



Transitions Transitions



January/February 2006

Nutrition

NYCC Launches
Master's Program
in Applied Clinical
Nutrition



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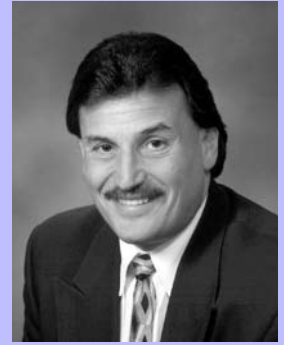
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Dr. Lewis J. Bazakos
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Chair Lauds NYCC's New Clinical Nutrition Program

It is fitting that this issue of *Transitions* features the topic of nutrition. Last October, the New York State Board of Regents approved NYCC's application to add a master's degree program in applied clinical nutrition to the curriculum. The course work will be delivered through a two-year program to be offered at Levittown, Depew and Seneca Falls via video teleconferencing.

The public has become nutritionally aware, recognizing the benefits of good nutrition and how nutritional methods can prevent disease and encourage wellness. For example, people are learning the important role omega-3s play in their diets and that the foods they choose to eat can be selected for their important nutritional characteristics. It behooves practicing healthcare professionals to acquaint themselves with core nutritional principles. Patients, for instance, who present stiffness,

pain and swelling of joints associated with osteoarthritis may be encouraged to eat fruits, vegetables and other foods rich in antioxidants.

About a quarter of all American adults are obese, and this obesity raises the risk of heart disease, some cancers, diabetes and arthritis. In fact, many of the leading health concerns in this country are related either directly or indirectly to people's diets. Often it is not single nutrients, but their synergy in whole natural foods that proves effective in promoting health. Scientists are finding that health-promoting properties of some foods are more effective in the presence of others.

NYCC's curriculum experiences the same type of synergism. Through expanded offerings and our establishment of a master's degree program in applied clinical nutrition, we continue to lead the movement in natural healthcare education.

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

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

TRANSITIONS is published six times a year.

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Trustee Profile: Dr. Robert Mastronardi

“Extremely impressed” is how NYCC Trustee Robert Mastronardi describes his estimation of the team that Dr. Nicchi has assembled at New York Chiropractic College. Dr. Mastronardi considers the staff, faculty and students here to be second to none. A board member since 2004, he is very enthusiastic about the direction in which the College is heading, offering an exceptional education to our students that will prepare them for the future. “Chiropractic has a great future, and NYCC students will fit in perfectly.”

It was while working as a carpenter with his father during his undergraduate years at Rhode Island College that a backache introduced Mastronardi to chiropractic.

Upon graduating from National College of Chiropractic (now the National University of Health Sciences) in 1977, he returned home to Johnston, R.I., set up practice in Pawtuxet Village – an historic village within the city of Warwick – and joined his state association. Selected to serve as secretary of the Chiropractic Society of Rhode Island in 1981, he was soon elected vice president and became president in 1985. In that capacity, Dr. Mastronardi helped pass legislation mandating the reimbursement of chiropractic services through Blue Cross/Blue Shield.

Since 1988, Dr. Mastronardi has served as state delegate to the American Chiropractic Association, working hard to ease tensions between that organization and the International Chiropractors Association. No merger has occurred under his watch,



Dr. Robert Mastronardi

but he says he has learned much from the time he has spent with chiropractic’s leaders. Concerned that his professional brethren might forget how long and how hard their predecessors worked to advance the profession to its current status, he encourages chiropractors to involve themselves in the activities of their state associations. “I’ve seen too many chiropractors forget where they came from,” he remarks.

Dr. Mastronardi loves talking about his wife, Ann Marie, and their three children: Michelle, a nursing student at Rhode Island College; Danielle, a junior majoring in public relations/communications at Quinnipiac University who is currently studying abroad in Australia at Bond University; and Jon, a

junior at Warwick’s Hendricken High School who plans one day to attend NYCC. When not at the office, he enjoys working out, playing tennis or basketball, and making award-winning wine.

In closing, Dr. Mastronardi offered this paraphrase from Rudyard Kipling often spoken by Dr. Joseph Janse, a great influence during his chiropractic college years who emphasized the importance of treating patients as they would want to be treated and discouraged excessive focus on monetary gain:

*Here’s to the men of my own breed,
Good or bitter – bad as they may be,
At least they hear the things I hear,
And see the things I see.*



Mark Your Calendar

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

Dr. McDonald Elected Secretary/Treasurer of the CCE Board of Directors



Dr. J. Clay McDonald

Dr. J. Clay McDonald, Executive Vice-President of Academic Affairs, has been elected Secretary/Treasurer of the Board of Directors of the Council on Chiropractic Education (CCE). Additionally, Dr. McDonald was appointed Chair of CCE's Planning Committee and a member of the CCE Review Committee and Task Force for Standards Review and Revision.

Dr. Pfeifer Elected to Serve on CCE Commission on Accreditation



Dr. Joseph E. Pfeifer

Dr. Joseph E. Pfeifer, assistant dean for clinical education and chief of staff of the Levittown Health Center, has been elected to serve a three-year term on the Council on Chiropractic Education (CCE) Commission on Accreditation. A statement issued by CCE announcing Dr. Pfeifer's election noted, "He brings to the Commission considerable knowledge, enthusiasm and commitment to chiropractic education."

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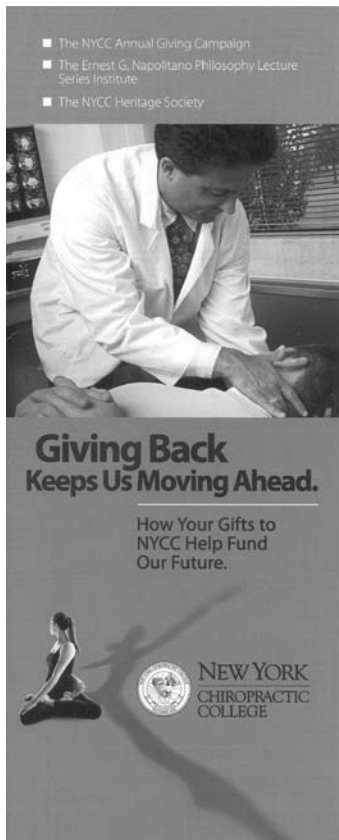
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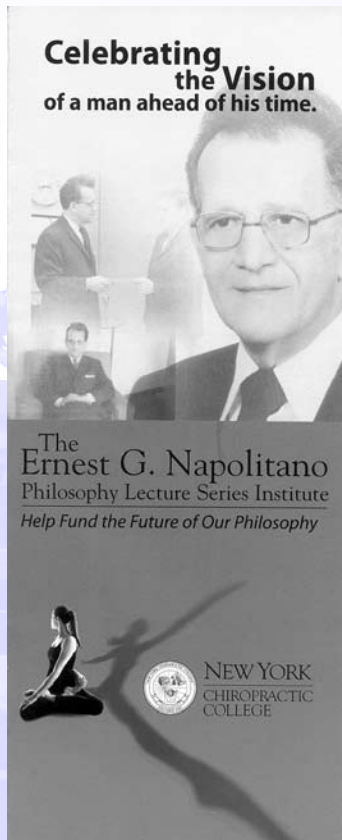
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NYCC Receives Candidate Status for Acupuncture Programs

Well-respected internationally for its flagship doctor of chiropractic program, New York Chiropractic College (NYCC) is now being recognized for its acupuncture and Oriental medicine (AOM) programs. In late November 2005, NYCC received notification that it had been approved as a candidate for accreditation of its Master of Science in Acupuncture (MSA) and Master of Science in Acupuncture and Oriental Medicine (MSAOM) programs at the October 23 meeting of the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM). Candidacy status is considered by ACAOM to be an endorsement of a program's potential for accreditation and indicates that the programs meet nationally accepted standards for quality education and training. In addition, graduates of the AOM programs will now be eligible to sit for the national licensing examination. NYCC President Dr. Frank J. Nicchi notes that it also "affirms the College's commitment to academic excellence and leadership in the field of integrative healthcare."

To apply for candidacy, NYCC submitted an eligibility report to ACAOM describing the curriculum, faculty qualifications, admission requirements, finances, administration, facilities, and learning resources. Following the submission of the report, the College was visited by an ACAOM site team, who reported that the "set of educational objectives developed for the program by the program academic leadership are commendable, and could be considered a model for the profession." They also lauded Marilee



Marilee Murphy, L.Ac., AOM Dean

Murphy, L.Ac., dean of the College's AOM programs, as well as the NYCC's faculty and student services, noting that they were all areas of major strength. NYCC now has three years to apply for and attain full accreditation.

In early 2002, NYCC's board of trustees unanimously authorized the College to pursue the development of upstate New York's only acupuncture program. The New York State Education Department approved the program registration proposal in December of that year, and the first AOM class was enrolled in September of 2003. In 2004, the ACAOM eligibility report was compiled by Dean Murphy and Dr. Beth

Donohue, director of accreditation.

To date, NYCC has enrolled 95 AOM students – surpassing initial projections – and will graduate its first class in July 2006. Dean Murphy continues to work with faculty and the AOM Advisory Committee to further refine and develop the curriculum and the programs. She echoed the ACAOM team's comments, noting, "The College's administration have been incredibly supportive, and its faculty have done an exceptional job in delivering the program. I am confident that our graduates will be well-prepared for a variety of practice settings, whether working alongside a medical practitioner in a hospital or opening a solo practice."

For more information about New York Chiropractic College's acupuncture and Oriental medicine programs, contact the office of Admissions at 1-800-234-6922, visit the College at 2360 State Route 89 in Seneca Falls, N.Y., or log on to www.nycc.edu.

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 alumni to earn master's degrees in Public Health (MPH), Healthcare Administration (MHA) or Geriatrics (GHM). The programs are 100 percent online, 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 includes 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.

NYCC Launches Master's Program In Applied Clinical Nutrition

New York Chiropractic College demonstrates its continued commitment to quality integrative healthcare by launching an exciting new academic program – Master of Science in Applied Clinical Nutrition (MSACN) – that empowers professionals who seek to meet increasing patient demand for nutritional information by incorporating practical clinical nutritional applications into existing preventative and treatment options.

The Current Need for Nutritional Expertise

The need for healthcare professionals trained in this discipline is greater than ever. Today's patients want professional assistance in alleviating and preventing disease and improving overall wellness. They understand that nutrition is integral to health and that many of today's leading health concerns are related to nutritional issues. The emphasis on healthcare brings with it a significant prevention component, and the new master's program at NYCC has taken that approach. Our nutrition graduates will provide patients with knowledge and guidance for the prevention of chronic illness through nutritional habits and will help instill healthy lifestyles and better quality of life.

NYCC: Program Leadership

Dr. Shari Lieberman, preeminent authority on nutrition and the founding dean of NYCC's new MSACN program, recognizes the importance of nutrition in both treating illness and promoting wellness. Her credentials are extensive: She holds a Ph.D. in Clinical Nutrition and Exercise Physiology from The Union Institute in Ohio and a Master of Science in Nutrition, Food Science and Dietetics from New York University. She is a certified nutrition specialist (CNS), a fellow of the American College of Science, a member of the American Academy of Anti-Aging Medicine, a former officer and present board member of the Certification Board for Nutrition Specialists,



Dr. Shari Lieberman

and president of the American Association for Health Freedom. A best-selling author of several books on nutritional supplementation, Dr. Lieberman was named the National Nutritional Foods Association's 2003 Clinician of the Year. And New York's athletes appreciate that someone as renowned as Dr. Lieberman serves on the Nutrition Team for the New York City Marathon. Having served on the faculty of the University of Bridgeport's School of Human Nutrition graduate program, and spoken at numerous scientific conferences and on television, Dr. Lieberman's work as an industry consultant – decades of service as a

clinical nutritionist – are impressive, indeed!

Program Structure

NYCC's new program was tailored to emphasize the clinical application of nutrition. It goes beyond merely demonstrating the value of a balanced diet; instead, it enables graduates to become experts in applied clinical nutrition and to comprehend how diet, nutritional supplements, and exercise blend inextricably to enhance life. The format will be convenient and is being offered at a competitive cost. Classes will be held on Saturdays and Sundays once a month, with six credits per trimester, and can be completed in two years. Courses will be available in Seneca Falls, Depew and Levittown (New York) via video teleconferencing. The faculty – all highly accredited, seasoned professionals with clinical research experience – will rotate throughout these three locations so that students will have the benefit of a "live" professor available to them.

Out-of-classroom assignments conveniently fit a busy professional's schedule. The program is more guided than strict online courses, and the interactive aspect will help maintain and promote motivation, enlightenment and continuance.

The ideal candidates for this program can demonstrate the potential to succeed and a commitment to helping people

NYCC Launches Master's Program in Applied Clinical Nutrition

through healing. They will possess strong communication skills, a high degree of integrity and professionalism, and an understanding of nutrition and its important role in healthcare. Candidates should have successfully completed 90 semester hours (136 quarter credit hours) of undergraduate study, with at least nine credit hours of bioscience at a grade of C or better, and achieved an overall grade point average of 2.5 or higher. The program will have a limited number of openings, so interested potential students should apply now in order to improve their possibilities of acceptance into the program.



Enhancing Existing Practices

The MSACN program prepares graduates for a wide range of practice opportunities and is relevant for all healthcare practitioners: chiropractors, acupuncturists, medical physicians, physician assistants, nurses, nurse practitioners, dietitians, pharmacists, physiotherapists, fitness trainers, and exercise physiotherapists, to name a few. Obtaining this level of expertise enhances the practitioners' marketability and provides them with exposure

to the latest advancements in supplementation, exercise and diet.

The program will have limited enrollment. Interested potential students should apply now online at www.nycc.edu or call 1-800-234-6922.



Saturday, March 25, 2006 - 9:30 am - 1:30 pm
8:45 am - Registration begins
1:30 pm - Reception with gift drawings
New York Chiropractic College - Delavan Theater
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Keynote Speaker: Shari Lieberman, Ph.D.

- ∞ World renowned nutritionist; in private practice for more than 20 years;
- ∞ M.S. in Nutrition, Food Science and Dietetics from New York University and a Ph.D. in Clinical Nutrition and Exercise Physiology from The Union Institute;
- ∞ Founding Dean of NYCC's Master of Science in Applied Clinical Nutrition program (courses begin September 2006);
- ∞ Industry consultant;
- ∞ Contributing editor to the American Medical Associations' 5th Edition of *Drug Evaluations*;
- ∞ Recipient of the National Nutritional Foods Association 2003 Clinician of the Year Award and a member of the Nutrition Team for the New York City Marathon;
- ∞ Frequent guest on television and radio; her name is often seen in magazines as an authority on nutrition. She has been in private practice as a clinical nutritionist for more than 20 years.



Shari Lieberman, Ph.D.

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March 16-18, 2006 - Washington DC
Sheraton Premiere at Tyson's Corner, Vienna, VA

ACC-RAC 2006 is the ongoing collaboration between the Association of Chiropractic Colleges (ACC) meeting, which emphasizes educational structure, administration, and teaching, and the Research Agenda Conference (RAC), which focuses on the development of scientific knowledge, skills, and attitudes.

**"Improving
Collaboration
Inside and Outside
the Chiropractic
Profession"**

Attendees will hear the latest results of current research and educational efforts from around the world. Through various styles of presentation, including plenary sessions, concurrent breakout, workshop, and poster sessions, this year's conference will focus on the theme of collaboration.

The conference is jointly sponsored by the Bureau of Health Professions of the U.S. Health Resources and Services Administration, the Association of Chiropractic Colleges, the Palmer Center for Chiropractic Research at Palmer College of Chiropractic, and Cleveland Chiropractic College.

Registration fee \$250.

www.c3r.org/accrac06/

~ Series Introduction ~

Nutrition: “It’s Good for What’s Eating You”

by Erika Hackett, Student Writer

The current American obesity scourge is fueling a multibillion-dollar diet industry. That notwithstanding, obesity is merely the tip of the iceberg - the most visible manifestation of a nutritionally deficient population. Beneath the surface lie diabetes, cancer, heart disease, osteoporosis, and a medley of other maladies whose names spice cocktail conversations and coffee klatches throughout the country. In 2004 Americans spent roughly \$46 billion on diet products, programs and weight-loss books. Dollar for dollar, expenditures for unhealthy foods outstrip those for diet remedies. And pound for pound, our waistlines reveal an ironic penchant to lug about excess weight which far exceeds that of the diet books we tote home from stores. Statistics show that two-thirds of our population is overweight. Clearly, quick-fix diets and their attendant high costs are not even making a dent. Nor is the problem restricted to adults, as children, too, number significantly in the “hefty” category and respond to weight gain in their own way. For example, 70 percent of America’s girls begin dieting by the age of 10.

Killing Calories With Cash? NOT!

It is going to take more than money to tackle obesity safely. And ultimately, people’s behavior will determine whether or not obesity relaxes its hold on their lives and checking accounts. People do appear to be altering their behavior. According to a Calorie Control Council 2004 survey, more people are dieting now – one-third of the respondents as opposed to one-quarter in 2000. This

response arises, in part, from the fact that people are directly experiencing the impact that extra weight has on the quality of their lives and health. They are told by healthcare professionals, and they read in their magazines, that weight problems bring with them an increased risk of diabetes, heart disease and stroke. What’s more, sufferers feel decidedly sluggish and lacking in energy. So, what are we doing wrong?



Being Informed? NOT!

Let’s look first at nutritional education. America’s instant-gratification society wants its information in sound bites and headlines. In addition, there is a paucity of research testing nutrition’s effectiveness in combating disease. Pandering to the instantly gratified, marketers of “eat-all-you-want-and-still-lose-weight” diet pills are increasingly advertising on television and enjoying brisk sales. There’s the grapefruit-and-hard-boiled-egg diet, the boot-camp-exercise plan, the Scarsdale diet, and the carb-free diets. “Lose 10 pounds in two weeks!” “No planning or thinking required!” “Simply follow the plan!” In the end, one winds up eating foods s/he wouldn’t dream of eating, and ultimately dieters soon find themselves back at square one.

Unfortunately, well-intended efforts on the part of obese people to arm themselves with information are thwarted by a sea of misinformation on the Internet, in magazines, and hawked on television infomercials. The

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Transitions surveys current literature and reports items bearing relevance to featured *Transitions* topics. Our staff makes every effort to relate the information in a relaxed and unencumbered style. We therefore, in many cases, dispense with citations that might otherwise detract from the magazine’s overall readability. While we attempt to ensure that the information provided is accurate, timely and useful, we nevertheless acknowledge the possibility of human error and changes in medical sciences. The authors and New York Chiropractic College consequently cannot warrant that the information is in every respect accurate or complete, nor is the College responsible for any errors or omissions or for the results obtained from the use of such information. Rather, readers are encouraged to confirm the information with other sources. The information herein is for educational purposes only and is presented in summary form in order to impart general knowledge relating to certain clinical trials diseases, ailments, physical conditions and their treatments. The data should not be used for diagnosing or treating a health problem or a disease, nor is it a substitute for sound medical advice. Content herein does not replace the advice and care of a qualified health-care provider. Note also that rapid advances in the medical field may cause this information to become outdated, incomplete, or subject to debate. New York Chiropractic College does not recommend or endorse any specific tests, products, procedures, opinions, or other information that may be mentioned herein. Reliance on any such information provided is solely at your own risk. Finally, practitioners are encouraged to acquaint themselves with their states’ rules and regulations relating to professional practice.

Drastic “Measurements” Called for Drastic Measures: My Mother’s Difficult Journey Through Gastric Bypass

by Erica Tarnoff, Student Writer

Obesity is an epidemic that plagues men and women alike - spanning all ages, races and ethnicities. The U.S. Centers for Disease Control and Prevention estimate that almost two-thirds of our adult population and as many as 15 percent of the country’s children are currently overweight. A RAND Corporation study from October 2003 found that the number of severely obese American adults (at least 100 pounds overweight) increased dramatically over the past 20 years. The number jumped from one of 200 adults in 1986, to one of 50 adults in the year 2000, bringing the number of severely obese Americans to approximately 4 million people.



Erica Tarnoff

Gastric Bypass Surgery – Obesity’s “Quick Fix”?

Response to this dramatic weight problem has taken the form of equally radical movements in dealing with weight loss. Gastric bypass surgery, for example, involves resecting the stomach’s functional size to about 10 percent of its original capacity, initially leaving space for about four grapes. Media coverage of this particular bariatric procedure has been predominantly favorable. Emphasis was placed on the possibility of positive outcomes such as “irreversible” weight loss and decreased hypertension, diabetes, cardiovascular disease, degenerative changes, and depression. Highly publicized success stories led people to believe that surgery was a “quick fix” for obesity. The reality, however, was revealed in a study by researchers at the University of Washington that tracked one in 50 people dying within one month following gastric bypass. One in 200 patients didn’t make it out of the hospital. Many people may be shocked to learn that this aspiring chiropractor can still see the benefits of a procedure so dangerous that it almost killed my mother.

My mom was raised in a time when health was not part of everyday conversation, at least not in her apartment. She lacked the awareness of a healthy lifestyle and suffered from an inability to lose the weight she gained from having borne three children. She began showing degenerative changes in her 30s, undergoing fusion of C5/6, laminectomy of L1-L5, and subsequently two total knee replacements. Most of my life I have watched her try to diet. I’ve seen her lose 50 pounds in six months, only to see it return in less time. At the time of her gastric bypass surgery she was 56 years old, 5’8” tall, and weighed 300 pounds.

My mom opted for this “elective” surgery. Unfortunately, two perforations in her intestine caused ascites and life-threatening sepsis. Thereafter, she underwent four emergency surgeries; was on a respirator; received dialysis and a tracheotomy; and still has

no memory of her life during that traumatic month. Clearly, in her case, surgery was hardly a quick fix. I really doubt that any overweight person believes there is such a thing. Gastric bypass surgery, in my mother’s case, was a final option that surfaced only after a never-ending series of failed alternatives.

Often, following gastric bypass’ weight loss, people have put the weight back on. Consequently, patients must be ready to make the necessary life changes that will ensure healthy weight loss and subsequent maintenance. According to the New York University program for surgical weight loss, after gastric bypass, weight loss continues for two years and then plateaus. Some patients can experience over

a 30-pound weight gain after two years. This is why it is critical that patients follow the counsel of their nutritionists regarding what and how to eat.

Patient Goals and Education

Patient education is imperative when transitioning to a life of health, whether after bariatric surgery or in hopes of avoiding the surgery. Dietary changes can affect not only weight loss, but inflammatory processes and energy levels as well. Many obese patients have had limited, if any, exercise experience, so implementation of an exercise program must be paced. Physical activity for a person suffering from obesity can range from jogging around the block to something small, such as parking at the back of a parking lot and walking the length of the lot. Even a slight increase in activity can make a noticeable difference in energy. Remember, movement is life! Ask patients to do one jumping jack when they wake up in the morning, giving them a specific goal. One jumping jack almost inevitably leads to two. Keep in mind however, that many times chronic pain accompanies obesity, and degeneration may inhibit one from recommending an impact activity such as jumping. Sometimes what seems simple to one person may seem impossible to another; it is for the latter that gastric bypass surgery should be considered.

For most of my life it has been painful to watch my mother walk. Each step presented her with different obstacles to overcome: She struggled to stand up from a chair; she had fallen with no hope of getting up on her own. Perhaps gastric bypass surgery should be reserved for people who have honestly exhausted all of their options, and are finally prepared to take the plunge and undertake all the changes required to support the surgery’s

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Peace of Mind and Trim Waistlines: Or “The Dopamine Diet”

by Mary E. Balliett, D.C., B.S., Adjunct Assistant Professor

Believe it or not, the amount of protein in your diet significantly affects your ability to manage stress. This is but one example of how people’s nutrition enables them to not only survive, but to flourish! One of the more interesting aspects of dietary behavior is its inextricable link to the same physiological system that accounts for addictions. Hence, a 12-step program exists for Overeaters Anonymous just as for Alcoholics Anonymous, Gamblers Anonymous, Workaholics Anonymous and Sexaholics Anonymous. Depression is now rampant in this country, and advertisements for antidepressants are prevalent on TV. Activities involving alcohol, food, risk taking, sex and crying (for which I coined the mnemonic “wine, dine, 69 and cry about it circuit”) are ultimately controlled by one system of the body: the parasympathetic nervous system, which is controlled by our friend, the hypothalamus! When the hypothalamus does not have enough of the neurotransmitter dopamine, it triggers the parasympathetic system, which is not a problem unless it happens at an addiction rate! Therefore, we can see that addiction is NOT a matter of lack of willpower, but rather a lack of dopamine. I guess we will have to change the introductions in 12-step programs to, “Hi, my name is Mary and I am dopamine-deficient.”



Dr. Mary Balliett

The Dopamine Cocktail – A Protein/Vitamin Mix

So the question arises, “What can we do about dopamine deficiency?” There are two main ways to maintain an appropriate level: behavior modification and meeting the dietary need for protein, vitamins, and minerals. Dopamine is made from the amino acid tyrosine. Tyrosine is not an essential amino acid; the body can make it from the amino acid phenylalanine, but phenylalanine must be in the diet. Although we cannot be totally sure there is adequate phenylalanine simply by looking at the number of protein grams, we can be relatively sure that if the patient is deficient in protein there is most likely not enough phenylalanine. In addition, the pathway requires vitamin B6 as well as vitamin C. Again, we can check if these are deficient. The RDA for vitamin C is only 60 mg, but that was determined before all of the pathways that use it were discovered. It is generally recommended that the daily intake of vitamin C be closer to 500 mg/day. Finally, SAME is made from methionine and is also found in good-quality protein. I recommend magnesium supplements on a daily basis unless there at least two servings of dark-green leafy vegetables, which usually meet the requirement for it. Of note is that when SAME gives its methyl group to

norepinephrine to convert it to epinephrine, L-homocystine is formed. The blood level of L-homocystine is directly related to the risk of a myocardial infarction, so it is also important to have vitamins B6, folic acid and B12 to recycle the L-homocystine back into methionine and reduce the risk of these. This is the biochemical reason that “stress” causes heart attacks. It is not stress itself, but a function of making large quantities of adrenalin combined with inadequate nutrition that creates the trouble.

Dopamine, Hunger and Satiety

Since certain foods help to maintain adequate levels of dopamine, and since the absence of dopamine can lead to food binges in order to achieve the associated dopamine “high” and feelings of satiety, the association between proper nourishment and staving obesity becomes abundantly clear. The song by the Rolling Stones, endless commercials on TV, and the cravings of human beings rely on the emotions derived from satisfaction or the lack thereof. When the neurotransmitter dopamine is bound to its receptor in the brain, feelings of satisfaction are experienced. Receptors for dopamine are found in the brain in a number of locations, but most importantly in the hypothalamus. Anyone who has visited the exhibit of a teenager’s brain in Epcot at Disney World knows the hypothalamus is the “control center” for automated functions of the body, such as breathing, as well as the feelings associated with hunger and satiety. In addition, the hypothalamus has strong connections to the limbic system, which controls all of our emotions. If dopamine is responsible for the emotion of satisfaction, then what causes the emotion of “I can’t get no – satisfaction”? It turns out that the lack of dopamine is experienced as anxiety. Robert Crayhon (2001), among others, showed that when there is not enough dopamine bound to its receptors, addictive behavior is the result. Why is anxiety the opposite of satisfaction? This requires a short review of biochemistry – but please don’t get anxious, there is no test!

Good Nutrition, Responses to Stress, and Creating Addictions

It has been shown that proper nutrition will help ensure that the ingredients to maintain adequate levels of dopamine are present in the body. However, there is a behavioral component as well. Our response to perceived stressors will determine the rate at which we will deplete dopamine stores. The physiological

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Peace of Mind and Trim Waistlines: Or “The Dopamine Diet”

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reaction to epinephrine involves constriction of the blood vessels to the skin (in order to limit bleeding if superficially wounded), dilation of the pupils (the better to see you with, my dear) and the bronchi (to allow more air into the lungs), and increased blood supply to the muscles (in order to run or fight). Epinephrine also causes decreased peristalsis in the intestinal tract. And mother’s sage advice was true: Don’t eat and then go swimming! When we are in danger, all of these physiological responses exist to help us to survive. Today, though we experience “stress” as a response to non-life-threatening events such as a work or school deadlines, we nonetheless react as if they were life-threatening. As a result, our dopamine levels drop, since dopamine is now being converted to adrenalin at a higher rate than it can be produced. This then drives us into addictive behaviors, because the feel-good sensations associated with dopamine drive us to do things that increase our levels of it when our reaction to stress has caused it to decrease.

Finally, the large number of books and speakers espousing “mind over matter” therapies can have an application here. We can use a type of mantra where we silently repeat “I am satisfied” over and over in the face of difficult situations. I have found that saying this 20 times before taking action or responding to a stressful situation decreases my feeling of anxiety. The hypothesis is that our bodies make the neurotransmitters when we react to situations and we can influence that reaction by telling our bodies to calm down. We cannot control all the events that occur in our life, no matter how much we try or believe that we can, but we can control our response. I am not advocating suppressing our feelings, but genuinely altering our biochemistry to better reflect the lack of the genuine life-threatening danger posed by everyday stressful events such as disappointments, meeting deadlines, and interpersonal relationship issues.

Summary

The combination of the addition of the RDA of protein each day (50 grams for most women; 60 grams for most men), B vitamins, vitamin C, magnesium, and behavior modification such as prayer, meditation and the use of the “I am satisfied” mantra can all increase our feeling of “getting satisfaction!” The story does not end here, however. A study by Dr. Shelly Taylor (2000) at UCLA found that while men ALWAYS respond to stressful situations by making adrenalin (and therefore a drop in their dopamine levels), women will stop making adrenalin and start to make the hormone oxytocin instead – another story for another time.

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material floating around may be either too general to be of any practical value or downright erroneous. How is the average person expected to wade through it all?

Marketing the Unhealthy to the Unhealthy

Diet products and programs are a big business involving billions of dollars. Incentives exist to spread information, accurate and otherwise, to a receptive public in the name of profits. Infomercials flood the airwaves: new diets, pills, and workout regimens. Curiously, if the products worked they might very well put their promoters out of business! On the flip side, sophisticated techniques are employed to market foods we know we shouldn’t eat. Music, jingles, slick graphics, attractive models, humor and subliminal messages are displayed in ads designed to persuade people to buy the very things well-informed nutritionists would advise us to avoid!

Solutions

Once again, how do we fix this problem? Whoever comes up with an adequate answer will likely never have to work again. For it’s one thing to tell people what to do, and quite another to help them understand why they are being asked to do it. Behavioral change begs an understanding of dieters’ reasons and results. Programs such as NYCC’s master’s degree in nutrition are just the thing to provide that kind of understanding. Enjoy reading the following articles on NYCC’s exciting new program, the straight facts on dopamine, personal testaments about bypass surgery, and Eastern nutritional philosophy.

Drastic “Measurements” Called for Drastic Measures

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goals. Unfortunately, the surgery doesn’t teach patients how to be healthy; it doesn’t guarantee a longer life; nor does it promise “irreversible” weight loss. The changes must be made to break pre-existing habits.

The Shedding

My mom lost 150 pounds and is experiencing a much healthier life. She has committed to a reasonable diet and she walks daily. Still dealing with complications from her bypass surgery, as well as her degenerative disease, she recently told me that if she could to do it over, she wouldn’t. As far as she is concerned, gastric bypass surgery should be reserved for people in life-or-death situations.

Erica sends her special thanks and appreciation to NYCC’s Dr. Ilija Arar for his unwavering support and guidance.

The "East" and "West" of Good Nutrition

by Darlene Easton, L.Ac., MSAOM – Assistant Professor

Eastern nutrition is unlike the nutrition courses you might have taken in high school or college. Its theory is not based upon grams of protein, fat, fiber, vitamins or cholesterol. Instead, Eastern nutrition considers the wholeness, temperature, flavor, "season," cooking method, taste density, direction, color, source, and overall energetic quality of foods. These concepts may seem puzzling at first; but when understood in the paradigm of Chinese medicine principles, they are perfectly sensible and result in an effective and healthy option to food choices and their therapeutic use. Many patients have adopted for and adapted to the general philosophy of Eastern nutrition with positive results. Several of the fundamental considerations are listed for you to contemplate.



Darlene Easton, L.Ac., MSAOM

The Wholeness of the Food

Is the food in its natural state, or has it been adulterated by some kind of processing? Whole, natural food is ALWAYS desired over anything processed. That which is unmodified and fresh is the most nutrient-dense. Food is thought to impart its nutritional essence to the consumer. This concept is not really foreign to our culture; simply put, we truly are what we eat.

The Food's Seasons

Is the food appropriate to the season? For instance, watermelon is a summer fruit; it is light, cooling, and restores the body's fluids. In cold weather, this effect is undesirable. The earth supplies us with things such as yams, chestnuts, winter wheat and squashes in the cool seasons. These foods encourage our bodies to store and build energy, and furnish us with warmth.

Distinctions in Food Preparation

How has the food been prepared? Is it raw, steamed or roasted? Many people believe that raw vegetables are the healthiest choice. This is not necessarily correct, yet under the right circumstances can be so. The key words are relative and appropriate. Is cold, raw food appropriate for every person, relative to his or her constitution and/or condition? People who easily feel cold, bloat after eating, and suffer with fatigue would do far better with roasted or baked vegetables, while those who generally feel warm, are easily angered, and crave cold drinks could benefit by including some raw foods. Note and pay attention

to your own natural instincts. In the winter we naturally crave stews and soups, slow-cooked and denser foods; in the summer we want lighter foods that are quickly stir-fried, steamed or raw. The way foods are prepared changes their overall energetic properties and affects on the body. Again, the key word is appropriate; don't jump on trendy wagons.

Flavors and Their Actions

Foods have a particular flavor, and in Eastern nutrition this aspect correlates to specific functions. For example, pungent foods – ginger, hot mustard and mint – are dispersing and releasing. Taste them; does your mouth feel like there has been an explosion inside? These

foods push things outward and are very therapeutic for those experiencing the onset of the common cold marked by chills, body aches, and perhaps fever. (Tip: The next time you feel like you are coming down with a cold, try simmering several thick slices of fresh ginger in 10 ounces of water for 15 minutes, add a spoonful of honey at the end, and drink while hot. Get in bed and under the covers. You will sweat. After some rest and an easy-to-digest meal such as oatmeal or soup, you'll feel better!) Another flavor is salty, as found in seaweed and shellfish. Salty foods help break down nodules and hard masses. Bitter substances such dark-green leafy vegetables, tea and coffee drive out excess fluids. Neutral foods – including most grains, meats and many vegetables – build our bodies, drain out stagnant fluids, and help balance other warm or cool foods. Sour foods – as in citrus fruits, grapes, plums and vinegars – astringe vital substances and prevent excessive sweating or urination. Sweet foods such as fruits, grains and some meats tonify the body and help build vital substances. Note to sweet lovers: M&Ms, caramels and Ho Hos are not considered food and therefore do not count!

To understand and utilize these dietary concepts requires self-observation and an awareness of one's environment. Nature expresses variety in all that exists, and transforms according to seasons; so too should our diet. The fundamental principles of Eastern nutrition require that we pay attention to our choices and make them according to wholeness, freshness and, most importantly, appropriateness to our constitution and relevance to our current situation. Armed with these simple concepts, anyone can enjoy a diet that is life-enhancing, balanced and delicious.

Diet Characteristics

by Erika Hackett, Student Writer

Step back and view the table below that charts the broad spectrum of diets and those who practice them (or not) – ranging from the lackadaisical to the super-strict. The success of people’s efforts to wage war against excess fat hinges largely on two things: willpower and information. See where the table places you. “Conscientious Karen” is probably the healthiest and best informed of the group. What distinguishes her from the rest of us?



Super Size-Me Sam

Devours

Doesn't plan meals at all; goes with what seems good at the moment. Rarely puts much thought into what he eats.

Habits

Can be seen ordering a large Whopper Value Meal with a diet coke.



Quick Fix Fred

Munches

Wants quick and easy fixes. The "10 pounds in 10 days" diets were made for him. Will try most new supplements on the market even if claims are unreasonable.

Habits

Uses lots of diet aids and supplements; May be seen with a six-pack of Slim-Fast and a bottle of TrimSpa at the supermarket checkout. Doesn't follow a regular exercise plan.



*Denise
the Dilettante*

Eats

Tries all the "new" diets but doesn't stick with them. Tends to yo-yo with her weight because of the changes. Will try most new things in the hopes it may be "the one for her."

Habits

Does some research and makes attempts to be informed. How well she does depends on her level of motivation. Isn't consistent. May try fad diets even if they don't make sense. Exercise regimen is hit or miss.



*Conscientious
Karen*

Plans

Moderate but healthy. Researches nutrition and is well-informed. Stays away from fad diets or trends. Opts for a healthy but varied diet of her own design or with the help of a nutritionist.

Habits

Watches what she eats but isn't the food police. Puts into practice what she researches and reads. Follows a regular exercise plan. Level of motivation is consistent.



**Muscle Man
Mike**

Apportions

Very rigid. Exact in amounts. Specific times to eat. Knows the what, when, how and why of supplements. Clues you in to the best protein powder.

Habits

Measures everything, even broccoli. Eats every three hours. Often seen with a protein shake. Knows the nutritional content of everything he eats. If you need to find him, try the gym – he's there 4-6 hours a day.

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NYCC's fellowship program, developed in 2002, is successfully attracting lifelong learners into the College's faculty ranks. The program enables fellows to earn a salary while obtaining one of a number of master's degrees that will qualify them to teach undergraduate- and graduate-level programs and conduct research. What does the College get from its

fellowship program? Great teachers, cutting-edge research, and doctors who will give back to the profession by creating innovative collaborations with other professionals. Judy Silvestrone, D.C., M.S., dean of the Center for Excellence in Learning and Teaching and coordinator of NYCC's fellowship program, sums it up: "The fellowships have significantly augmented scholarship, teaching and

research – providing a benefit to both the institution and the profession."

Fellowship Opportunities

Candidates may apply for one of the College's two clinical or three teaching fellowships. Activities performed by the fellows are responsible and rigorous.



Dr. John-David (JD) Kato
John-David "JD" Kato, D.C., M.S. (Diagnosis Dept.), earned a master's degree in exercise science at Ithaca College.



Dr. Andrew Dunn
Andrew Dunn, D.C., M.Ed., M.S. (Depew Health Center), earned a master's degree in health administration at D'Youville College.



Dr. Douglas Greco
Douglas Greco, D.C., B.A. (Anatomy Department), earned a master's degree in neuroscience at Syracuse University.

For more information about NYCC's fellowship program contact:

Christine McDermott
Phone: (800) 234-6922 (Ext. 3109)
E-mail: cmcdermott@nycc.edu

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"Thanks NYCC!"

Andy Dunn, D.C., M.Ed., M.S.

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Nutrition



Robert Ruddy, D.C.

Robert Ruddy, B.S., D.C.

Prior to graduating from NYCC in 1996, Dr. Ruddy earned his B.S. from New England College. An assistant professor, Dr. Ruddy serves as the chief of staff of the Seneca Falls Health Center and teaches postgraduate courses in areas of nutrition and orthopedics. Dr. Ruddy's philosophy is that of "helping patients through nutrition and chiropractic."

Shari Lieberman, Ph.D., C.N.S., FACN

Dr. Lieberman earned her M.S. in Nutrition, Food Science and Dietetics from New York University in 1982, followed by a Ph.D. in Clinical Nutrition and Exercise Physiology from The Union Institute in 1993. Dr. Lieberman is also a Certified Nutrition Specialist (C.N.S.) and a fellow of the American College of Nutrition (FACN). A world-renowned nutritionist and prolific author, Dr. Lieberman is the founding dean of NYCC's new Applied Clinical Nutrition program. Dr. Lieberman encourages healthcare practitioners to learn the important role dietary supplements and nutraceuticals play in improving patients' health and well-being.



Shari Lieberman, Ph.D.

Rebecca Hosey, B.S., D.C.

Dr. Hosey earned an A.S. degree at Mohawk Valley Community College and a B.S. degree in Biology from SUNY Albany. Subsequently, in 2003, she completed her Doctor of Chiropractic at NYCC. Dr. Hosey serves as adjunct instructor at NYCC, leading courses in nutrition and assisting in patient assessment and diagnosis coursework. In addition, she

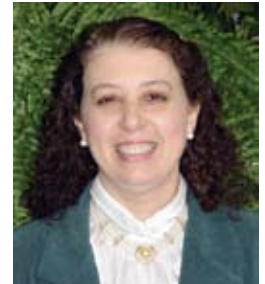


Rebecca Hosey, D.C.

maintains a private practice in New Hartford, N.Y. Dr. Hosey has observed a number of chronic musculoskeletal conditions in her New Hartford practice and feels that many of them are linked to poor diet and food allergies.

Mary E. Balliett, B.S., D.C.

Dr. Balliett received her B.S. in Biology with a concentration in biochemistry from Cornell University in 1976. While attending Cornell's master's program in biochemical nutrition, she left to enroll at NYCC, and graduated in 1988. She will join NYCC's first Applied Clinical Nutrition class in the fall of 2006 to complete her nutritional master's degree. Dr. Balliett urges nutritional supplementation, as contrasted with nutritional substitution. She advocates eating a well-balanced diet to achieve recommended daily amounts of protein, fruits and vegetables while limiting the amount of "white food" – simple carbohydrates such as white sugar and white flour. Dr. Balliett also encourages people to eat at least one gram of omega 3 fatty acids each day. That notwithstanding, she advises, "Diet alone is not the answer. Exercise is a very important part of health as is getting seven to eight hours of sleep nightly."



Mary Balliett, D.C.

Darlene Easton, MSAOM, L.Ac.

Assistant Professor Easton earned her bachelor's degree in liberal arts with a focus on international relations, Chinese language, and philosophy from SUNY Stony Brook in 1989. In 1998, she received her M.S. in Acupuncture and Oriental Medicine at New York College. Ms. Easton's career has involved extensive travel in the People's Republic of China where she completed postgraduate acupuncture training at Guangzhou University Hospital and postgraduate herbal training at Hangzhou University Hospital. She currently teaches NYCC's Oriental medicine theory and clinical skills courses, and supervises interns at the Seneca Falls Health Center, and Monroe Community Hospital. As co-coordinator of NYCC's Women's Health Symposia she deals with women's health issues and various holistic healing approaches. Ms. Easton also serves as a consultant and instructor for the Council of Colleges' Clean Needle Technique courses.



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

Faculty Spotlight: Dr. Robert Ruddy

by Rich Boden, Student Writer

Dr. Robert Ruddy is an assistant professor at New York Chiropractic College as well as the chief of staff of the Seneca Falls Health Center. In his spare time, he enjoys spending time with his wife and children and coaching sports. His close involvement with the local community has allowed him to see firsthand some of the health trends that he addresses in his office.

Working as a laboratory assistant while attending New England College, Ruddy realized that he wanted to teach. After graduating in 1980 with a bachelor's degree in biochemistry and nutrition, he taught at the University of Connecticut for a couple of years before beginning his matriculation at New York Chiropractic College. He loved teaching and also wanted to establish his own chiropractic practice; so upon graduating in 1996 he did just that. Soon thereafter, Dr. Ruddy interviewed for a position at NYCC as both a faculty member and clinician, and since 1997 he has risen through the ranks.



Dr. Robert Ruddy

College's Response to Changes in Healthcare

Dr. Ruddy is impressed with NYCC's ability to change and its willingness to update the program in order to make better doctors of the students. Under Dr. Ruddy's supervision, the Seneca Falls Health Center internship experience prepares students for private practice, partnerships, associateships, hospital settings and interdisciplinary settings.

Applying Practical Nutrition

Dr. Ruddy feels strongly about the connection between good health and good nutrition, and encourages using nutrition for such ailments as ADHD and asthma. Patients can function better at work and find they need less sleep just by changing a minor eating habit. He also urges geriatric patients to eat well in order to feel vibrant. As the baby-boom generation ages and as people search for answers regarding healthy lifestyles,

health professionals increasingly look to nutrition.

Aside from generally recommending lots of fruits and vegetables, the avoidance of saturated fats, and getting regular exercise, at times Dr. Ruddy may recommend a diet specifically tailored to deal with a particular condition. He says that sound nutritional programs are those that are easy for the patient to understand, to fund, and to carry out. Since he believes that people who visit a doctor for backache, for example, want pain relief and not necessarily nutritional advice, he teaches them the benefits of nutrition in tandem with chiropractic treatment. He is also likely explain to his patients the many benefits offered by acupuncture

and massage therapy.

The Internet is a great place to send a patient to look for information about nutrition, according to Dr. Ruddy. Patients who research their conditions often bring him the information they've located.

Looking Ahead

As far as Dr. Ruddy can predict, the next development in the field of nutrition will be a battle against obesity. Many diseases are linked to obesity, including diabetes, heart disease and irritable bowel syndrome. People naturally seek information that explains what they can do personally to make themselves healthier, aside from going to see a doctor. Dr. Ruddy sees school lunch programs as possibly playing an important role in helping to turn around people's health and dietary habits. He also sees these programs as an excellent opportunity to take on childhood obesity.

Dr. Ruddy encourages students to explore the many great opportunities NYCC provides for them. A team effort within the faculty and staff distinguishes his approach to healthcare delivery. He states confidently, "We are headed in a very positive direction - for the entire profession."

"As the baby-boom generation ages and as people search for answers regarding healthy lifestyles, health professionals increasingly look to nutrition."

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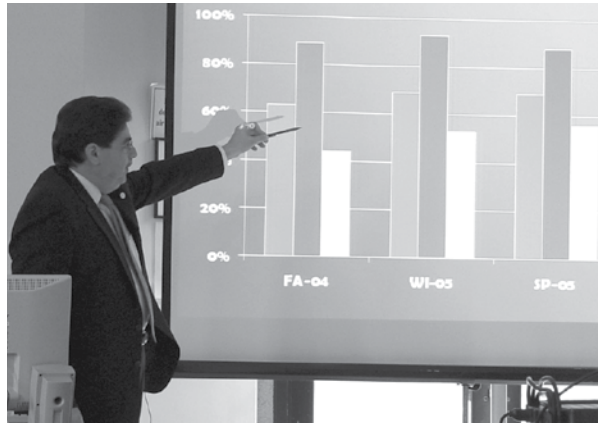
President's Forum

by Paul Blackledge, Student Writer

The most recent President's Forum was held on Thursday, November 10, at 12:00 noon in the North Dining Hall. The forum was conducted by President Nicchi, assisted by the senior administration. The format included a PowerPoint presentation that addressed issues raised by the Student Government Association.

Dr. Nicchi began by addressing rumors brought to his attention by the SGA and laid to rest rumors that open adjusting labs would be closed. Following that, the issue of academic honesty was discussed by Mr. Richard Worden and Mr. Peter VanTyle. Dr. Michael Mestan then addressed student concerns regarding textbook and classroom attendance policies. He also lauded the diversity of teaching styles in the technique labs and encouraged faculty availability during office hours.

Dr. Nicchi's PowerPoint presentation displayed the results of a survey administered to current students and alumni from NYCC as well as two other chiropractic colleges. Collected data served as an outcome assessment to evaluate the quality of the education offered at the College. NYCC scored highest of the three in most areas. Also noteworthy was data collected from the National Board of Chiropractic Examiners which showed that NYCC students attained an



President Frank Nicchi "charts a course" for the College.

Over 96 percent of NYCC graduates were practicing chiropractic at three, five, and seven years following graduation - clearly an indicator of practitioner success and the quality of an NYCC education.

80 percent pass rate on national board exams. The exceptional pass rate exceeded the national average for the past five years and further reflected NYCC's stellar academic program. Furthermore, over 96 percent of NYCC graduates were practicing chiropractic at three, five, and seven years following graduation - clearly an indicator of practitioner success and the quality of an NYCC education.

The question-and-answer session opened the floor for discussion about business and practice management. Not surprisingly, graduates most often feel vulnerable when it comes to business skills - a trend not unique to chiropractic. Dr. Nicchi encouraged students to visit the Career Development Center on campus, where there is an extensive collection of practice management resources. He also praised the ongoing efforts of the Practice Management Club members, who host various business presentations on campus. While the College is planning to offer more business management courses in the future, students were reminded that NYCC's prime mission is to produce quality doctors and secondly, better business managers. The forum closed with a viewing of NYCC's new video clip showing campus facilities, students, staff and faculty in an upbeat and entertaining presentation.

Dr. Ruddy Speaks at Orientation

Incoming chiropractic students were treated to an inspiring speech by Dr. Robert Ruddy (NYCC '96) and a delicious buffet luncheon as part of their orientation process. During his talk, Dr. Ruddy, assistant professor and chief of staff of the Seneca Falls Health Center, encouraged students not to lose focus and to remain committed to their goal of becoming a chiropractor - a "doctor helping mankind" - throughout their time at NYCC. He told how the chiropractic profession is increasingly gaining acceptance from the general public and from other health-



Dr. Robert Ruddy

care practitioners as patients are becoming more educated about their health conditions. He closed his talk by encouraging the students to learn how to communicate: "Convey what you do, what you expect, and how you are going to achieve those outcomes. "Dr. Ruddy also noted how quickly their time as students will pass, and shared the words that his father often told him: "Never ever wish your life away!"

Following Dr. Ruddy's speech, President Nicchi presented him with a certificate of appreciation and a gift of thanks.

Chiropractic Healthcare in a Hospital Community

by Stephanie Brown, Student Writer



Dr. Scott Coon

On October 27, Dr. Scott Coon gave students insight into practicing as a chiropractor in a hospital. Dr. Coon, a 1994 graduate of NYCC, owns Tri-County Chiropractic in Fairport, N.Y., runs an office at F.F. Thompson Hospital, Canandaigua, N.Y., and teaches part-time at the college. A few years ago, F.F. Thompson Hospital was looking for

a chiropractor for its Mind and Body Center, an outpatient office at the hospital, and approached NYCC. Shortly thereafter, Dr. Coon began working at the hospital.

After discussing how he became affiliated with the hospital, Dr. Coon provided guidance to the students about how to work in a hospital setting. The first message he had was the importance of having a good business plan. The second point Dr. Coon made was that in order to be successful in a hospital setting, you must define your niche. Working with a hospital has given Dr. Coon the opportunity to become more involved with the community. Earlier this year, he did an investigation on backpack safety. This initiative started out as an informational bulletin board in the cafeteria of the hospital and skyrocketed into the mainstream media nationwide.

Thank you, Dr. Coon, for an educational and inspiring presentation!

Acupuncture's "Styles and Expressions" Kicks Off Napolitano Lecture Series

A presentation by Adjunct Instructor Colleen O'Neill titled "Styles and Expressions of Acupuncture" was the highlight of the AOM Student Appreciation Event on November 4. Ms. O'Neill's lecture – the first in the newly formed Napolitano Lecture Series Institute – featured Japanese-style acupuncture. While both Japanese and Chinese acupuncture are based on the foundations of traditional Chinese medicine (TCM), the Japanese style focuses on more superficial needle insertion, milder stimulation, and less obvious manipulation.



Colleen O'Neill

The presentation emphasized palpation, a skill of great importance to the acupuncturist. Japanese practitioners usually perform palpation on the hara, or abdomen; however, palpation can be performed along the channels anywhere on the body. Ms. O'Neill recommended first starting with light touch, noticing areas of temperature difference and areas of roughness or softness on the skin's surface. This should be followed by deeper touch, assessing muscle tone, pain, tightness or looseness, and lumps and masses. Pain, relieved or exacerbated by palpation, is a significant factor in TCM. Ms. O'Neill concluded her lecture by providing tips regarding three degrees of indurations (hardening of muscle tissue that appear as tight nodules), diagnosing the cause of the indurations, and treatment suggestions. Many thanks to Ms. O'Neill for the highly informative presentation!

NYCC Rolls Out Its Latest Research



Dr. Deborah Barr

The campus community was treated to presentations by some of NYCC's finest students, staff and faculty at the annual research symposium in January. Officiated by Dr. Deborah Barr, the event

included lectures by Drs. Ilija Arar, Karen Bobak, Jeanmarie Burke, Russ Ebbets, Lillian Ford, Terry Koo, Anna Lee, Kristina Petrocco-Napuli, Seva Philomin, Pradip Sarkar, Judy Silvestrone, Gerald

Stevens, John Taylor, and Robert Walker; Ms. Christine Cunningham; Ms. Elizabeth Larzelere; Mr. Owen Papuga; and students Jonathan Egan and Keith Lavalliere.

Dr. Linder Wins Bakke Award

Darryl T. Linder, D.C., a 2002 NYCC alumnus, is an associate doctor with Luedtke-Storm-Mackey Chiropractic in Fitchburg, WI, where he has his own practice within their ten clinics. Dr. Linder recently received the 2005 Nels Bakke Award, an honor recognizing the contributions of practitioners in Wisconsin who have dedicated themselves to serving the profession and their community.

Originally attracted to NYCC because of its reputation and its proximity to his hometown of Buffalo, Dr. Linder feels that he was well-prepared by NYCC, particularly under the tutelage of former faculty member Dr. Gregory DeMaille. He also had the opportunity to study under Dr. Vincent Loia at NYCC's former Syracuse Health Center, where he experienced the business end of chiropractic – advertising, taking histories, and listening to his patients. “I found cancer on a patient this year that was confirmed by MRI. My patient credits me for saving his life. That is so cool!” exclaims Dr. Linder.

Looking to his mentors for inspiration, he recalls how Dr. Kenneth Luedtke told him to forget the competition because patients go to the best person. He also recalls former NYCC faculty member Dr. Jay Lipoff saying that it's okay to be different. Dr. Linder stated that, to his knowledge, he is “the only Black American chiropractor in the state and the only NYCC



Dr. Darryl T. Linder

graduate.” He encourages students to “start developing people skills and lecture skills,” and credits Assistant Professor Dr. Dennis Homack with having helped him get his own thoughts in PowerPoint as a student.

Dr. Linder advises students and fellow alumni, “Let the people know where you are and who you are. Get involved with your community; that way, patients will know you care.” Dr. Linder certainly gets involved, having served as a board member of the South Metropolitan Business Association and the Madison Safety Council, and as vice chairman of the African American Health Network of Dane County. He

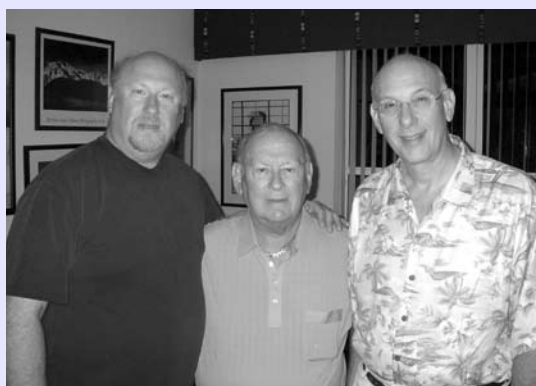
currently serves as president of the South Metropolitan Business Association. In addition, Dr. Linder is the Health and Wellness chairman of the 100 Black Men of Madison, where he mentors a young man through Big Brothers and Big Sisters of Dane County, and is a member of the Madison South Rotary.

Looking forward, Dr. Linder expects chiropractic to receive continued acceptance. He says, “With more people getting into their health at earlier ages, they have more questions. And chiropractic always has answers. As a profession, we need to continue to let people know that.”

Dr. Linder may be contacted at 3050 Cahill Main Ste. 6; Fitchburg, WI 53711. His phone numbers are 608-271-7323 and 608-628-0603 (cell) and his fax number is 608-268-9509.

Dr. Steven M. Perman Receives Awards

Steven M. Perman, D.C., DACB-SP, DACBN, a 1979 alumnus of NYCC and former associate director of NYCC's Levittown Health Center, has been named 2005 Chiropractor of the Year by the Florida Chiropractic Association, and 2005 Alternate Delegate of the Year by the American Chiropractic Association (ACA). In addition to maintaining a practice in Boca Raton, Fla., since 1994 Dr. Perman has served continuously as chairman of BAC-PAC, south Florida's chiropractic political action committee. He currently serves on the ACA's National Legislative Committee and has led the Florida lobbying team for the



(L to R) Drs. Steven M. Perman, William (Bill) Perman and Dennis Perman

past 10 years to Washington, D.C., at the ACA's National Chiropractic Legislative Conference.

For Dr. Perman, chiropractic is a family affair: Both his father and brother attended NYCC, and for a while – much to the delight of former President Napolitano – all three were students at the same time! His father, Dr. William (Bill) Perman, an August 1977 graduate, has served on the Florida Board of Chiropractic Medicine for the past five years and is currently vice chairman. Brother Dennis, a December

1977 alumnus, co-founded The Masters Circle, a prominent consulting firm to the chiropractic profession.

NYCC Students Intern at Hartford Medical Group

Connecticut, your healthcare just got a little bit better!

NYCC began yet another internship opportunity for its students. The Hartford Medical Group (HMG), an affiliate of Hartford Hospital, enables participating interns to rotate through one of HMG's affiliated practices, including urgent care, internal medicine, occupational medicine, physical medicine and rehabilitation, and a neurological headache clinic. Interns also attend neurology rounds and medicine rotations at Hartford Hospital. Dr. Chris Tavares ('05) was one of two tenth trimester students participating in this exclusive five-month position, focusing on neurological problems. The other, Dr. Kristina Milik ('05), studied family practice.

Once each week, Dr. Tavares attended neurological grand rounds at the hospital. Under the direction of a licensed chiropractor he conducted new patient intakes, took patient histories, determined diagnoses, developed treatment plans,



Dr. Chris Tavares

set up passive modalities (such as heat and ultrasound), assisted with stretching, and provided active care. Dr. Tavares said the rapport among chiropractors, medical doctors, nurse practitioners, and physicians assistants was amazing. Interns were asked their opinions about cases and invited to evaluate patients.

"Interning at HMG offered an opportunity to become skilled at differential diagnosis," noted Dr. Tavares. He said that while six pathologies may have had similar presentations, he was able to evaluate each one and come up with the correct diagnosis. The internship also improved his communication with other physicians, especially patient narratives. The integrated practice boosted his confidence and offered a refreshing environment where chiropractic was embraced. "The practitioners in Hartford really made us feel welcome," Dr. Tavares said. "And NYCC prepared me to jump right into this situation."

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Out of the 12 seminar CEU's, 3 hours will be applied to required credits in: Ethics, Documentation and Patient Communication

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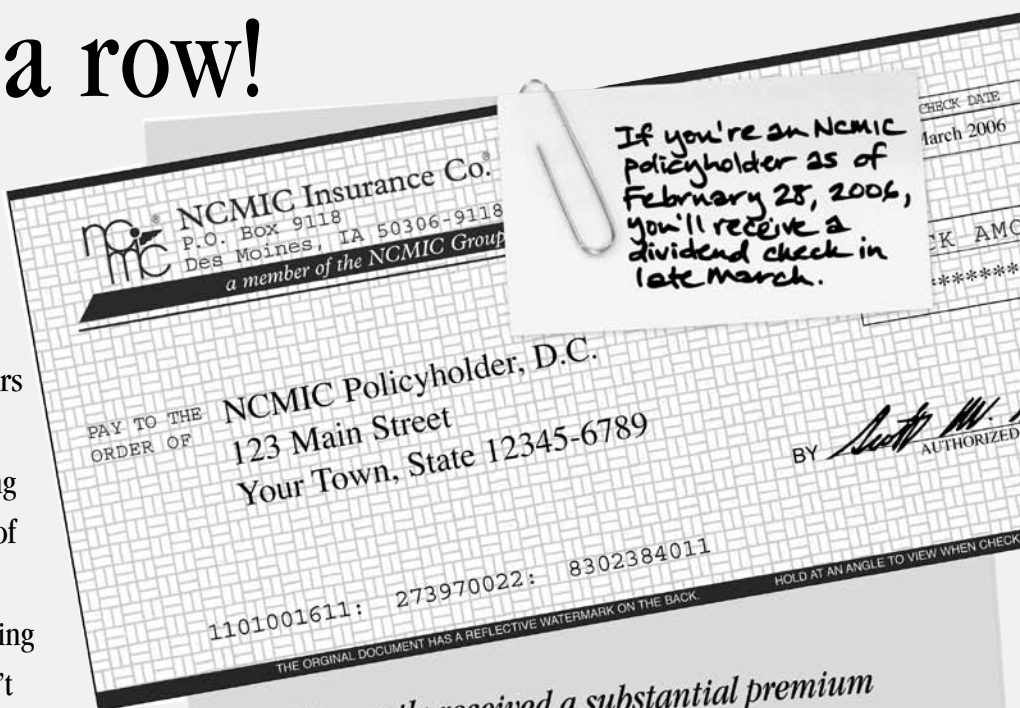


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Friday, July 14, 2006

<i>Noon-4:30 PM</i>	<i>Unity Day Celebration Western Style</i>	<i>Unity Day Field</i>
<i>Noon-3:00 PM</i>	<i>Alumni Welcome</i>	<i>Unity Day Field</i>
<i>Noon-1:00 PM</i>	<i>D.C. Session Registration</i>	<i>Academic 3 Lobby</i>
<i>1:00 PM-4:00 PM</i>	<i>Lower Extremity Adjusting Protocols (3 Credits)</i> <i>Dr. Mark Charrette</i>	<i>Academic 3 Rm 110</i>
<i>6:30 PM</i>	<i>Dinner Dance at Canandaigua Inn on the Lake</i> <i>770 South Main Street, Canandaigua</i>	

Saturday, July 15, 2006

<i>7:30 AM-9:00 AM</i>	<i>Registration</i> <i>Continental Breakfast</i>	<i>Academic 3 Lobby</i>
<i>8:00 AM-5:30PM</i>	<i>Exhibitor Fair</i>	<i>Academic 3 Lobby</i>
<i>9:00 AM-Noon</i>	<i>Ethics and Boundaries: The Total Package Pt. 1</i> <i>Dr. Salvatore LaRusso</i> <i>Pt. 1 & 2 must be taken to earn 6 Credits</i> <i>(Can Be Applied Toward Ethics, Documentation, Record</i> <i>Keeping & Patient Communications Mandatory Category)</i>	<i>Academic 3 Rm 110</i>

Unity Day & Homecoming Weekend

July 14-16, 2006

Saturday, July 15, 2006

(Continued)

9:00 AM-Noon	<i>Natural Intervention For Autoimmune Disease (3 Credits) Dr. Shari Lieberman</i>	<i>Academic 3 Rm 111</i>
9:00 AM-Noon	<i>How to Attract More Lifetime Wellness, Cash Paying Patients Presentation (Non-Credit) Dr. David Singer</i>	<i>Delavan Theater</i>
Noon-2:00 PM	<i>Lunch</i>	
1:30 PM-5:30 PM	<i>Bus to Outlet Shopping & Local Wineries</i>	<i>Administration Blg</i>
2:00 PM-5:00 PM	<i>Ethics and Boundaries: The Total Package Pt. 2 Dr. Salvatore LaRusso Pt. 1 & 2 must be taken to earn 6 Credits (Can Be Applied Toward Ethics, Documentation, Record Keeping & Patient Communications Mandatory Category)</i>	<i>Academic 3 Rm 110</i>
2:00 PM-5:00 PM	<i>Clinical Nutrition: Nuts And Bolts of Fibromyalgia (3 Credits) Dr. David Seaman</i>	<i>Academic 3 Rm 111</i>
2:00 PM-5:00 PM	<i>NYCC Graduate Panel (Non-Credit)</i>	<i>Delavan Theater</i>
5:00 PM-7:00 PM	<i>Student-Alumni Mixer</i>	<i>North Dining Hall</i>

Sunday, July 16, 2006

8:00 AM-9:00 AM	<i>Continental Breakfast</i>	<i>Academic 3 Lobby</i>
8:00 AM-Noon	<i>Exhibitor Fair</i>	<i>Academic 3 Lobby</i>
9:00 AM-Noon	<i>ACA Navigate The Insurance Coding Process (3 Credits in New York only) Dr. Ronald Wellikoff</i>	<i>Academic 3 Rm 110</i>
9:00 AM-Noon	<i>Solving Clinical Challenges: Atypical Entrapment Syndromes (3 Credits) Dr. Dennis Homack</i>	<i>Academic 3 Rm 111</i>

Class of '62

LTC Patrick J. Delamere, D.C., has been appointed Commander of the 244th Medical Clinic, Latham Dispensary, Camp Smith, Cortlandt Manor, N.Y. Col. Delamere still remains the Chief of Chiropractic Services for the New York Guard Army Division, which is part of the New York State Division of Military and Naval Affairs. His increased responsibilities places him in charge of physicians, dentists, pharmacists, chiropractors, podiatrists, nurses, EMTs and enlisted medical staff. His email address is DrDelamere@aol.com.

Class of '78

Art Levine, D.C., has offices in Shrewsbury, N.J., Middletown, N.J., and he just recently opened an office in Ocean, N.J.. His e-mail address is drartlevine@aol.com and his phone number is 730-530-0405.

Class of '90

Richard Izzo, D.C., CCSP, recently completed his seventh Ironman in Panama City, Fla., in 10 hours and 31 minutes, a personal best by 20 minutes. He has his own practice, Rye Brook Sports

Chiropractic at 63 South Ridge Street, Rye Brook, NY 10573. His e-mail address is R.Izzo@worldnet.att.net.

Maxine Cappel Mayreis, D.C., DACS, was elected small businessperson of the year by the Glen Cove Chamber of Commerce in October. The award was given at an enormous breakfast with other recipients where Senator Chuck Schumer was the keynote speaker. Dr. Mayreis' address is 3 Brewster Street, Glen Cove, NY 11542. Her phone number is 516-759-7702 and her e-mail address is dmayreis@hoflink.com.

Class of '95

Raymond Bartoli, D.C., was awarded a plaque for his contributions to the establishment of a permanent home for Veterans Organizations in Brooklyn. The award was presented by Commander Ralph A. Scotto of the Veterans Committee of Kings and Richmond Counties, NY, Inc. He is very thankful to these heroes of freedom for this award. Dr. Bartoli's address is 1118 Avenue Y, Brooklyn, NY 11235 and his phone number is 718-332-7873. His e-mail address is bartchiro@aol.com.

Class of '96

Dawn Cute, D.C., and her husband, Derek, announce the birth of their daughter, Madison Elizabeth, on May 23, 2005. Madison joined big brother, Ryan, who turned two years old on November 17, 2005. Dr. Cute is in private practice at Optimum Health Chiropractic, 8945 Ridge Avenue, Suite 2, Philadelphia, PA 19128. Her phone number is 215-508-3291.

Rick Rosa, D.C., ('96) and **Dina (Tagliareni) Rosa, D.C., ('97)** announce the arrival of their second son, Luca, born May 23, 2005. He joins his older brother, Lance, who is now four years old. Dr. Dina Rosa can be reached at Rosa Family Chiropractic in Fairfax, Va., at 703-876-5600. Her e-mail address is dtagdc@aol.com. Dr. Rick Rosa can be reached at Rosa Rehab in Temple Hills, Md., at 301-316-2111. His e-mail address is rrosadc@aol.com.

Class of '97

Dr. Kenneth Marvin, D.C., CCSP, and his wife, announce the birth of their son, Dylan Hunter Marvin, on January 6, 2006. He weighed 7 lbs. 11 oz. and was 20.5 inches

long. Dylan joins his other brothers, Ryan Bailey, and Connor Mason. They can be reached at 845-735-4755 or at drmarvin@marvinfamilychiropractic.com.

Class of '98

Darrell Johnson, D.C., and his wife, Lorie, announce the birth of their daughter, Emmaline Alexa, on June 28, 2005. She weighed 7 lbs. 11 oz. and was 21 inches long. She was born just in time to move into their new home in North Knoxville, Tenn.

Class of '00

Kathryn Eckstein, D.C., and Scott Lewis were married on November 5, 2005. Dr. Eckstein is practicing at 7 Eves Drive in Marlton, N.J. Her e-mail address is kecksteindc@yahoo.com.

Andrew Pincus, D.C., and **Valerie Tully-Pincus, D.C. ('01)**, announce the birth of their daughters, Kaitlyn Tully on December 10, 2003 and Emily Elizabeth on January 20, 2005. Drs. Pincus and Tully are currently practicing at 516 Lakeville Road, New Hyde Park, NY 11040. Their phone number is 516-775-0778.

What's News?

What's News?

What's News?

What's News?

What's News?

What's News?

ALUMNI UPDATE

What's News?

Anik St. Martin, D.C., and **Darin Shook, D.C.,** had their second baby boy on October 11, 2005. Marco William St. Martin-Shook weighed 7 lbs. 8 oz. Their address is 1424 16th Avenue, Longview, WA 98632 and their phone number is 360-425-6620. Their e-mail address is advantage_chiro@adelphia.net.

Heather (Connolly) Jerome, D.C., opened a new larger

office this past July at 338 River Street, Montpelier, VT 05602. Her practice is moving toward specializing in pregnancy care. She gave birth to a daughter, Sophia Lane, on November 21, 2004. Sophia just celebrated her first birthday and is walking all over the place. Dr. Jerome's phone number is 802-225-8958 and her e-mail address is drhjerome@yahoo.com.

Class of 2001

Karen Rolfes, D.C., and **Mike Estramonte, D.C., ('99)** were married on April 23, 2005 barefoot on the beach in Jupiter, Fla. They are currently practicing in Charlotte, N.C., as independent contractors and are scheduled to close on the purchase of their clinic in January 2006. They can be reached by e-mail at mestramonte@yahoo.com or kes-tramonte@yahoo.com.

Brian Ruggiero, D.C., recently opened his first office, Ruggiero Family Chiropractic & Rehabilitation Center, LLC, in Manchester, Conn. His Web site address is www.ruggierofamilychiro.com. He has been teaching Human Anatomy and Physiology II at Manchester Community College, as well as working part-time at Simsbury Family Chiropractic in Conn. Dr. Ruggiero and his wife, Doreen, live in Simsbury, Conn.



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

Winter/Spring 2006

NYCC Sponsored Classroom Program Information:

- Cost:** 3 hrs - \$70; 6 hrs - \$140; 12 hrs - \$260; free to NYCC students and NYCC faculty (limited seating; 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 two other locations. All other classroom programs are in hotels.
- Additional Information:** Contact T. Ventimiglia, DC at 800-434-3955 x121, or 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)

Evaluation and Management of the Scoliosis Patient

Instr: Gary Deutchman, DC
Mar 9 – IVTC host site - Levittown, NY

Natural Intervention for Autoimmune Disease

Instr: Shari Lieberman, Ph.D.
Mar 23 - IVTC host site - Seneca Falls, NY

The Bad Guys Never Get Away With It...NYS Board for Chiropractic Professional Disciplinary Case Histories

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)
Instr: Charles Keller, DC
Apr 6 – IVTC host site - Levittown, NY

The Chiropractic Role in a Multidisciplinary Spine Center

Instr: Douglas Taber, DC
May 11 – IVTC – host site - Seneca Falls, NY

Contemporary Ethical Issues for the Practicing Chiropractor

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)
Instr: Christopher Good, DC
May 25 – IVTC – host site TBA

Practical Nutrition for the Chiropractic Office

Instr: Robert Ruddy, DC
June 8 – IVTC – host site - Seneca Falls, NY

Diagnosis & Treatment of Headaches

Instr: Charles Hemsey, DC
June 22 – IVTC – host site - Levittown, NY

6 CE Credit Courses

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

Nutritional Management of the Obese/Diabetic Patient

Instr: Denise Holtzman, DC
Mar 4 – Levittown, NY

Documentation, Patient Consents & Interaction

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)
Instr: Benjamin Bartolotto, DC
Mar 11 – Levittown, NY; June 17 – Albany, NY

Treating the Female Patient

Instr: Diane Benizzi DiMarco, DC
Mar 18 – Levittown, NY

Spinal Manipulation for the Older Adult

Instr: Paul Dougherty, DC
Apr 1 – Syracuse, NY

Contemporary Ethical Issues for the Practicing Chiropractor

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)
Instr: Christopher Good, DC
March 18 - Newburgh, NY
Apr 1 – IVTC host site - Levittown, NY

Practical Nutrition for the Chiropractic Office

Instr: Robert Ruddy, DC
Apr 8 – Buffalo, NY

Anti-kickbacks, Fee Splitting and Stark Legislation: Turning Rocky Shoals into Safe Harbors

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)
Instr: Peter Van Tyle, Esq.
May 13 – Buffalo, NY

Documentation, Standards & Guidelines

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)
Instr: Vincent Loia, DC
May 13 – Levittown, NY

Managing the Baby Boomer Athlete in the Year 2006

Instrs: John Danchik, DC, Philip Santiago, DC
May 13 – Levittown, NY

Solving Clinical Challenges Through Ergonomics: Understanding the Basics

Instr: Dennis Homack, DC
June 3 – Newburgh, NY

Ethics & Boundaries: The Total Package

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)
Instr: Ronald Wellikoff, DC
June 10 – Levittown, NY

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

CENTER FOR POSTGRADUATE AND CONTINUING EDUCATION

Diagnosis & Treatment of Acute and Chronic Low Back & Lower Extremity Pain

Instr: Scott Surasky, DC
June 17 – Levittown, NY

2 Day - 12 CE Credit Courses
Offered: Sat. 1:00 pm – 7:00 pm and
Sun. 9:00 am – 3:00 pm

Upper Extremity Adjusting: Manipulation, Mobilization and Myofascial Release

Instr: David Graber, DC
May 6-7 – Rochester, NY – hands-on

Fundamentals of Herbal Therapeutics & Their Applications in Clinical Practice

Instr: Jeanne D'Brant, DC, DACBN, CCN, ND
Apr 8-9, May 20-21 - IVTC host site – Levittown, NY (both or 1 module)

Solving Clinical Challenges Through Ergonomics: Understanding Entrapment Syndromes

Instr: Dennis Homack, DC
March 25-26 – Albany, NY

Lumbar Spine Disorders: An Evidence Based Approach

Instr: James Demetrius, DC
Apr 8-9 – Levittown, NY

Footlevelers "Adjust, Support, Rehab" series "Support"

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

Footlevelers "Adjust, Support, Rehab" series "Rehab"

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

A Symposium on Evidence Based Care in Contemporary Chiropractic Practice

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

Fibromyalgia

Instr: Virginia Norris Schafer, MD, DC
May 6-7 – IVTC host site – Levittown, NY

Whiplash Associated Disorders: Mechanics, Diagnosis, Treatment, & Management

Instr: Donald Murphy, DC
May 20-21 – Levittown, 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 (**)*

ACA Council of Family Practice

Introduction to Chiropractic Internal Disorders: Leads to a Diplomate Degree (12 CE credits) June 24-25 - Levittown, NY
To register call Pro Health Seminars 573-341-8448

Active Release Techniques

Lower Extremity (24 CE credits) Mar 9-12 – Orlando, FL; Apr 27-30 – Chicago, IL; June 15-16 – San Diego, CA; **Upper Extremity** (24 CE credits) Mar 30-Apr 2 – Calgary, CAN; Apr 20-23 – San Francisco, CA; **Spine** (21 CE credits) Mar 2-5 – Vancouver, CAN; May 4-7 – Niagara Falls, CAN
To register, call ART at (888) 396-2727, or visit www.activerelease.com

Acupuncture Certification

(12 & 15 CE credit programs) For upcoming seminars, please contact the International Academy for Medical Acupuncture at (800) 327-1113, or visit www.iama.edu

Applied Kinesiology

(12 CE credits ea session) Mar 4-5, Apr 8-9 – Parsippany, NJ;
Finding the Answers with George Goodheart, D.C., Apr 1-2 – Langhorne, PA
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) Mar 25, Apr 22, May 13 – New York City, NY; Mar 4, Apr 8, May 6 - Seneca Falls, NY
To register call Charles Seminars at (800) 351-5450; or visit www.charles-seminars.com

Basic Applied Kinesiology Program

(14 CE credits) Mar 25-26 – St. Louis, MO
To register call Dr. Zatzkin at (313) 881-0662 or e-mail ANZDC@zatzkin.com

Clinical Thermography: History, Principles & Practice **

(12 CE credits ea session) June 10 -11- Levittown, NY
Sponsored by Int'l Thermography Society
To register, call NYCC at (800) 434-3955

Clinical Application & Neurology of the Vertebral Subluxation Complex

(12 CE credits) Mar 25-26 – Cleveland, OH
To register call Footlevelers at (800) 553-4860 or visit www.footlevelers.com

Diplomate in Neurology**

(24 CE credits ea session) take 1 or all 14, can begin any session; Mar 24-26, May 5-7 - Orlando, FL; Apr 28-30 – IVTC – host site Levittown, NY; Sponsored by Event Management Services
To register call NYCC at (800) 434-3955. For additional information visit www.iacn.com

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

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

CENTER FOR POSTGRADUATE AND CONTINUING EDUCATION

Electrodiagnosis Certificate Program**

(15 CE credits ea 10 Sessions) Mar 4-5, Apr 1-2, May 6-7, June 3-4 – Levittown, NY; Mar 11-12, Apr 8-9, May 20-21, June 10-11– Charlotte, NC; Mar 25-26, Apr 15-16, June 24-25 – Orlando, FL

Sponsored by Neurodiagnostic Institute

To register call NYCC at (800) 434-3955. For additional information visit www.ndxinstitute.com

Enhancing Golf Performance

(12 CE credits) Mar 4-5 – Boston, MA; Apr 22-23 – Orlando, FL

To register call Dr. Trottier at Back to Basics Golf Academy at (888) 578-7437 or visit www.backtobasicsgolfacademy.com

Footlevelers, Inc.

Adjust, Support & Rehab (12 CE credits) Mar 4-5 – Las Vegas, NV; **Clinical Application & Neurology of the Vertebral Subluxation Complex** (12 CE credits) – Mar 25-26 – Cleveland, OH

To register, call Footlevelers at (800) 553-4860, or visit www.footlevelers.com

Graston Technique

MI & MII – Mar 11-12, June 3-4 – Boston, MA; Apr 8-9 – Las Vegas, NV; May 20-21 - Newark, NJ; **MI** - Mar 4-5 - Orlando, FL; **MII** - June 10-11 - Toronto, CAN; **Soft Tissue Evaluation & Treatment Emphasizing Graston Technique** – June 3-4 – Boston, MA

To register call Graston Technique at (866) 926-2828 or visit www.graston-technique.com

ICAK-USA

Annual Meeting (# CE credits TBA) June 8-11 – Chicago, IL

To register, call ICAK at (913) 384-5336 or visit www.icakusa.com

Integrating Chiropractic & Posture Rehab Exercise

(12 CE credits) June 24-25 – Levittown, NY

To register, call Body Zone at (770) 922-0700 or visit www.BodyZone.com

ISSA Certified Fitness Trainer

(12 CE credits, 3 CE credits) (Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)

Mar 11-12; June 24-25 – New York, NY; Mar 18-19 – Denver, CO; Mar 25-26 – San Diego, CA; Apr 1-2 – Santa Barbara, CA; Apr 8-9 – Las Vegas, NV; Apr 22-23 – Long Island, NY; May 6-7 – Chicago, IL; May 20-21 – Atlanta, GA; June 3-4 – Seneca Falls, NY; June 10-11 - Boston, MA

To register call ISSA at (800) 892-4772 or visit www.fitnesseducation.com

Lower Extremity Adjusting

(4 CE credits) Mar 23 – Blue Bell, PA

To register call PA Chiropractic Assn at (717) 232-5762 or visit www.pennchiro.org

Musculoskeletal MRI for the Chiropractor **

(12 CE credits) Mar 18-19 – IVTC – host site Levittown, NY; Apr 22-23 – Charlotte, NC;

Sponsored by Neurodiagnostics Institute

To register call, NYCC at (800) 434-3955, visit www.ndxinstitute.com

Neuromechanical Innovations: 21st Century Chiropractic Training

(12 CE credits) Mar 4-5 – Seattle, WA; Mar 11-12 – Napa Valley, CA; Apr 1-2 – Kansas City, MO; Apr 22-23 – Cincinnati, OH; May 6-7 – Baltimore, MD; May 20-21 – Chicago, IL; June 3-4 – New York, NY

To register call Neuromechanical at 480-785-8442 or visit www.neuromechanical.com

Nimmo Technique

(6 CE credits) Mar 11 – Mt. Laurel, NJ

To register call Assn of NJ Chiropractors at (609) 953-1120 or visit www.anjc.info

NYSCA Conventions

(Up to 15 CE credits) **Spring** – April 28-30 – East Elmhurst, NY

To register, call NYSCA at (518) 785-6346, or visit www.nysca.com

Practical Neurology

(12 CE credits) Apr 29-30 – 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 all programs) **CMRT** – Mar 25-26 – New York, NY; **Cranial Extravaganza** - May 4-7 – Miami, FL

To register call SOTO-USA at (336)-760-1618, or visit www.soto-usa.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

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) Call ISSA at (800) 892-4772 ext. 169 or visit www.fitnesseducation.com for full selection

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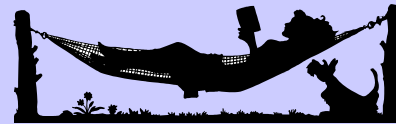
(1 CE credit) Visit <http://www.brightcourse.com> for details and module description – (Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory category)

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

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

December 2005 Commencement

by Eoin Gregory, Student Writer

NYCC's class of December 2005 celebrated its commencement on Saturday, December 10. Dr. Michael O'Connor of the Chiropractic Clinical Sciences Department, and Commencement Grand Marshall, welcomed the audience. After campus Chaplain Richard Murphy gave the benediction, graduating class member Mariska Adams sang the national anthem.



*Timothy J. Daughton, Jr.,
Valetorian*



*Olya A. Morgen,
Salutatorian*

from the Virginia Chiropractic Association, and National University of Health Sciences' Alumnus of the Year.

Dr. McClelland's address began with a brief history of the chiropractic profession, spiced with some of his personal experiences. As a second-generation chiropractor, he lived the old saw, "get well, stay well." He spoke of the chiropractic profession's high points and low ones – from its

NYCC President Dr. Frank J. Nicchi introduced NYCC board members, faculty and staff. Dr. John DeCicco, associate professor in the Chiropractic Clinical Sciences Department, gave the faculty address and reminded the graduates that the faculty's role was not to educate, but rather



Dr. John DeCicco

to "create an environment in which to learn."

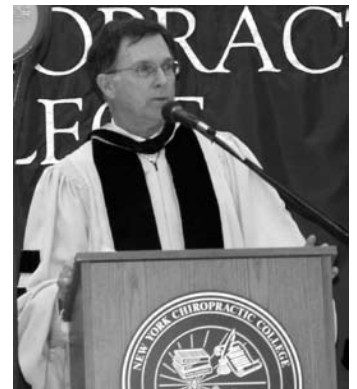
Dr. J. Clay McDonald, executive vice president of academic affairs, introduced the valetorian, Timothy J. Daughton, Jr., and the salutatorian, Olya A. Morgen. Mr. Daughton said that completing the curriculum was a tremendous accomplishment and asked the students to look around the room at the many

people in attendance who were instrumental in their success.

Dr. Nicchi then introduced commencement speaker, NYCC Trustee George B. McClelland, D.C., a 1969 graduate of National University of Health Sciences. Dr. Nicchi spoke of Dr. McClelland's accomplishments, his impressive experience, and his participation in such organizations as the American Chiropractic Association, the Foundation for Chiropractic Education and Research, and the Virginia Chiropractic Association. Dr. McClelland had received multiple awards, including Chiropractor of the Year

struggle for licensure and research funding to its current acceptance in every state in the country as well as with the nation's military. Dr. McClelland told of several chiropractic victories: the federal inclusion in Medicare, the Wilkes trial, the Rand studies. Though so much has been accomplished, there is still much yet to do. Dr. McClelland admonished the graduates to continue their education throughout their lifetimes: "It is essential to continue your education and expand your capacity to help others change their lives."

After Dr. McClelland's address, Dr. McDonald conferred the Doctor of Chiropractic degree upon the candidates. Following the administration of the Chiropractic Oath by Dr. Michael Mestan, dean of chiropractic, Dr. Frank Lizzio greeted the students welcoming them into the NYCC Alumni Association. Dr. Lizzio reminded them, "The true measure of success is the satisfaction of the patient."



Dr. George B. McClelland

Father Richard Murphy closed the commencement ceremony with a reading from the book of Deuteronomy. The graduates, their family and friends, as well as the faculty and staff, were invited to a reception.



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