faculty who gave of their time to participate. The spring open house is scheduled for June 18.

Dr. Thomas Ventimiglia Welcomes New Class

by Eoin Gregory, Student Writer

Dr. Thomas Ventimiglia, a 1980 graduate of NYCC and current director of the College's Center for Postgraduate and Continuing Education, addressed the incoming fall class of chiropractic students. Having already logged over 20 years with NYCC, Dr. Ventimiglia works with the Admissions Department as an admissions representative for Long Island, has organized conferences with such prestigious centers as Beth Israel Hospital, and has presented at a national CAM conference held at Harvard University.



Dr. Thomas Ventimiglia '80

Dr. Ventimiglia told the new students that they were “the expression of human potential,” having “evolved from wanting to be students at New York Chiropractic College to being students at New York Chiropractic College.” He inquired of them, “What is chiropractic?” and responded unhesitatingly that it is a natural, holistic healthcare profession. He then explained precisely what chiropractic is by taking it one piece at a time: a natural therapy by its intent and methodology, and holistic in that it views the individual as more than simply the sum of its parts – “mind, body, and spirit.” He commented that individuals can be healed, not cured, and that healthcare from a chiropractic perspective is “to increase the health of an individual without the use of drugs or surgery.”

Praising the new students, Dr. Ventimiglia noted that it was their courage to overcome fear to reach their human potential that led them to NYCC. His address closed with, “Tomorrow your journey to ‘I am a chiropractor’ begins.”



Mark Your Calendar

**Celebrate With Us
Unity Day & Homecoming Weekend
July 14-16, 2006**

An Example Of Excellence

New York Chiropractic College Alumni

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

Nicole Andrade-Devoe, '00 <i>Gloucester, MA</i>	Dr. Michael Estramonte, '99 <i>Charlotte, NC</i>	Dr. Clifton Robert Luckey, '05 <i>Rochester, NY</i>	Dr. Patricia Soper-Oakes, '98 <i>Hornell, NY</i>
Dr. Gregory Angermaier, '03 <i>East Northport, NY</i>	Dr. Mark Erasing, '02 <i>Lockport, NY</i>	Dr. Lillian Masterson, '97 <i>Sloatsburg, NY</i>	Dr. Joseph Pfeifer, '84 <i>Lake Grove, NY</i>
Dr. Angela Barrow, '00 <i>Milton, ON</i>	Dr. Mark Fronczak, '94 <i>Clarence, NY</i>	Dr. Chandra Mooney Wright, '99 <i>Williamsville, NY</i>	Dr. Daniel Steigerwalt, '04 <i>Andreas, PA</i>
Dr. Charles Boehly, '99 <i>Rochester, NY</i>	Dr. Thomas Golebiewski, '99 <i>Vestal, NY</i>	Dr. Cheryl Morris, '00 <i>Congers, NY</i>	Dr. Shawn Suprun, '00 <i>Port Dover, ON</i>
Dr. Bradford Butler, '95 <i>Oakland, NJ</i>	Dr. Jeffrey Holt, '03 <i>Mill Creek, WA</i>	Dr. Peter Ottone, '95 <i>Brick, NJ</i>	Dr. Michael Thuransky, '00 <i>Pittsburgh, PA</i>
Dr. Paul Carpenter, '77 <i>Bridgeport, CT</i>	Dr. Jeffrey Horning, '78 <i>Mt. Laurel, NJ</i>	Dr. Efrain Palmer, '78 <i>Rio Piedras, PR</i>	Dr. Thomas Ventimiglia, '80 <i>Valley Stream, NY</i>
Dr. Gary Carr, '04 <i>Canton, NY</i>	Dr. Michael Kelly, '97 <i>Hoboken, NJ</i>	Dr. Mary Ridge, '95 <i>Oakland, NJ</i>	Dr. Ian Wagner, '99 <i>Pittsburgh, PA</i>
Dr. Louis Catapano, '85 <i>Rochester, NY</i>	Dr. Daryl Koch, '98 <i>Essex Junction, VT</i>	Dr. Karen Santini, '97 <i>Rochester, NY</i>	Dr. Arnold Young, '87 <i>New York, NY</i>
Dr. Allan Cherkin, '83 <i>Patchogue, NY</i>	Dr. James Kotorac, '87 <i>Congers, NY</i>	Dr. Joseph Schafer, '99 <i>Toms River, NJ</i>	Dr. Gregory Richardson, '04 <i>Rochester, NY</i>
Dr. Robert Cornelius, '01 <i>St. Catharines, ON</i>	Dr. Richard Kuhns, '00 <i>Fayetteville, NC</i>	Dr. David Simon, '00 <i>Randolph, NJ</i>	Dr. Todd Galusha, '01 <i>Rochester, NY</i>
Dr. Nancy Decker, '85 <i>Stone Ridge, NY</i>	Dr. Blaise LaVorgna, '87 <i>Salisbury, MD</i>		

Friends of New York Chiropractic College

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

Dr. John Azzatori <i>Quakertown, PA</i>	Dr. Mark Grazen <i>Lancaster, NY</i>	Dr. Kevin Morgan <i>Salt Lake City, VT</i>	Dr. Allen Stout <i>Laughlin, NV</i>
Dr. Theresa Bach <i>Carthage, NY</i>	Dr. James Powers <i>Hillsboro, NH</i>	Dr. Steven Niemier <i>Amherst, NY</i>	Dr. Mark Tejan <i>South Heights, PA</i>
Dr. Elliott Berlin <i>Los Angeles, CA</i>	Dr. Jennifer Rathmann <i>Blacksburg, VA</i>	Dr. Leo Oakchunas <i>Wyoming, PA</i>	Dr. Kelli Theisher <i>Carthage, NY</i>
Dr. David Calandra <i>State College, PA</i>	Dr. Jonathan Helman <i>Boston, MA</i>	Dr. Kevin Phalen <i>Amherst, NY</i>	Dr. George Tyler <i>Raleigh, NC</i>
Dr. Edward Catherina <i>Jersey City, NJ</i>	Dr. Amalio Jimenez <i>Arecibo, PR</i>	Dr. Donald Racek <i>East Orange, NJ</i>	Dr. Anthony Young <i>Temecula, CA</i>
Dr. Craig Davies <i>Randolph, MA</i>	Dr. Neil McGlaughlin <i>Reston, VA</i>	Dr. Judy Silvestrone <i>Seneca Falls, NY</i>	Dr. Carol Rivard <i>Avon, NY</i>
Dr. Olivia Fitch <i>Greensburg, PA</i>	Dr. Hari Khalsa <i>Cambridge, MA</i>	Dr. Jeffrey Simpson <i>State College, PA</i>	Dr. Scott Sesny <i>Macedonia, OH</i>
Dr. Mark Foullong <i>Milton, ON</i>	Dr. Edward McArthur <i>Penfield, NY</i>	Dr. Darian Smith <i>Kernersville, NC</i>	Dr. Antonio Shirru <i>London, ON</i>
Dr. James Geary <i>Manchester, NH</i>	Dr. Erich Menge <i>Ontario, NY</i>	Dr. Afsar Sokhansonje <i>Carrollton, TX</i>	
Dr. Ted Golanski <i>London, ON</i>	Dr. Dawn Menge <i>Ontario, NY</i>	Dr. Daniel Solley <i>Williamsport, PA</i>	

Class of '82

James D. Reade, D.C., re-located to a brand new professional office condo, Ray Ranch Professional Plaza. The new office is located at 2430 West Ray Road, Suite #1, Chandler, AZ 85224. His phone number is 480-732-0911.

Class of '95

Erik R. Schmidt, D.C., is proud to announce the expansion of Vital Link Chiropractic, P.C., into their new 3500 square foot Injury & Wellness Center in Moscow, Pa. His address is 1186 Church Street, Moscow, PA 18444 and his phone number is 570-842-5131.

Jason B. Yuhas, D.C., and his wife Traci are pleased to announce the birth of their son, Joshua Adam Yuhas, on August 31, 2005 who weighed 6 lbs. 10 oz. and was 20 inches long. Dr. Yuhas received his local license as a minister for the United Pentecostal Church (UPC) in June 2005. He maintains a family practice at 173 Essex Ave., Suite 1, Metuchen, NJ 08840. His phone number is 732-321-0377 and his e-mail address is drjay@yuhaschiro.com.

Class of '97

Charles R. Nebel, D.C., P.C., opened Nebel Professional Suites, 340 Franklin Street, Slippery Rock, PA 16057 which offers chiropractic, massage therapy, psychological counseling, and cardiac stress testing. He will soon be adding a home health care company. Dr. Nebel's phone number is 724-794-9000.

Louise (Franklin) Cash, D.C., is now single and living in southwestern New Mexico near Silver City. Her practice consists of 100 percent horses. She says hello to her class, especially her study buddies. Her phone number is 505-536-3004 and her e-mail address is redhatchiro@gilanet.com.

Class of '99

Louis Fernandez, D.C., and *Tiffany Jeffries-Fernandez, D.C.*, ('02) announce the birth of their son, Joseph Daniel, on September 2, 2005. This is the second year in their family wellness practice in the Kingsbridge section of the Bronx and they would love to hear from fellow classmates. Their address is 3871 Sedgwick Ave., Suite 1B, Bronx, NY 10463. Their e-mail address is drlou

anddrtriffany@hotmail.com and their phone number is 908-925-0693.

William Ross, D.C., CSCS, and his wife, Dorie, gave birth to a baby girl, Madelyn Alyssa, on July 29, 2005. She weighed 9 lbs. 8 oz. Dr. Ross has been in private practice since 2001 at South Jersey Chiropractic, 45 S. New York Road, Suite 208, Galloway, NJ 08205, located just outside of Atlantic City, NJ. His e-mail address is bross181@msn.com and his phone number is 609-748-1099.

Karen Rosenberg, D.C., and her husband Dror Maoz announce the arrival of their new little girl, Arielle Maya, on September 19, 2005. Big brother Joey is two. Dr. Rosenberg currently practices out of her home office in Englewood, NJ and her phone number is 201-227-7414.

Archana (Patel) Mehta, D.C., and her husband Shital Mehta relocated to Tampa, FL. They had a baby girl, Maya Mehta, on November 8, 2004. Dr. Mehta's phone number is 813-349-3679 and her e-mail address is arcmehta@hotmail.com.

Class of '00

Silvio T. Rugani, D.C., recently opened a chiropractic practice at 1733 Route 9, Clifton Park, NY. His phone number is 518-348-6366.

Karyn (Brownstein LaVoie) Brents, D.C., is currently practicing at Family Chiropractic Health Services, 363 New Britain Road, Kensington, CT 06037. She remarried last September and she and her husband announce the birth of their son, Mitchell Rogan Brents. Dr. Brents also has a 3 year old daughter, Hannah. Her phone number is 860-828-2966 and her e-mail address is ksbrents@yahoo.com.

Class of '01

Amy Collins, D.C., and her husband Chris are proud to announce the birth of their son, Jackson Christopher, on September 9, 2005. He weighed 10 lbs. 4 oz. Her address is 154 Hempstead St., New London, CT 06320. Her e-mail address is collinschiro@yahoo.com and her phone number is 860-447-1837.

Jan Lefkowitz, D.C., and Elizabeth Palughi have become engaged and are plan-

ALUMNI UPDATE

ning a July 2006 wedding. Dr. Lefkowitz has two chiropractic offices in New York City.

Shelley Perline, D.C., and Daniel DeSena were married April 30, 2005. Dr. Perline practices at Perline Chiropractic in New York, NY.

Michael Bennese, D.C., and his wife Christine had their first child, a baby girl named Erin Angela. She was born October 28, 2004 and weighed 8 lbs. 2 oz. Dr. Bennese is the owner of

Bennese Family Chiropractic, 433 N. Enola Road, Enola, PA 17025. His phone number is 717-732-2222 and his e-mail address is mbennese@yahoo.com.

Frank Verri, D.C., and his wife Dianna had a baby girl, Gianna Francesca Verri, on October 19, 2005. Both are doing great. Dr. Verri opened a second practice, Greater Pittsburgh Joint and Muscle Center in Pittsburgh, PA. His office phone number is 412-444-4455.

Class of '04

Gregory Masci, D.C., practices at Berger Chiropractic Wellness Clinic in Peters, PA.

Class of '05

Jeremy J. Lee, D.C., joined Rochester Chiropractic Group and opened a satellite clinic in Brockport, N.Y., where he is the only chiropractor along with a massage therapist. Rochester Chiropractic Group is owned by John Ventura,

D.C., DABCO and Brian Justice, D.C., DABCO. His address is 80 West Ave., Suite L-2, Brockport, NY 14420. His e-mail address is drjlee_22@hotmail.com and his phone number is 585-637-7390.

Jamie J. Towle, D.C., has joined the practice of *Lisa Francey, D.C.*, (NYCC '00) on Park Street in Canton, N.Y. Their phone number is 315-386-2273.



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 _____

Address (Office) _____

E-Mail Address _____

My News _____

Transitions is a publication of New York Chiropractic College. Direct all submissions to Executive Director of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800 (315-568-3146).

CENTER FOR POSTGRADUATE AND CONTINUING EDUCATION

Fall / Winter 2005

NYCC Sponsored Classroom Program Information:

Cost per credit hour:	\$20.00 Drs., free to NYCC students and NYCC faculty (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 transmits to 2 other locations. All other classroom programs are in hotels.
Additional Information:	Contact T. Ventimiglia, DC at 800-434-3955 x121, the Postgraduate Dept 800-434-3955 x132 or visit the NYCC website: www.nycc.edu/continuing_education.asp

3 CE Credits Courses

Offered: Thursdays 2:00 pm - 5:00 pm

Chiropractic Case Management of Acute & Chronic Pain Syndromes

Instr: Lisa Bloom, DC - Dec 1 - IVTC host site - Seneca Falls, NY

Diagnosis and Management of Headaches

Instr: Charles Hemsey, DC - Dec 8 - IVTC host site - Levittown, NY

Avoiding Ethical Landmines and Criminality in Your Healthcare Employment

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

Instr: Peter Van Tyle, Esq. - Dec 15 - IVTC host site - Seneca Falls, NY

Spinal Stenosis & Low Back Pain

Instr: Scott Surasky, DC - Jan 19 - IVTC host site - Levittown, NY

Integrative Health Care an Evolving Model

Instr: Thomas Ventimiglia, DC - Jan 26 - IVTC host site - Levittown, NY

Fee Splitting, Self Referrals and Kickbacks: The Latest Word in Prohibited Healthcare Arrangements

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

Instr: Peter Van Tyle, Esq. - Feb 16 - IVTC host site - Seneca Falls, NY

Coming again in Spring!

Look for these additional seminar sites for C.E. credit in your Area!

Albany - Binghamton - Buffalo
Poughkeepsie - Rochester - Syracuse

6 CE Credit Courses

Offered: Saturdays 1:00 pm - 7:00 pm

Documentation Seminars - Patient Consents and Interaction (Can be applied towards NYS mandatory Category I, "Ethics, Documentation, Record Keeping and Patient Communications")

Instr: Benjamin Bartolotto, DC - Dec 10 - Binghamton, NY

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

Instr: Stephen Perle, DC - Jan 21 - Levittown, NY

2 Day - 12 CE Credit Courses

Offered: Sat. 1:00 pm - 7:00 pm and Sun. 9:00 am - 3:00 pm

Cervical Radiculopathy: Diagnosis, Treatment, Rehabilitation

Instr: Donald Murphy, DC - Dec 3-4 - Albany, NY

Documentation, Record Keeping & Patient Consents

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

Instrs: Benjamin Bartolotto, DC, Vincent Loia, DC

Dec 3-4 - IVTC - host site Levittown, NY

Fundamentals of Herbal Therapeutics & Their Applications in Clinical Practice

Instr: Jeanne D'Brant, DC, DACBN, CCN, ND - Dec 10-11 - IVTC host site - Levittown, NY;

Jan 21-22 - IVTC - Levittown, NY

Upper Extremity Adjusting: Manipulation, Mobilization and Myofascial Release

Instr: David Graber, DC - Jan 14-15 - Levittown, NY

Ethics and Boundaries: The Total Package (Can be applied towards NYS mandatory Category I, "Ethics, Documentation, Record Keeping and Patient Communications")

Instrs: Salvatore LaRusso, DC, Ronald Wellikoff, DC - Feb 4-5 - IVTC host site

- Levittown, NY

Adjust, Support Rehab Series

Adjust - Instr: Mark Charette, DC - Feb 25-26 - Levittown, NY

Support - Instr: Timothy Maggs, DC - Mar 25-26 - Levittown, NY

Rehab - Instr: John Hyland, DC - Apr 22-23 - Levittown, NY

Heads Up!

Unity Day and Reunion Weekend will take place
July 14-16, 2006 on the main campus in Seneca Falls, NY

Co-Sponsored Classroom Programs:

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

Active Release Techniques

Upper Extremity

(24 CE credits) - Dec 1-4 - Atlanta, GA; Dec 8-11 - San Diego, CA; Jan 19-22 - New Brunswick, NJ; Feb 23-26 - Montreal, Can

Lower Extremity - Jan 6-8 - Los Angeles, CA

Spine - Feb 9-12 - Dallas, TX

To register call ART at (888) 396-2727 or visit www.activerelease.com

Acupuncture Certification (15 CE credits each)

Dec 10-11, Jan 14-15, Feb 11-12

- Chicago, IL; Oct 1-2, Dec 3-4, Jan 7-8, Jan 28-29 - Orlando, FL

What You Really Need to Know About Acupuncture (12 CE credits) Jan 14-15 - Ft.

Lauderdale; Jan 21-22 - Dallas, TX; Jan 28-29 - Houston, TX; Feb 11-12 - Orlando, FL; Feb

18-19 - Denver, CO

To register, call IAMA at (800) 327-1113, or visit www.iama.edu

Call 1-800-434-3955 or visit our Web site at www.nycc.edu for details.

CENTER FOR POSTGRADUATE AND CONTINUING EDUCATION

Advanced Diagnostic Imaging of the Cervical and Lumbar Spine

(6 CE credits each) Feb 25 - Mt. Laurel, NJ
To register call Association of New Jersey Chiropractors at (609) 953-1120 or visit www.anjc.info

Applied Kinesiology

(12 CE credits ea session) Dec 10-11, Jan 7-8, Feb 4-5, - Parsippany, NJ
To register call Applied Kinesiology Study Institute at (973) 334-6053 or e-mail Pauls42@optonline.net

Applied Kinesiology in Clinical Practice

(100 hr Certification Program - 12 CE credits ea session, 10 in NYS) Jan 21, Feb 11 - New York City, NY; Dec 3, Jan 7, Feb 4 - Seneca Falls, NY
To register call Charles Seminars at (800) 351-5450 or visit www.charlesseminars.com.

Basic Applied Kinesiology Program

(14 CE credits ea session) Dec 3-4, Jan 21-22, Feb 18-19 - St. Louis, MO
To register call Dr. Zatzkin at (313) 881-0662 or e-mail ANZDC@zatzkin.com.

Diplomate in Neurology**

(24 CE credits ea session) take 1 or all 14 - can begin any session. Dec 9-11 - Des Moines, IA; Jan 6-8 - Orlando, FL; Session 1 - Jan 28-29 - IVTC - host site Levittown, NY. Sponsored by Event Management Services.
To register call NYCC at (800) 434-3955 or for additional information visit www.iacn.com.

Electrodiagnosis Certificate Program**

(15 CE credits ea 10 Sessions) Beginning Jan 14-15 - Orlando, FL; March 4-5 - Levittown, NY; Mar 11-12 - Charlotte, NC. Sponsored by Neurodiagnostic Institute.
To register call NYCC at (800) 434-3955 or for additional information visit www.ndxinstitute.com.

Enhancing Golf Performance

(12 CE credits) Jan 14-15 - Savannah, GA.
To register call Dr. Trottier at Back to Basics Golf Academy at (888) 578-7437 or visit www.backtobasicsgolfacademy.com

Evaluation & Management of the Patient with Dizziness**

(12 CE credits) Dec 16-17 - Lake Tahoe; Jan 14-15 - E. Elmhurst, NY.
To register call NYCC at (800) 434-3955 or for additional information visit www.discovertreatments.com.

Evaluation & Management of the Scoliosis Patient**

(12 CE credits) Module I - Dec 17-18 - Lake Tahoe, NV; Modules I and II - Jan 14-15 - East Elmhurst, NY.
To register call NYCC at (800) 434-3955 or for additional information, or visit www.scoliosissystems.com

Graston Technique

Graston Sports Program (12 CE credits) Dec 3-4 - Boston, MA; Mod I & Mod II - Jan 7-8 - Newark, NJ
To register call Graston Technique at (866) 926-2828 or visit www.grastontechnique.com

HIV/AIDS, Risk Management, Documentation, Florida Rules and Regulations

(8 CE credits, 6 CE credits, NY) Jan 14 - Mt. Laurel, NJ.
To register call Association of New Jersey Chiropractors at (609) 953-1120 or visit www.anjc.info.

ISSA Certified Fitness Trainer

(12 CE credits) Jan 21-22 - Levittown, NY; Jan 28-29 - Boston, MA; Feb 11-12 - Atlanta, GA; Feb 25-26 - Chicago, IL

Medicare Made Simple

(6 CE credits) Dec 3 - Vienna, VA
To register call VA Chiropractic Assn at (540) 932-3100 or visit www.virginiachiropractic.org

Neuromechanical Innovations: 21st Century Chiropractic Training

(12 CE credits) Dec 3-4 - San Diego, CA.
To register call Neuromechanical at (480) 785-8442 or visit www.neuromechanical.com

NYSCA Winter Convention

(15 CE credits) Jan 27-29 - Uncasville, CT

Philosophy, Vertebral Subluxation Complex

(6 CE credits) Jan 28 - Mt. Laurel, NJ.
To register call Assn of NJ Chiropractors at (609) 953-1120 or visit www.anjc.info

Sacro-Occipital Technique

(8 CE credits) Extremity - Dec 8 - New York City, NY; (12 CE credits) CMRT - Jan 21-22 - Los Angeles, CA; Cranial III - Jan 28-29 - Spartanburg, SC; Level I - Dec 16-17 - Payson, UT.
To register call SOTO-USA at (336) 760-1618 or visit www.soto-usa.org

The Shoulder Made Simple

(12 CE credits) Jan 28-29 - Auburn, NY.
To register call Dr. Buchberger at (315) 258-1018 or visit www.rotatorcuff.net

Upper & Lower Extremity Adjusting**

(4 CE credits) Upper - Feb 23 - Blue Bell, PA; Lower - Mar 23 - Blue Bell, PA.
To register call PA Chiropractic Assn (717) 232-5762 or visit www.pennchiro.org

Heads Up!

A Symposium on Evidence Based Care in Contemporary Chiropractic Practice

April 29-30 - Crown Plaza Hotel, LaGuardia Airport, East Elmhurst, NY
New York Chiropractic College in collaboration with the
New York State Chiropractic Association and the New York Chiropractic Council

On-Going Co-Sponsored On-Line Programs:

Applied Pharmacology for the Chiropractor

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

International Sports Sciences Association (ISSA) Seminars

(2, 3, 4, or 12 CE credit courses) - Call ISSA at (800) 892-4772 ext. 169 or visit www.fitnesseducation.com for full selection

Risk Management of Sexual Harassment in the Office and on Campus

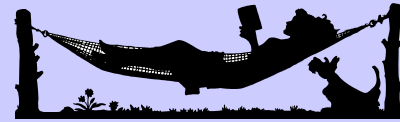
(1 CE credit) - Visit www.brightcourse.com for details and module description - (Can be applied towards NYS mandatory category, "Ethics, Documentation, Record Keeping and Patient Communications")

For online programs register with our co-sponsors at their websites.

Call 1-800-434-3955 or visit our Web site at www.nycc.edu for details.

NOW AVAILABLE !!! Earn CE Credits . . .

AT HOME!!!



*“Continuing
the
Tradition
of
Excellence
in
Chiropractic
Education”*



www.nycc.edu

“Online” & Home Study/Correspondence Continuing Education Courses

- **“Avoiding Ethical Landmines and Criminality in Your Healthcare Employment Contract,”** - Instructor/facilitator Peter Van Tyle, Esq., 3 CE credits (Can be applied towards NYS mandatory Category 1 “Ethics, Documentation, Record Keeping and Patient Communications”)
- **“Botanical Therapies in Chiropractic Practice,”** Instructor/facilitator Jeanne D’Brant, DC, 3 CE credits
- **“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 - Post Partum and Beyond, Managing Back Pain,”** - Instructor/facilitator Diane Benizzi DiMarco, DC, BS, 2 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)

NEW YORK CHIROPRACTIC COLLEGE

Department of Postgraduate and Continuing Education
Call 1-800-434-3955 or visit our Web site at www.nycc.edu for details

Improve Your Game...



CX-2 Solution™

• A dietary supplement to support joint comfort and connective tissue health.* This advanced synergistic blend of nutrients supports hydration, flexibility and synovial fluid viscosity within the joints*:

- Hyaluronic Acid
- Sea Cucumber
- Curcumin Extract
- Boswellia serrata Extract
- DMG HCl
- Methylsulfonylmethane
- Quercetin Chalcone
- Glucosamine Sulfate
- Phellodendron amurense Extract (Nexrutine® Brand)

For added support, use in combination with Omega-3 1000™, DMG 500 mg and NEW Spectra Multi Age Powder™



**Guaranteed purity,
product quality and
truth in labeling.**

**The
Discovery
Company™**

**DAVINCI® LABORATORIES
OF VERMONT**

www.davincilabs.com

1.800.325.1776

Mention this ad and receive a FREE bottle of CX-2 Solution™

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Transitions Magazine
PO Box 800
Seneca Falls, NY 13148-0800
Address Service Requested

Non-Profit Org.
US Postage
Paid
SENECA FALLS, NY
PERMIT NO. 80



**Giving Back
To The
Community
Is Part Of
Who We Are!**

