



# Transitions

*A publication of New York Chiropractic College*



July/August 2007

## TALK TO THE ANIMALS



*Domack*  
©2007

# How to Turn 2 Feet Into 15 Yards Advantage



Let us introduce you to every golfer's secret weapon. It helps improve their swing, helps them hit the ball farther, and it's perfectly legal. It's the custom-made ParFlex Plus® Spinal Pelvic Stabilizer, and it's only available from Foot Levelers.

***Try the ParFlex Plus today!***

1-800-553-4860 (U.S.) • 1-800-344-4860 (Canada) • 1800 800 963 (Australia)  
0120 880 497 (Japan) • [www.footlevelers.com](http://www.footlevelers.com)



**FOOT LEVELERS, INC.**  
*The Posture Specialists™*

# President's Message

## In Making Your Gift – You Make Your Life

According to Sir Winston Churchill, "We make a living by what we get; we make a life by what we give." He was right. When the College requests your financial support, think of it as an opportunity for you to take significant steps in the making of your life, the self-actualization of your character. For through your gift you are really saying, "What NYCC stands for is right, its efforts in the name of excellence are worthy undertakings. And by virtue of those qualities alone, I want to lend

my support."

Please consider giving to NYCC through a contribution to our annual fund campaign, President's Council membership, establishing a scholarship, or remembering the College in your will. Support our mission of academic excellence, quality patient care and professional leadership and help us prepare the very best natural health care professionals for years to come. Your gifts are a demonstration of your character – and through them you make your life. Thank you.



Dr. Frank J. Nicchi  
President

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



July/August 2007

### Inside This Issue

<i>Alumni Spotlight</i> .....	9
<i>President's Council</i> .....	10, 11
<i>Commencement - DC</i> .....	12
<i>Commencement - AOM</i> .....	13
<i>NYCC's Class Challenge</i> .....	14
<i>Series Article</i> .....	15-19, 24-27
<i>Unity Day and Homecoming</i> .....	20-21
<i>News Briefs</i> .....	28-29
<i>Scholarships</i> .....	29
<i>Faculty Spotlight</i> .....	30
<i>What's News</i> .....	31

Institutional Advancement  
(315) 568-3146  
pvantyle@nycc.edu

**TRANSITIONS** is a publication of New York Chiropractic College and is distributed to over 7,000 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.



**Editor/Executive Director of Institutional Advancement**

Peter Van Tyle

**Advisor/Designer**

Peggy Van Kirk

**Editing Associate**

Vicki Baroody

**Cover/Illustrations**

Dennis Homack, D.C., '97

**Advertising**

Jill Henry

**Writers**

Vicki Baroody

Jessica Gregory

Kathryn Hadley

**Photography**

Vicki Baroody

Bernie Cecchini

Kathryn Hadley

Morris Houghton

E. Bruce Walter

**Research Assistant**

Carol Simolo

**Alumni Relations**

Diane Zink

# NYCC Dedicates Chinese Medicinal Herb Garden

NYCC's School of Acupuncture and Oriental Medicine recently distinguished itself through the construction a medicinal herb garden unparalleled in New York State. On Friday, July 13, 2007, New York Chiropractic College President Frank J. Nicchi, D.C., M.S., and members of the NYCC community were joined by Carl Casaccia, Don Gentilcore, Rocky LaRocca and Paul Devaney, all of Seneca Meadows, and Jean Giblette, of High Falls Gardens, for a ceremony dedicating the NYCC School of Acupuncture and Oriental Medicine's (AOM) new Chinese Medicinal Herb Garden, located on the grounds of the Seneca Falls campus.

The living exhibition ensures that students enrolled in the AOM program at NYCC will long be able to observe, firsthand, the nature and distinct characteristics of the living medicinal plants and the growing techniques used in their cultivation. It is hoped that



*NYCC President Frank J. Nicchi, D.C. (center) with Seneca Meadows representatives (l-r) Carl Casaccia, Don Gentilcore, Rocky LaRocca, and Paul Devaney; and Assistant Professor Jason Wright, L.Ac., who designed the garden.*

this botanical marvel will draw gardeners, botanists, horticulture experts, and practitioners of Oriental medicine to Seneca Falls and to NYCC. Nicchi expressed his pride in this new educational opportunity for NYCC students, saying, "We have once again demonstrated our tradition of excellence in education and unparalleled preparation of healthcare professionals."

Nicchi expressed his sincere gratitude to Seneca Meadows for their considerable financial assistance in the construction of the garden, demonstrating their unwavering support for healthcare education. Additional funding for the garden was received from the W.K. Kellogg Foundation, the J.M. McDonald Foundation, and High Falls Gardens. Nicchi also gave special thanks to Jason Wright, L.Ac., assistant professor at NYCC, whose inspiration and hard work led to the creation of the garden; and to Giblette, who worked closely with Wright on the design for

the garden and was instrumental in the donation of most of the plants now growing there. The structure for the garden was constructed by Jerry Fox and Larry McCoach, from Against the Wind Stonework of Willet, N.Y.

To learn more about NYCC and its School of Acupuncture and Oriental Medicine, please visit our Web site at [www.nycc.edu](http://www.nycc.edu).

---

## Health Center News



*Dr. Robert Ruddy*

With the growth and expansion of the Seneca Falls health center system, there has been a reassessment of the workload associated with delivering healthcare, educating interns, and providing administrative support to the hub and spokes.

Effective with the Fall 2007 trimester,

Robert Ruddy, D.C., has been named senior clinician. In this capacity, he will continue to serve as the leading person responsible for the delivery and growth of chiropractic care, and will actively participate in chiropractic clinical education. Ruddy has been a champion of the doctor-driven, patient-centered model of healthcare education, and has earned the respect of his peers and patients as an effective clinician and educator. In addition, Dr. Ruddy will return to the classroom to teach Basic Nutrition in the D.C. program.

Effective September 1, Wendy Maneri,

D.C., M.S., will become the chief of staff for the Seneca Falls health center systems. This position will provide administrative oversight to the Campus Health Center and Seneca Falls Health Center. Maneri has been the chief of staff for the Campus (student) Health Center since 2003. She completed a Master of Science in Management in 2006.



*Dr. Wendy Maneri*

PRIVATE LABEL

OUR BRAND OR YOURS.

If your name is on it,

It has to be good.



We're your one stop resource for custom formulas and private label. We have 35 years of experience, low minimums, branded ingredients and provide promotional assistance. We can help make your vision a reality.

Contact us | 1.800.325.1776 | [www.davincilabs.com](http://www.davincilabs.com)

Now's the time to think

# DIGITAL

INTRODUCING

## **DCX** *The First Direct Digital Chiropractic X-Ray System*

At HCMI we are committed to Chiropractic excellence and design our systems with your needs and desires in mind. That's why we're launching HCMI DCX – the Direct Digital Chiropractic X-Ray System that adds immediate value to your practice.

This cutting-edge technology delivers superior resolution for better diagnosis, and speed (6 seconds/image) that allows you to examine up to 3 times more patients each day. The increased exam volume directly contributes to your bottom line, while the improved quality of care ensures patient satisfaction, and builds your credibility.



Call today to get your **FREE** copy of HCMI's "Guide to Digital Imaging" and learn all you need to know about the tangible benefits of filmless x-ray.



Exceptional performance and versatility make HCMI DCX a must-have for forward-thinking chiropractors.

800-641-4107 [www.NewHCMI.com](http://www.NewHCMI.com)





## Why Buy Nutri-West?

Here are some of the reasons why you should buy Nutri-West.

### Good Manufacturing Practices

- Nutri-West manufacturing is run and governed under the rules of the Federal GMP (Good Manufacturing Practice Act) and is inspected at regular intervals by the Food and Drug Administration.
- Nutri-West manufacturing received the FDA Blue Ribbon Award for Excellence. The Wyoming FDA uses the Nutri-West GMP book as the standard for the Wyoming FDA Good Manufacturing Practice Manual.
- Nutri-West has a new, state-of-the-art manufacturing facility with ultra-modern processing and manufacturing equipment.

### Our Philosophy

- All Nutri-West products are sold exclusively to licensed health-care professionals.
- Nutri-West's manufacturing facility has been in active operation since 1982 and provides quality nutritional supplements to distribution centers throughout the United States, Europe, Canada, Africa and Australia.
- The sole focus of operations at Nutri-West is to provide quality nutritional products to healthcare professionals so that they can optimize the well-being of their patients / clients.
- Nutri-West firmly believes in quality education and provides the most up-to-date educational materials and seminars.

### Why Else?

Because we are not just here to "sell" you something. We are here to be your technical support. Your success is our success. Call us today at [888-227-5469](tel:888-227-5469), or go to our Web site at [www.nutri-west.com](http://www.nutri-west.com). (For your user name and password, call us directly).

### Quality Ingredients

- All raw materials used in the manufacturing of the products are supported by a certificate of analysis, which guarantees potency by the raw material manufacturer (i.e. a pharmaceutical grade for vitamins and minerals and certified grade for herbs). Certification of the herbs guarantees that the pharmacologically active parts of the plants are used. At regular random intervals, these samples are sent to independent laboratories for analysis.
- All herbs and food concentrates are Certified Organically Grown whenever available.
- All glandular sources are from certified bovine sources.
- All nutrients are tested for heavy metal toxicity and contamination by independent certified laboratories.
- No artificial preservatives, colorings, additives, flavorings, or stabilizers are used in manufacturing.
- Our products are the most hypoallergenic products possible. We carefully avoid common allergy-reactive substances including wheat, yeast and corn.
- Nutri-West's concern with quality extends to the environment as well. Substantial measures are taken to make sure that the manufacturing operations keep the air and water of Wyoming pure and clean. Packaging is kept to an absolute minimum and is made of recyclable materials.
- All tablets meet the U.S.P. proposed disintegration standards of 40 minutes at 37 degrees Celsius, using a standard suspended agitation device.
- All enteric coated tablets are tested to disintegrate by U.S.P. guidelines.

In PA call 800-697-9577. In FL call 800-451-5620. In NJ, MD, DC, DE, VA call 866-502-1200.

# Meyer – Your Partner In Chiropractic Supplies

For your convenience, our family-owned business offers the following:

- 60 years of experience in the chiropractic industry
- Competitive pricing
- More than 20,000 products in stock, including leading brands such as **Biofreeze\***, **Core**, **Chiroflow\***, **Thera-Band\***, **BodySport\*** and **ReliaMed™**
- 24-hour ordering at [www.meyerdist.com](http://www.meyerdist.com)
- Two distribution centers, located in Ohio and California, providing same-day shipping on orders placed before 7:30 p.m. EST (4:30 p.m. PST)
- Knowledgeable customer service representatives to take your orders from 8:30 a.m. – 8:00 p.m. EST
- Dedicated account managers to assist with new products, innovative ideas on how to retail to your patients and custom marketing opportunities



phone **1.800.472.4221**  
web **www.meyerdist.com**

Referral Code: CANY060601 ©2005 Meyer Distributing Company\*



## New York Chiropractic College

REAL-WORLD CLINICAL  
OPPORTUNITIES

*Dedicated to:*

- Academic Excellence
- Quality Patient Care
- Professional Leadership

*Degree Programs include:*

- Doctor of Chiropractic
- Master of Science in Acupuncture
- Master of Science in Acupuncture and Oriental Medicine
- Master of Science in Applied Clinical Nutrition
- Master of Science in Clinical Anatomy

For more information call  
NYCC at 1-800-234-6922  
or visit [www.nycc.edu](http://www.nycc.edu).



NEW YORK  
CHIROPRACTIC  
COLLEGE

2360 Route 89 • Seneca Falls, NY 13148

## New York Chiropractic College Center for Postgraduate & Continuing Education



For a complete listing of  
Classroom, Online, Home study  
and Teleseminars dates and  
locations, please visit our  
Web site at: [http://www.nycc.edu/  
PostGrad\\_home.htm](http://www.nycc.edu/PostGrad_home.htm)  
or call 1-800-434-3955



NEW YORK  
CHIROPRACTIC  
COLLEGE

Continuing the Tradition of Excellence in Chiropractic Education

# Alumni Spotlight

## Dr. Michael A. Hoyt: NYCC alumnus, benefactor, and father of a current NYCC D.C. student

**M**ichael A. Hoyt, D.C., has maintained a close connection with New York Chiropractic College throughout the years. In 1978 he earned his Doctor of Chiropractic degree at NYCC. He later established a scholarship for first-tri NYCC DC students. Now he finds himself sending his own daughter to NYCC!

Michael Hoyt grew up in Anson, Maine, graduated with honors from Carabec High School, and thereafter from the University of Maine. He was inspired to enter the chiropractic profession by Kenneth Anderson, D.C. (NYCC '69), his personal chiropractor, and decided to attend NYCC in 1976. While there, he chaired the Student Council Judiciary Committee, where he worked with the Student Council President, Dennis Perman; upon graduating he was awarded the D.D. Palmer Award and was class valedictorian.

### Life After NYCC




While attending chiropractic college, Michael also married his wife, Gail. Following their wedding the two returned to Bayside, Queens, where each worked two jobs: she, as a full time waitress and part-time gift shop cashier, and he, tutoring underclassmen and serving as a custodian of the Graham Estate in Glen Cove, N.Y. (then NYCC's administration building). Hoyt had the honor of working with former NYCC President Dr. Ernest Napolitano and Vice President Dr. Neil Stern. He says of that time, "Working with these two pioneers in the profession was a great experience!" Ultimately the Hoyts returned to Maine, where he built a very successful family-oriented, subluxation-based practice and started a family. Their daughter, Lacaya, recently completed study at the University of New England, and is now a DC student at NYCC.



*Dr. Michael A. Hoyt*

### Giving Back

While studying at NYCC, Michael Hoyt received the Springwall Scholarship. Since he had received no educational financial assistance from family, and student loans were restricted to tuition and books, he recalls the scholarship providing a "huge boost to a struggling couple." The scholarship was an inspiration to Hoyt, and in 2005 he established the "Dr. Michael A. Hoyt Scholarship" to help students who find themselves similarly strapped for educational funds. Thank you for serving as an excellent role model, Dr. Hoyt!

<p>EARN YOUR MASTER'S IN <b>Applied Clinical Nutrition</b></p> 	<p>New York Chiropractic College offers a Master of Science degree in Applied Clinical Nutrition.</p> <p>Graduates from the program will be able to 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.</p> <p><b>Accepting Applications for Fall 2007</b></p>
<p><i>"The Master of Science in Applied Clinical Nutrition is a natural since nutrition integrates with every area of healthcare, sports and fitness. NYCC strives for excellence and they are willing to go the full mile to have it."</i></p> <p><b>Dr. Shari Lieberman</b> Founding Dean of NYCC's Master of Science in Applied Clinical Nutrition • Certified Nutrition Specialist (CNS) • President of the American Association of Health Freedom • Author • Lecturer</p> 	<p><b>Contact the Admissions Office at 800-234-6922 or visit us at <a href="http://www.nycc.edu">www.nycc.edu</a>.</b></p>  <p><b>NEW YORK CHIROPRACTIC COLLEGE</b></p> <p>2360 Route 89 • Seneca Falls NY 13148</p>

**Famous?**

Are you treating a prominent celebrity – an actor, author, athlete or other notable person? If so...

**Your story could be here!  
We want to hear from you!**

If you're treating a prominent celebrity, send us your patient's testimonial, be covered in the pages of *Transitions* and join NYCC's **Wall of Fame!**

**E-mail [pvantyle@nycc.edu](mailto:pvantyle@nycc.edu) for more details!**

# President's Council



*President's Council is vital to the life and well-being of New York Chiropractic College. Its valued members play a pivotal role in allowing us to meet our goals by financially supporting the College's mission.*

**Thank you for  
giving back!**



## **\$2,500 or more**

**Dr. & Mrs. Richard E. Carnival\***  
New York, NY  
**Cayuga Press**  
Cortland, NY  
**Dr. Glenn '94 and  
Dr. Christine '94 Foss**  
Riverdale, NJ  
**Drs. George & Teresa Ngo '72**  
Garfield, NJ  
**Dr. & Mrs. Frank J. Nicchi '78**  
Seneca Falls, NY  
**Mrs. Kenneth Rogers  
in Memory of Kenneth Rogers**  
Seneca Falls, NY  
**Dr. & Mrs. John P. Rosa '92\***  
Rockville, MD  
**Wilson Press/Mailhouse**  
Seneca Falls, NY

## **\$1,500-\$2,499**

**Dr. & Mrs. Robert A. Crocker, Jr.\***  
North Babylon, NY  
**Dr. Susan Blair Fries**  
Vero Beach, FL  
**Dr. Sylvia Heyman '89\* &  
Mr. David Heyman**  
New York, NY  
**Dr. Marc Persson '04**  
Ridley Park, PA  
**Ms. Elizabeth Shiah\***  
New York, NY

## **\$1,000 to \$1,499**

**Dr. Donald S. Allen**  
Canandaigua, NY  
**Mr. Sean Anglim**  
Seneca Falls, NY  
**Dr. William Atherton '95**  
North Miami Beach, FL  
**Dr. Brett Axelrod '91**  
Elmsford, NY  
**Dr. Raymond Bartoli '95**  
Brooklyn, NY  
**Dr. Lewis J. '78 &  
Dr. Olga Gazonas '83 Bazakos\***  
Valley Stream, NY &  
Long Island City, NY  
**Mr. & Mrs. John E. Becker II**  
Waterloo, NY

**Dr. Joan Benko '81**  
Palm Harbor, FL  
**Dr. & Mrs. G. Lansing Blackshaw**  
Belfast, ME  
**Bond, Schoeneck & King, L.L.P.**  
Syracuse, NY  
**Dr. Susan Bradley '94**  
New York, NY  
**Mr. Eugene B. Bradshaw**  
Seneca Falls, NY  
**C. H. Insurance**  
Syracuse, NY  
**Dr. Joanne Cancro '96**  
Newton Highlands, MA  
**Dr. Louis Catapano '85**  
Rochester, NY  
**Dr. Robert Daley\***  
New Hyde Park, NY  
**Dr. & Mrs. John DeCicco '82**  
Seneca Falls, NY  
**Dr. Gregory DeMaille '92 &  
Dr. Susan DeMaille '96**  
Frederick, MD  
**Dr. & Mrs. Thomas DeVita '75\***  
Acton, MA  
**Dr. Mary DiDio '88\***  
Huntington Station, NY  
**Mr. & Mrs. Louis P. DiLorenzo**  
Fayetteville, NY  
**Mrs. Diane C. Dixon**  
Syracuse, NY  
**Dr. Joseph S. Ferezy**  
West Des Moines, IA  
**Dr. & Mrs. Peter D. Ferguson\***  
N. Canton, OH  
**Dr. Margaret M. Finn '92**  
Geneva, NY  
**Foot Levelers, Inc.**  
Roanoke, VA  
**Dr. Lillian M. Ford '85**  
Geneva, NY  
**Dr. & Mrs. Arnold E. Forster '60**  
Great Neck, NY  
**Geneva Club Beverage Co., Inc.**  
Geneva, NY  
**Dr. Lawrence Goodstein '98**  
Seakonk, MA  
**Mr. & Mrs. David Hamblett**  
Johnson City, NY  
**Harlan Health Products**  
Pelham, NY

# President's Council

**Dr. & Mrs. Herbert R. Holden**  
 Seneca Falls, NY  
**Dr. & Mrs. Robert A. Jarmain**  
 New York, NY  
**Mr. & Mrs. Robert E. Kernan, Jr.\***  
 Seneca Falls, NY  
**Mr. Peter & Mrs. Gretchen Koch**  
 Seneca Falls, NY  
**LSV Management**  
 Chicago, IL  
**Mr. & Mrs. H. Russel Lemcke**  
 Falmouth, MA  
**Dr. Lester Levine '74**  
 Longwood, FL  
**Dr. Frank S. Lizzio '80**  
 Parkchester, NY  
**Dr. Joseph J. Lombino '84**  
 Monroe, NY  
**Dr. Kevin Lynch '94**  
 Hazlet, NJ  
**Dr. Ronald G. Manoni '81**  
 Danbury, CT  
**Dr. Joseph A. Mascaro '84**  
 Niantic, CT  
**Ms. Mary Jo Maydew**  
 South Hadley, MA  
**Dr. Robert Mastronardi\***  
 Warrick, RI  
**Mr. & Mrs. Walter McCarthy\***  
 Sandy Hook, CT  
**Dr. & Mrs. George B. McClelland\***  
 Christiansburg, VA  
**Mason Selkowitz McDermott**  
 Penfield, NY

**Dr. Michael Mestan & Family**  
 Seneca Falls, NY  
**Dr. & Mrs. Tyran Mincey '98\***  
 Montclair, NJ  
**Dr. Jason G. Napuli '03 &**  
**Dr. Kristina L. Petrocco-Napuli '03**  
 Canandaigua, NY  
**Dr. Serge Nerli '83\***  
 Fresh Meadows, NY  
**Dr. Vincent Notabartolo '94**  
 Staten Island, NY  
**Dr. & Mrs. Kenneth W. Padgett**  
 Romulus, NY  
**Dr. Richard &**  
**Dr. Maria Pashayan '82**  
 Garden City, NY  
**Dr. & Mrs. Valerio A. Pasqua**  
 Larchmont, NY  
**Dr. Stephen A. Pokowicz '93**  
 Hamlin, PA  
**Pricewaterhouse Coopers**  
 Syracuse, NY  
**Prime, Buchholz & Associates, Inc.**  
 Portsmouth, NH  
**Ms. Catherine Richardson\***  
 Syracuse, NY  
**Dr. Michael J. Rodriguez '78**  
 Ormond Beach, FL  
**Mr. & Mrs. Brien Rogers**  
 Romulus, NY  
**Dr. Rick Rosa '96 & Dr. Dina**  
**Tagliareni-Rosa '97**  
 Alexandria, VA

**Dr. & Mrs. Robert A. Rowe '92**  
 Annapolis, MD  
**Dr. Philip T. Santiago '78**  
 Lake Hiawatha, NJ  
**Seneca Meadows, Inc.**  
 Waterloo, NY  
**Dr. & Mrs. Roy H. Siegel '77**  
 New York, NY  
**Dr. Charles R. Solano '67 &**  
**Dr. Peggy Grabinski-Solano**  
 Yonkers, NY  
**Mr. George G.\*\* & Mrs. Susan Souhan**  
 Romulus, NY  
**Dr. & Mrs. Scott N. Surasky '81\***  
 Great Neck, NY  
**Dr. Peter Szakacs '78**  
 Wesley Chapel, FL  
**Mrs. Robert Tarnow**  
 Naples, FL  
**Dr. & Mrs. Lee Van Dusen**  
 Seneca Falls, NY  
**Dr. & Mrs. Thomas R. Ventimiglia '80**  
 Woodhaven, NY  
**Dr. Andrew S. Wasserman '82**  
 Coral Springs, FL  
**Dr. Wayne M. Winnick '81**  
 New York, NY  
**Mr. & Mrs. Richard B. Worden**  
 Seneca Falls, NY  
  
**\*Board of Trustees Members**  
**\*\*Deceased**

## CORPORATE SPONSORS

**Platinum**  
 Anabolic Laboratories  
 Erchonia Medical, Inc.  
 Foot Levelers, Inc.  
 Future Health  
 J-Tech Medical  
 Power Plate  
**Gold**  
 HCMI, Inc.  
 Hygenic Performance Health  
 LSI, International  
 NCMIC  
 Seneca Meadows, Inc.

## Silver

Lloyd Table Company  
 Nutri-West  
 OUM

## HERITAGE SOCIETY

Dr. Gil Allen  
 Dr. Sylvia Heyman '89  
 Dr. Art Kellenberger '78  
 Dr. I. Richard '55 & Edna S. Osder  
 Dr. Helene Rebenklau '39  
 Dr. & Mrs. Lee VanDusen

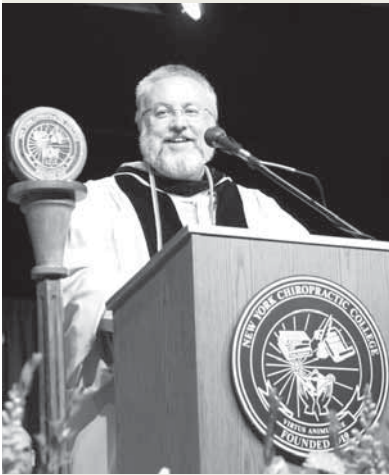
## SCHOLARSHIPS

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

## MEMORIAL SCHOLARSHIPS

Dr. Jack DiBenedetto  
 Dr. William & Florence Crowther  
 Dr. Wendy Fein '77  
 Dr. Arnold "Mickey" &  
 Mrs. Lucille Goldschmidt  
 Dr. & Mrs. Herbert S. Law  
 Dr. Marvin B. Sosnik  
 Dr. Walter L. Vaughn

# D.C. Commencement - July 28, 2007



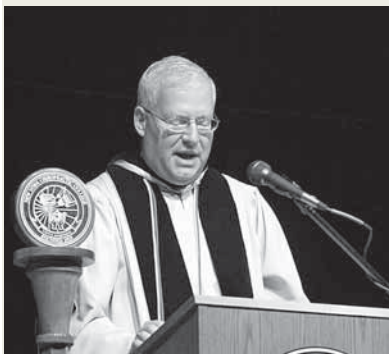
*Dr. Robert A. Crocker, Chair, NYCC Board of Trustees introduces trustees, officers and dignitaries.*

On Saturday, July 28, at 10 a.m., 27 candidates for the degree of Doctor of Chiropractic were awarded their diplomas in a ceremony held in the campus's Delavan Theater. The commencement address was delivered by Serge Nerli, D.C., a 1983 NYCC alumnus. Nerli earned a Master of Science in Nutrition from the University of Bridgeport in 1999, has a private practice in Fresh Meadows, N.Y., and currently serves on the NYCC Board of Trustees.

Valedictorian Rachel A. Streit had the honor of addressing her classmates and the assembled audience. Christa Marie Whiteman was named Salutatorian for the Spring 2007 graduating class.



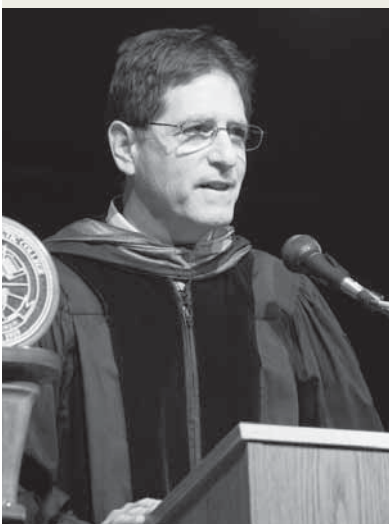
*(L to R) Valedictorian Rachel Streit and Salutatorian Christa Whiteman*



*Dr. Serge Nerli delivers the D.C. Commencement Address.*



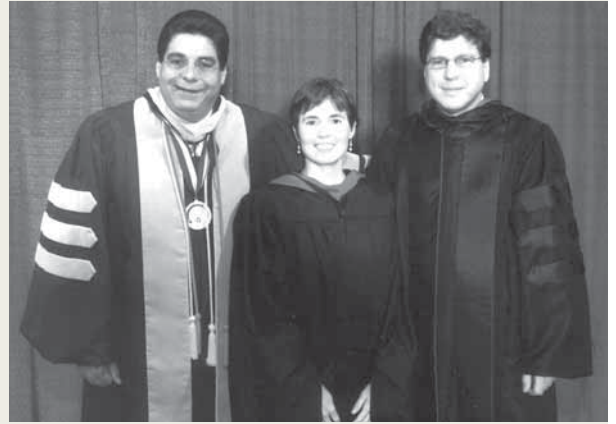
*Chiropractic Oath*



*Dr. Hunter Mollin gives the faculty greeting.*

# AOM Commencement - July 29, 2007

The NYCC School of Acupuncture and Oriental Medicine graduated 31 master's candidates on Sunday, July 29. Highlights of the commencement included the trustee greeting by Elizabeth Shiah, faculty greeting by Darlene Easton, student address by Marcia Najjar, and the presentation of awards and recognition of academic excellence. The commencement address was delivered by Daniel Seitz, chair of the Accreditation Commission for Acupuncture and Oriental Medicine and executive director of the Council on Naturopathic Medical Education. Seitz was the founding dean of NYCC's School of Acupuncture and Oriental Medicine and currently serves on the College's Oriental Medicine Advisory Committee. After the graduates were hooded, they collectively recited the Acupuncture Oath, led by Dean Marilee Murphy. The ceremony concluded with an alumni greeting by Susan Sheldon, who graduated in 2006.



*NYCC President Frank J. Nicchi, D.C.; Marilee Murphy, L.Ac.; and Dainel Seitz, J.D., M.A.*



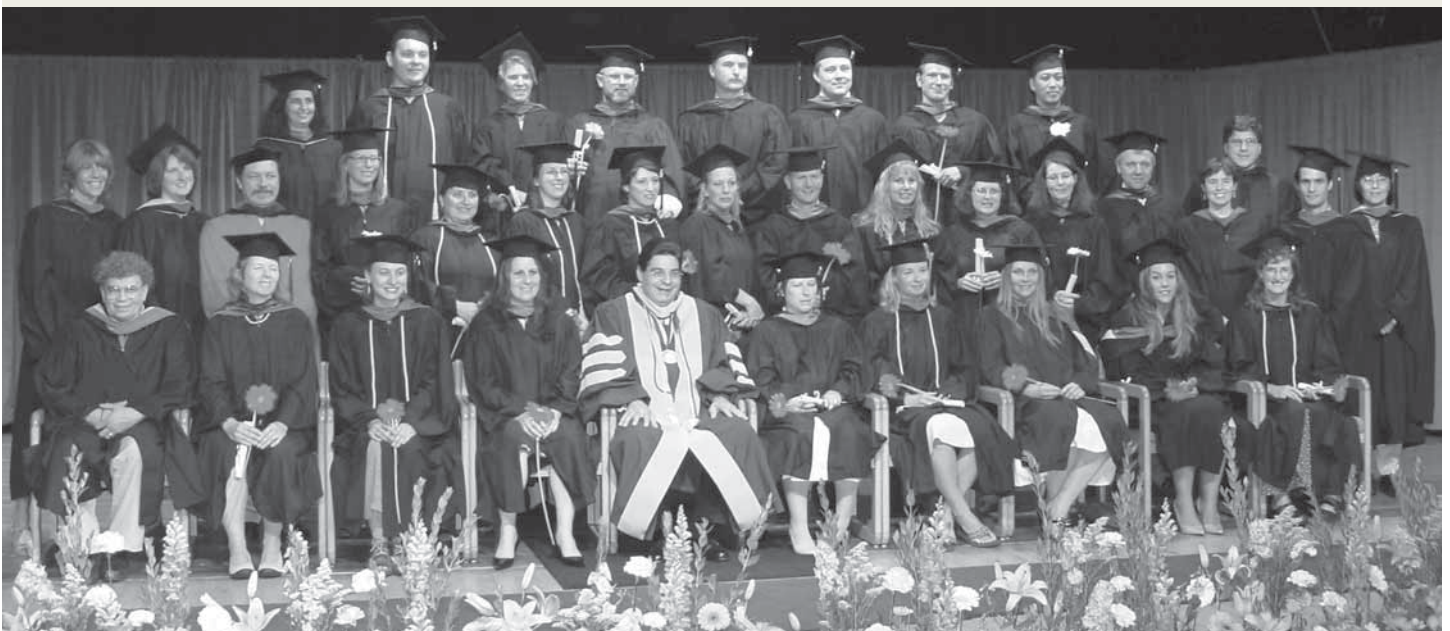
*Marcia Najjar gives student address.*



*Elizabeth Shiah, M.S., L.Ac. NYCC board member, gives trustee greeting*



*Acupuncture Oath*



*AOM Graduating Class*



# NYCC'S CLASS CHALLENGE WRAP-UP !!!



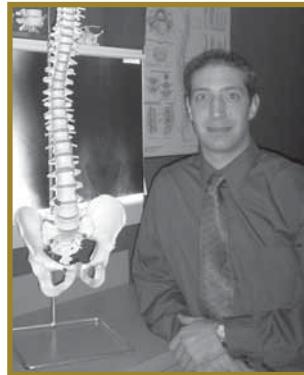
## 2007's Annual Fund Campaign

The time has come to wrap things up...  
see who truly is the winner of NYCC's Class Challenge!



*"A strong sense of community surrounded us at NYCC. Now as alumni, it is our responsibility to unite towards common goals for our profession."*

**Dr. Michael Estromante**  
Class of 1999



*"I contributed to help support my class and the advancement of the chiropractic profession and state associations."*

**Dr. Joseph Merckling**  
Class of 2002



*"I was inspired quite simply because it was a great idea...a fun, affordable way to help the college."*

**Dr. Ron Laprise**  
Class of 1998

And the winner is (drum roll please) . . .

## NYCC Class of 1997!

**CONGRATULATIONS! YOU HAVE WON NYCC'S CLASS CHALLENGE!**

Our deepest gratitude and sincerest thanks go out to all of you who have contributed to NYCC through the Class Challenge

Thank you to all who have joined in the fun. Your charitable donations have gone a long way to ensure the high quality of education and services available through NYCC for future generations of chiropractic and AOM students!

# Animal Nutrition

by Mary E. Balliett, DC

In the late 1970s and early 1980s I managed the laboratory for Larry Chase, Ph.D., a leading researcher in dairy cow nutrition at Cornell University. There was a four-credit graduate course titled "Forages, Fiber and the Rumen." We spent an entire semester learning the process by which cows convert grass into nutrients via the bacteria in the rumen. No mammal – not even cows, sheep or horses – has the enzyme needed to digest cellulose, the main component in grass. The rumen bacteria ferment cellulose into small chain fatty acids. This cud is then regurgitated, chewed again, and swallowed into the stomach, where the fat is absorbed and then metabolized. The types of fat made from these will then make up the fat either in the milk or in the muscle (the meat) of the cow. When cows are fed grain rather than forage for high-fiber foods such as grass, longer-chain fatty acids are produced and the cow gets fatter and adds more fat to the milk. The composition of the cow's muscle and the milk it produces is in direct relationship to the composition of the diet. In fact, a study done by Chase, myself, and others found that when a high-grain diet is fed to cows that are kept in the barn most of the day (a definite lack of exercise), their milk production goes down unless

you supplement the feed with Arm & Hammer sodium bicarbonate. Can we assume that cows get acid indigestion from too much grain?

## Cows are Mammals - Just Like Humans

Cows are mammals, just like humans. Human beings have evolved to eat a wide range of foods that are naturally occurring. When humans are fed a high-grain diet such as large amounts of cereal, rice, bread and pasta, what are the physiological changes evident in their bodies? Like cows, will they get fatter? The Centers for Disease Control's Behavioral Risk Factor Surveillance System collects data each year. The state health departments use standard procedures to collect data through a series of monthly telephone interviews with U.S. adults. During the past 20 years, there has been a dramatic increase in obesity in the United States. In 1985, only a few states were participating in the CDC's Behavioral Risk Factor Surveillance System and providing obesity data. In 1990, four states had obesity prevalence rates of 15 to 19 percent, and no states had rates at or above 20 percent. In 2005, only four states had obesity prevalence rates lower than 20 percent, while 17



states had prevalence rates equal to or greater than 25 percent, with three of those states – Louisiana, Mississippi, and West Virginia – having prevalences equal to or greater than 30 percent.

When humans eat fruits and vegetables that are high in fiber, the bacteria in their colon ferments the fiber into short-chain fatty acids, just like in the cow's rumen. These fatty acids are used as fuel by our intestinal cells and help to make the cells healthier and more resistant to disease, especially cancer. In addition, the short-chain fats are absorbed and taken to the liver, where they reduce cholesterol production.

Like cows, humans are healthier when they eat the food that nature intended.

## NYCC Heritage Society

*Shape history and create the future...*

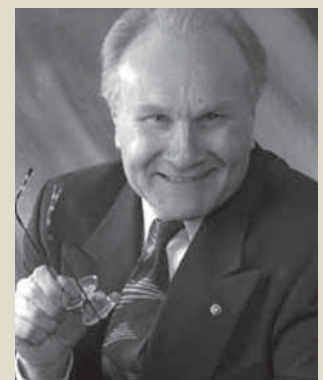
***Your membership in the NYCC Heritage Society ensures that your voice and values will be part of your legacy at NYCC.***

<input type="checkbox"/> I have included NYCC in my Will.	<input type="checkbox"/> Send me more information.
Name _____	
Address _____	
City/State/Zip _____	
Phone No. _____	Date _____

**Web site:** [www.nycc.edu](http://www.nycc.edu) ~ **Phone:** 315-568-3151

**Return Form to:** New York Chiropractic College ~ (Attention: Jill Henry)  
2360 State Route 89 ~ Seneca Falls, NY 13148 ~ **FAX:** 315-568-3153

*Include the College  
in your Will...  
I did!*



*Dr. Art Kellenberger '78*

# Pet Massage...

## Another CAM Therapy for your Favorite Companion

When Fido or Fluffy has pain, what can you do to help? A growing number of pet owners and veterinarians are turning to complementary and alternative medicine (CAM) treatments, and massage is one of the therapies that are proving beneficial. Face it, pets are members of the family, and increasingly, pet owners are providing their favorite companions with health benefits enjoyed by their human companions. In fact, "pet pampering" is becoming big business in the United States where, according to the American Pet Products Manufacturers Association, an estimated \$38 billion was spent on pets last year alone.

### What Massage Helps, and How

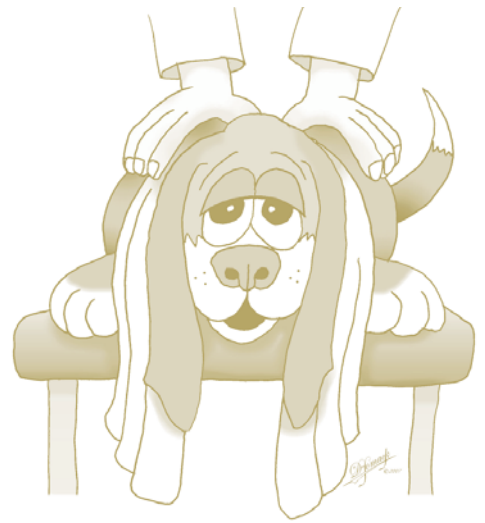
Advocates for animal massage say that it can help pets relax, recover more quickly from injury or surgery, and make them more comfortable if they suffer from chronic conditions. Benefits can include increased range of motion through increased flexibility; and the reduction of muscle tension, cramping, and soreness. The therapy enhances muscle function and efficiency while reducing inflammation and swelling in joints. Believe it or not, many animals suffer from arthritis and other afflictions normally associated with human suffering. Massage can help to

increase circulation and promote the healing process by increasing the flow of nutrients to the muscles and aiding in carrying away excess fluids and toxins.

### Take Your Pet to School With You

Classes in animal massage are gaining popularity across the nation, with more and more owners learning proven techniques to practice on their own pets. Massage is performed on competition horses and dogs in the same way that human professional athletes flock to massage therapists. Many animal trainers and owners of competition animals are turning to this form of treatment to improve animals' agility and to enhance their performance. Veterinarians caution, however, that massage done incorrectly can be harmful, and urge pet owners to get their vet's approval before initiating this treatment.

Animal massage techniques are very similar to those used on humans. A much lighter touch is applied, however. Animals will demonstrate whether or not they are enjoying the massage by relaxing, lowering their heads, and beginning to lick or chew. Curled lips on a dog or flattened ears on a horse may indicate discomfort, and the treatment should be discontinued. As with humans, animals should be encouraged



to walk and drink water after treatments and then allowed to rest.

### Animal Massage – Is it Legal?

Rules governing animal massage vary throughout the nation. In Utah, for example, practitioners must be licensed to perform on humans and then must complete additional training with animals. The state of Washington requires 300 hours of animal massage training before certification is possible. In some states massage can only be performed by a veterinarian or under veterinary supervision. The International Association of Animal Massage and Bodywork is working to set national standards and develop a national certification test.

*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.

# Fido – A Therapist?

You arrive home from work only to find that an otherwise hum-drum day takes a turn for the better as your dog greets you, wide-eyed and tail wagging wildly. Admit it: It feels wonderful!

These simple signs of canine affection not only put a smile on your face, but, it turns out, offer lasting health benefits as well. Animals – most commonly cats and dogs – have an uncanny way of endearing themselves to humans. The effect is therapeutic. In fact, animal-assisted therapy dates to the 1960s, when animals were introduced to emotionally disturbed children and to residents in psychiatric hospitals. Both groups showed marked improvement. People who spend time with an animal in long-term care facilities such as nursing homes, mental health facilities, hospitals and prisons experience elevation in mood and overall health.

## AAA and AAT: Differences and Benefits

Consequently, nursing homes and hospitals throughout the country have initiated programs involving Animal Assisted Activities (AAA). Local humane societies and volunteers take animals to patients and residents



for informal visits. The increased comfort and associated reduction in loneliness and stress provide a welcome distraction from pain and infirmity. Time spent petting and caring for the animals increases sociability and, surprisingly, improves fine motor skills. Research has also shown that these interactions lower blood pressure and stimulate the release of endorphins. AAA can even help prison inmates and

juvenile offenders learn empathy and compassion.

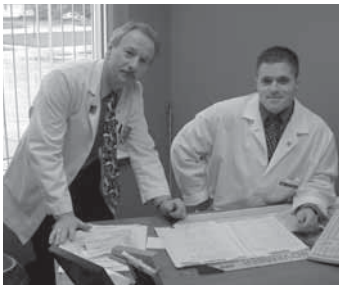
Animal Assisted Therapy (AAT), as opposed to AAA, is more tailored to the specific needs of the individual patient. Some psychiatric patients – for example, Autistic children and those with physical or developmental disabilities – may find that brushing or walking a dog complements a regimen of traditional therapy and offers entertaining alternatives. Rehabilitation centers have seen therapeutic benefits resulting from riding programs that improve fine motor skills and coordination for the physically challenged as well as heightened verbal interaction, self esteem and reduction of anxiety in patients.

## Benefits for the Abused

For people who have been physically abused, having an animal they may hold, hug and touch reaffirms positive appropriate physical contact. Children learn empathy and nurturing skills. Some would say that patients experience something more – an intangible “spiritual” connection with the animals, bringing a sense of oneness with life and nature.

---

**“NYCC’s Fellowship program exceeded all of my expectations and provided extraordinary opportunities for personal and professional development.”**



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

“I earned a Master of Science degree, was employed to teach at the nation’s premier chiropractic college, and now enjoy a one-of-its kind career within the Veterans Health Administration, all of which was made possible through the NYCC Fellowship program.”

**“Thanks NYCC!”**

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

[www.nycc.edu](http://www.nycc.edu)



**800-234-6922  
(Ext. 3109)  
[www.nycc.edu](http://www.nycc.edu)**

# Chiropractic & Acupuncture: Working Wonders with Animals

An Interview with Karen Gellman, D.V.M., Ph.D.



## Who Is Karen Gellman?

Dr. Gellman's practice is called Equine Sports Medicine, and is based in Ithaca, N.Y. She specializes in the treatment of horses for back pain and troublesome, "hard-to-find/hard-to-fix" performance problems. She uses physical interventions that include chiropractic manipulation, acupuncture, and physical therapy in an effort to reduce pain and restore neural integrity.

Many years after completing her bachelor's degree at Cornell University, Gellman wanted to live in the country and work with horses and dogs. So she returned to Cornell's College of Veterinary Medicine in 1991 and, after earning her DVM degree, stayed on and completed a Ph.D. in animal locomotion biomechanics in 2000. While in graduate school, Gellman also received specialized postgraduate clinical training and certification in acupuncture and chiropractic from the International Veterinary Acupuncture Society (IVAS) and the American Veterinary Chiropractic

Association (AVCA), respectively. Today, in addition to her clinical practice, she teaches Postural Rehabilitation – a clinical training course about posture and its relationship to normal stance and movement for veterinary manual therapists. Gellman's dissertation research and prior publications focused on the biomechanical role of the horse's head and neck during locomotion. She currently concentrates on neurologic and environmental issues contributing to balance and pitch in horses and how they may lead to injury.

## Working with Horses

"People usually concentrate on the species they know or like," says Gellman. For example, many practitioners who themselves own pets work with small animals. Gellman started as a rider and her interest in dressage – an equine athletic discipline akin to ballet and gymnastics for horses – drew her to the medical issues of the equine spine. In fact, very little was known or prac-

Animals are people too! At least, that's how veterinarian Karen Gellman sees it. What feels good and works for humans should do the same for our animal friends, right? Indeed, in some instances this is true. In a recent interview with Gellman, *Transitions* explored how chiropractic and acupuncture play a vital role in the treatment of her equine and other four-legged patients.

ticed for horse back problems at the time, and she found that chiropractic and acupuncture both addressed the issue. She also treats dogs in the Ithaca area because there are no other local practitioners trained in acupuncture and chiropractic. She finds that dog breeders and owners who participate in canine athletic events are the most open to complementary therapies, since they are highly tuned to observing gait and postural abnormalities in their animals.

Though, as Gellman pointed out, "expensive racehorses and show horses get a lot of perks," she noted that acupuncture and chiropractic are not therapies routinely enjoyed by most horses. Farmers infrequently choose complementary or alternative therapies for food animals due to economic considerations, though Gellman does recall once treating a cow. The remarkable part of the story is not so much with the cow itself, which was the pet of a farmer's young daughter, but that the daughter, who suffered from debilitat-

ing asthma, was referred by Gellman to a pediatric acupuncturist, and within six months was able to play sports and live a normal life without the aid of steroids.

Gellman uses a variety of modalities for different problems faced by the animals – mostly horses – that she treats. Some of the most common complaints in her practice are related to athletic performance – among them reduced neck and/or back flexibility, tail or head held to one side, dragging one foot, pacing instead of trotting, hypersensitivity to grooming, uneven gait, heavy with the bit or lead, refusal to jump, and difficulty with shoeing. Her goal is to find and correct the cause of injury and then prevent its recurrence. She focuses on getting the animal to use itself correctly in its athletic work in order to heal itself.

## Treatments

Most of the techniques used in Gellman's specialty are similar to those used on humans. However, she says the differences fall in to two basic categories: anatomical variations and behavior. Animals have a different spinal orientation as well as a different number of vertebrae from humans. To compensate, some acupuncturists tend to go by the traditional point locations based on human anatomy and physiology textbooks, or old veterinarian anatomy and physiology texts from China; others follow the meridians, using points according to the believed track of the channels.

Chiropractic work is performed in the standing animal, which can be accomplished easily in dogs but requires a platform while working with horses, in order to get the correct line of drive for the adjustment in the thoracolumbar and pelvic region. Standing adjustments can be superior, neurologically, since the animal's postural control system is instantaneously informed about changes in its weight-bearing.

Behaviorally, traditional human techniques must frequently be modified since an animal often cannot be asked to lie down and relax its neck. An animal's breed may also affect how it responds to treatment. Some horses can be hot-blooded (Arabians and Thoroughbreds); cold-blooded (draft horses); or warm-blooded, which is a mix of the two. "Hot horses can be sensitive and difficult, but very responsive because of their highly tuned nervous systems. Warm bloods, a popular type of performance horse, can be more difficult to get a response from, due to their size and phlegmatic nature," observes Gellman.

How does Gellman know the treatment is working? She says that it is typically the owners who evaluate the outcome of treatment. Since animals cannot tell you what they are experiencing, it is sometimes difficult to determine the actual effectiveness of treatments. There is no set number of visits that a particular course of treatment will take; rather, it is dependent upon the severity of the problem and the owner's willingness to make the changes in foot care and dental care necessary to ensure success. When owners do make the recommended changes, Gellman says, many times they will report "it looks like a different horse!" after the first treatment. Sometimes the changes

are evident with attitude, sometimes the animal regains the ability to perform an athletic move that it had been unwilling to try previously.

"My idea of a success story is an animal that gets better after one or two treatments and never looks back," Gellman says. She feels that – except in the case of elite athletes who routinely operate at the limits of athletic performance, or cases of significant trauma and scarring – if an animal or human requires constant maintenance, most likely the practitioner has missed something. She sees most of her patients once every year or two or when the animal "does something stupid" and gets injured.

## Fees and Services

At the racetrack, Gellman typically offers set fees for different services, whereas at dog shows she tends toward one set fee. Private client fees are sometimes based on the service provided and sometimes billed by the hour.

Gellman tells a favorite anecdote about her time working as a consultant in another office. The practitioner decided to announce to his clientele that Gellman's affiliation with the office would be through treatments of acupuncture and/or chiropractic and were considered *complementary* medicine, not as alternative, since they were adjunct therapies and not replacements. One lady decided that she would have her pony treated immediately for an inflammation of the hoof. Gellman went to her farm, examined and treated the animal, and then explained her recommended regimen for follow up and the associated cost. The woman was surprised to learn that the treatment and medicines would cost her, as she was sure the doctor had said the treatment was to be *complimentary*.



(L to R) Horse: Sayville or Sam (6 or 7 year old male descendent of Seattle Slew); Dr. Karen Gellman; and Jennifer Johnson, NYCC 7th trimester chiropractic student

(Continued on page 29)



# Unity Day and Homecoming

July 13-15, 2007



This year's Unity Day and Homecoming Weekend was jam-packed with great fun, tremendous learning experiences, and a chance to reconnect with alumni and meet some new friends!

Unity Day, held on Friday, July 13, was kicked off with the dedication of NYCC's Chinese Medicinal Herb Garden. The ceremony was officiated by NYCC President Dr. Frank J. Nicchi and representatives from Seneca Meadows, an NYCC sponsor who is one of the garden's benefactors. Following the garden's opening, Ms. Jean Giblette, of High Fall Gardens, which donated most of the plants, and Mr. Jason Wright, an assistant professor in the School of Acupuncture and Oriental Medicine, spoke on the topic of "Medicinal Herb



*Michele, Dr. Ivan Nassif and son*

Gardens as Teachers: Biodiversity, Ecology and Health." Concurrently, Dr. Christine Benner taught a course on Sacral Occipital Technique. Those not in the classroom enjoyed the Unity Day festivities, including a delicious picnic, inflatable bounce houses and climbing mountains, and, of course, the annual tug-of-war competition among DC trimesters. Unity Day concluded with students, alumni and their families vying for more than 50 prizes at Monte Carlo Casino Night.

Homecoming Weekend was filled with many options for continuing education for both chiropractic and acupuncture alumni, as well as a chance to check out exhibitors in the Academic 3 lobby.

It was hard to choose from among the chiropractic presentations on July 14 and 15. Dr. Steven Savoie, and Ms. Anna Allen, RN, presented courses titled "Documentation/Recordkeeping" and "Ethics and Chiropractic Risk Management"; Dr. Douglas Taber spoke on "The Chiropractor's Role in the Multidisciplinary Practice"; Dr. Scott Banks discussed "The Pathophysiology, Evaluation and Management of Headaches"; and Dr. Denise Holtzman focused on "Treatment of the Obese Patient in the Chiropractic Practice."



*Dr. Paul Blackledge and Joanne*



*Dr. Andrew Halushka and Nicole*



*Dr. Joseph McKay and Alicia Gilbert*

# Unity Day and Homecoming

July 13-15, 2007



Students and new graduates were treated to a lecture titled "Becoming an Architect of Wellness," by Dr. Carol Ann Malizia and participated in a discussion hosted by a graduate panel comprised of Drs. Dina Rosa, Tom McKeon, Anthony Lombardi, Vincent Justino, Susan Fries, Marc Persson and Anthony Gross. In addition,

NYCC hosted meetings of the Northeast Chiropractic Council and the Alumni Relations Advisory Council. Saturday concluded with a student-alumni mixer and presentations to returning alumni celebrating their 5th-, 10th-, 15th-, 25th- and 40th-year reunions.

New for 2007 was the offering of continuing education courses for acupuncturists, on Sunday, July 15. The School of Acupuncture and Oriental Medicine featured guest lecturer Paul Rooney, L.Ac., who spoke on the "8 Extraordinary Vessels and the

Pulse: Clinical Applications."

Plans are already under way by the departments of Enrollment Management and Post-graduate and Continuing Education for next year's festivities on July 18-20, 2008. Make sure you plan to be in Seneca Falls, N.Y., for a weekend that can't be beat!



*Class of 1997*



*Class of 2002*



*NYCC students enjoy Student-Alumni mixer.*



*Dr. John DeCicco ('82), NYCC President Dr. Frank J. Nicchi ('78), Dr. Dennis Przybyla ('67) and Dr. Richard Gillich ('82)*

## Smith Presents on Nature of Qi

Michael Smith – medical doctor, psychiatrist, and licensed acupuncturist – gave a mesmerizing presentation on “The Nature of Qi” to acupuncture students, alumni, and faculty at the Seneca Falls campus on June 30. Smith directs the acupuncture clinic at the Lincoln Hospital in the Bronx, N.Y. – the first, and perhaps the most prestigious, center in the United States to utilize acupuncture for detoxification.

Smith opened his presentation by stating that we must “come to terms” with how acupuncture works: “by helping people help themselves.” He says that people have a tendency to use certain possessive vocabulary to report their illness, such as “I caught a cold and it went away.” This gives the impression that their own immune system did not play a part, and leads people to believe that they need to “buy health.” But, in fact, “acupuncture is about self-reliance.”



*Guest speaker Dr. Michael Smith (right) with Associate Professor Kevin Ergil, L.Ac.*

In Western medicine, Smith reports, “since the body works like a machine, we measure it like a machine.” Yet, there are so many systems in our body that can’t truly be measured or fully explained, such as venous blood flow or how body fluid moves against the force of gravity without difficulty. He says that though there is a “vital force not defined in any other way,” acupuncture understands that “blood follows the qi.” Smith used many examples – including DNA in the body, the concepts of applied kinesiology, the application of acupuncture on plants, and the simplicity of penicillin versus the complexity of Chinese herbal medicine – to further describe how the nature of qi is active in our bodies and surrounds us in nature.

At one point during the presentation, Smith reflected on the great humility of being an acupuncturist: “We are part of a process, not the whole process.” He explained, “Acupuncture is very safe, because you have a partner that is smarter than yourself ... and that partner seeks out homeostasis.” He continued, “You don’t have to know everything. You have a relationship. Acupuncture is a normal, biological, social way of doing things,” and cautioned, “Be imminent, but be polite.”

Many thanks to Dr. Smith for coming to NYCC’s School of Acupuncture and Oriental Medicine to give us such an inspiring presentation.

---

## Radiology Pioneer Visits Campus



*(L-r) Drs. Joseph Howe, Frank J. Nicchi, Michael Mestan, and John Taylor*

Joseph Howe, D.C., a pioneer in the field of chiropractic radiology who has trained more chiropractic radiologists than anyone, paid a visit to the Seneca Falls campus in July to see two of his former protégés: Executive Vice President of Academic Affairs Michael Mestan, DC; and Professor John Taylor, DC. Both Mestan and Taylor studied under Howe at Los Angeles College of Chiropractic (Southern California University of Health Sciences). Howe currently teaches at Logan College of Chiropractic, in St. Louis, Mo. He was accompanied on his visit by his wife; daughter; son-in-law; and granddaughter, who is considering a career in chiropractic.

---

## NYS Board for Chiropractic Visits NYCC



*Mr. Douglas Lentivech (L) Executive Secretary of the New York State Board for Chiropractic, along with Board members Benjamin Bartolotto, D.C. (front center) and Vincent Loia, D.C. (back center) Board Chair and Assistant Professor at NYCC, are pictured at NYCC with President Frank J. Nicchi, D.C. (R).*



Loyalty - Service - Integrity

# Your Source for Equipment & Supplies

Chiropractic • Massage • Sports & Rehab

Proud to be a Gold Sponsor of New York Chiropractic College

At LSI International We Are Committed to Providing Quality Products & Service

- Electrotherapy
- Tables
- Massage Therapy
- Supports
- Diagnostics
- Rehab
- Topical Analgesics
- Nutrition
- Patient Education
- Pillows

NEW Doctor & Student Specials!  
Call & Request Your FREE Chiropractic Office Set-Up Guide



TOLL FREE: 1-800-832-0053  
FAX: 1-888-813-3737



FAX or ORDER ONLINE: 24 Hours a day • 7 days a week  
www.lsiinternational.com password: SHOPLSI

# Animal Physical Therapy With Lin McGonagle, MSPT, LVT

Everyone knows someone who has undergone physical therapy (PT), a therapy designed to enhance nerve function and to maintain and strengthen muscle and bone during recuperation from physical trauma. The therapy produces excellent results in humans. Can it do the same for animals? Lin McGonagle, MSPT, LVT, is among those who believe that it can and that it indeed does.

## Why Physical Therapy?

The idea of using PT on animals is not new in the United States. In fact, many of the treatment programs for humans were developed in the 1960s using animals. Animal PT gained momentum in the late 1980s and has grown more popular due to the influence of national scientific conferences.

McGonagle sees PT not as a replacement for traditional veterinary medicine, but rather as a complementary, noninvasive healthcare option for animals. Preventing injuries and promoting and maintaining fitness, health and quality of life are also part of PT. Many physical therapists work in collaboration with veterinarians using a team approach for examination and intervention.

Physical therapists offer a variety of services including evaluation, consultation, education, research, and treatment employing a variety of techniques including exercise, mobility training, joint movement, stretching, massage, controlled walking and running, home activities, nerve and muscle stimulation, fitting equipment such slings and



walkers, wound care, heat, cold or ice, breathing therapy, acupressure, ultrasound, and laser and light therapy. Additional techniques such as myofascial release, craniosacral therapy, and therapeutic touch are sometimes used by therapists who have specialized training.

PT is helpful for animal rehabilitation after surgery or for injury to the nerves, bones, muscles and tendons. It is often used to address neck and back problems, lameness, joint problems, and stiffness or tightness of the joints or muscles. Good results also occur when used to remedy decreased performance in the canine and equine athlete, or for arthritis-pain management. It assists where there is a decrease in move-

ment or where there is swelling, wounds, or breathing problems. Of particular significance is the therapy's ability to enhance natural healing, prevent future injury, and provide favorable psychological results.

## What To Expect

During an initial evaluation, a complete medical history will be taken. The physical therapist observes gait, posture, balance, and joint movement; evaluates muscle size; looks for any swelling or wounds; and may administer neurological tests. A treatment plan is then established that will address specific needs after goals have been discussed with the animal's owner. The use of devices such as ultrasound or laser may be indicated. McGonagle points out, "One of the best pieces of equipment a physical therapist possesses is a great pair of hands." Good physical therapists will know how to

read signals from the animal. Pressure will be adjusted to the specific animal's tolerance.

The frequency of visits and treatments will depend on the severity of the individual animal's problems. The owner, as the primary caregiver, becomes an integral part of the animal's treatment program, administering parts of the treatment on a day to day basis. The therapist demonstrates what is needed and prepares the owner to carry out the tasks to be performed.

Fees are typically based on time spent with the animal or the treatment provided. Treatment for smaller animals, such as dogs, may tend to run

a bit less than the fees for horses and other larger animals. There are even pet insurance policies that will cover physical therapy treatments.

### **Education, Certification and the Legal Aspects of PT**

Though there are many well-meaning people who, despite being unlicensed, are offering "animal therapy" services, the terms "physical therapist" and "physical therapy" are protected in many states. All therapists must pass a national licensure examination and maintain current registration with every state in which they work. Veterinarians and physical therapists are working to ensure that education and certification for this emerging field become standardized. McGonagle recommends that owners ask to see credentials and qualifications prior to selecting a practitioner.

During the more than six years of schooling that it takes to become a physical therapist, each student must complete six to eight months of clinical internships to qualify for graduation.

Most Physical Therapists are entering the profession with a doctoral degree. Many states have additional requirements in order to work with animals. For example, in New York and Ohio, the veterinary practice act states that any person who works with animals must also possess licensure as a veterinary technician or a veterinarian.

### **How to Find a Qualified Physical Therapist**

There are only four Physical Therapists in New York at this time who are qualified to practice on animals. The Orthopaedic Section of the APTA maintains a membership list that may help dog owners to find a trained professional across the country. This organization can be reached at APTA.org or (800)444-3982. One way to sort out who you feel comfortable with treating your animal is to ask questions about education, specialty training and experience. References should also be readily available. Lin McGonagle is an employee of Colonial Veterinary Hospi-

tal in Ithaca, N.Y. Her practice focuses on canine rehabilitation, sports medicine and weight management. You can reach her at (607) 257-3650 and learn more about animal physical therapy at ColonialVet.com.

*McGonagle earned her Bachelor's degree in Animal Science from Cornell University in 1982, her Master's degree in Physical Therapy from Beaver College, and an Associates degree from SUNY Delhi in the Veterinary Technician program. She is a past President of the Animal Physical Therapy Special Interest Group, under the Orthopaedic Section of the American Physical Therapy Association, and worked as a consultant to the Practice Committee of the New York State Physical Therapy Association. McGonagle has presented on animal physical therapy at national and international conferences, and has contributed to several books and journals relating to animal physical therapy. She lives with her husband, two commuting college students, two horses, three dogs, two cats and one goat in Genoa, NY. In addition to spending time with two and four legged animals she enjoys gardening, photography and traveling.*

## **2007 Seminar to Benefit New York Chiropractic College**

Are you looking for a cost-effective way to see some of the top experts in chiropractic and support your college at the same time? Foot Levelers has the perfect answer! Foot Levelers' 2007 Fall License-Renewal Seminar Series consists of 35 seminars throughout 22 states, from Seattle to Miami. Foot Levelers will donate the proceeds from Dr. Lisa Bloom's seminar, *Neurology & the Vertebral Subluxation Complex*, to New York Chiropractic College.

The seminar benefiting New York Chiropractic College will be presented in this city on the following date:

*Chicago, Illinois - November 10-11*

Register at least 14 days in advance and take advantage of the unique opportunity to attend a seminar featuring Dr. Lisa Bloom for only \$199 (\$79 for CAs; FREE for students)!

Other speakers at additional locations include: Dr. Mark Charrette, Dr. Manuel Duarte, Dr. Laura Hanson, Dr. John Hyland, Dr. Kurt Larsen, Dr. Kirk Lee, Dr. Kevin Wong, and Dr. Wayne Zemelka. To register or receive more information on the seminar topics and speakers, call 1.800.553.4860 (USA) or 1.800.344.4860 (CAN) today. Save \$10 by registering online at [www.footlevelers.com](http://www.footlevelers.com).

For over 50 years, Foot Levelers has been the exclusive provider of custom-made Spinal Pelvic Stabilizers and other healthcare products. For more information about Foot Levelers' products or seminars, please call or visit us online at [www.footlevelers.com](http://www.footlevelers.com).

# John P. Pedersen, D.C., NYCC 1997 – Animal Chiropractor

John P. Pedersen, D.C., decided to enter the field of animal chiropractic because, as he put it, "I've always had a way with animals and realized I could help them through chiropractic." He attended Queens College, where he earned an associate's degree in science, and in 1997 he graduated from New York Chiropractic College with his Doctor of Chiropractic degree. He is certified with the American Veterinary Chiropractic Association (AVCA), attended a 180-hour postgraduate training program at Options for Animals, in Illinois, and must attend continuing educational classes in order to maintain his certification.

Chiropractors and patients of chiropractic generally express interest when Pedersen tells them about his practice with horses and dogs. Others, however, have expressed varying degrees of skepticism and surprise. Practitioners of animal chiropractic, it turns out, must either be licensed chiropractors or veterinarians. Postgraduate certification programs are required as well, as is the study of any animals with which the practitioner plans to work. Every practitioner has a certain type of animal he or she prefers and feels comfortable with.

## Why chiropractic?

Pedersen is often called to treat horses for stiffness, lameness, difficulty with changing leads, wringing of the tail, and bucking and head throwing. The problems faced by dogs include stiffness, lameness, and more severely, incontinence and the inability to walk. "Horses are athletes" he says, "who, when something goes awry, it is imperative to get it fixed." With dogs, who are typically companion animals or members of the family, small issues are often overlooked, which sometimes snowball into the severe, and Pedersen may be called as a "last resort."

The techniques Pedersen uses are closely related to those used on humans, but adjustment angles are different. He points out that each breed of dog and horse has varying joint angles that differ from humans. He uses diversified technique, and will sometimes create a new move or adjustment to fit the individual animal's breed, situation or temperament. Pedersen agrees that there is little or no placebo effect for treatment with animals: "They either get better or

they don't," he says. There is far less of a mental component involved with their pain than with humans, and improvement is measured through the observations of the owner and the behavior of the animal. Every animal patient is different, and he has seen varied results in his own practice, from mild to remarkable, sometimes even surprising himself, thinking, "I'm not sure if this is going to help...and then - wow!"

## What Works

Some conditions may respond better to treatment than others. Most spinal conditions are treatable and respond well to adjustment. Cervical dysplasias are most difficult and "can wane from dramatic to catastrophic," says Pedersen, meaning that progressive improvement can lead to a rapid return to normal behavior which, in turn, can lead to possible exacerbation and worsening of the condition. It is impossible

to explain to an animal that even though it feels better and wants to return to normal behavior, it really should take it easy for a while. Returning to normal behavior before the body is healed can have catastrophic results and may lead to further injury.

Pedersen feels that high-dollar animals such as racehorses are not treated as routinely as they should be. "These magnificent animals have owners who can access expensive therapies," he notes, "but many are looking for instant results. That is not chiropractic." Duration of treatment is dependent on the severity of the condition

being treated. One adjustment can have a horse owner jumping for joy, and it may take five or six adjustments for the next horse. If there is not improvement by the third visit, Pedersen will re-evaluate.

## Measures of Success

Success is measured on a case-by-case basis. Once, a young woman brought her Rottweiler, Lady, who hadn't walked in days, to see him. The vet could not help, and the X-rays did not tell a happy story. Pedersen suggested that the woman take the dog home and wait for the end, but the



*Dr. Pedersen adjusts the spine of a thoroughbred horse.*

*Continued on page 32*

# Animal Chiropractic With Heather Beaudry-St. Germain, DC

## Her work

Animals have long been her passion, and now Heather Beaudry-St. Germain, DC, is the director of the Animal Rehabilitation Center of Rochester, N.Y., working mostly with cats and dogs. She had started looking into chiropractic as a career in 1994, after observing how it helped horses and recognizing it as a significant treatment option for animals' musculoskeletal dysfunction.

The Animal Rehabilitation Center of Rochester focuses on chiropractic and physical therapy techniques for companion animals as well as larger ones. Beaudry-St. Germain's practice includes therapeutic ultrasound; laser therapy; hydrotherapy; manipulation under anesthesia and a concentration on neurorehabilitation, conditioning programs, geriatric management, and performance enhancement. She finds each to be effective and chooses them according to the individual needs of the animal. Most chiropractors find the idea of her working with animals rather fascinating. Some are, quite frankly, surprised to learn that such options exist for animals. Manipulative therapy for animals requires attention to distinct differences in joint orientation, hence mandating that different techniques apply for different species. "We cannot treat the animals like people," she remarks. Working with animals does differ from work with humans. Nevertheless, she finds that it is similar to the distinction between working with babies as opposed to adults.

## Why Chiropractic?

A diverse group of animals are under chiropractic care and range from the everyday house dog, to the police working dog, to high priced thoroughbred racehorses and world champion agility and performance dogs.

Conditions commonly treated in Beaudry-St. Germain's practice include musculoskeletal problems such as intervertebral disc disease, gait abnormalities, cruciate disease, and performance related problems. Many problems – for instance, pain or stiffness associated with degenerative joint disease – may be age and work related such as animals with repetitive motion injuries. Work with animals offers an opportunity to measure the true effectiveness of treatment, as there is little



*Dr. Heather Beaudry-St. Germain and Andy*

chance of a placebo effect. "Animals cannot give us their opinion on things," she says. "They just know you are there to help, and they tend to cooperate." Attitude changes are appreciated as signs of improvement or regression which is one of a short list of factors that are considered to be measurable. Additional factors include improvements in motion, measured joint angles, performance in gait and posture, weight distribution on an extremity, motion palpation and soft tissue findings.

## Animals' Attitudes

Animals treated with a sound protocol addressing all involved tissues generally respond well to treatment. "The more comprehensive the program, the better the response," notes Beaudry-St. Germain. Interestingly, she says she has a few animal patients that "don't want help and don't want to get better." These animals typically have a very poor response to any type of therapy. Since each animal is unique, the length of treatment depends on the degree of soft tissue involvement, the demeanor of the animal, and the owner's time and financial abilities. Her practice is largely cash-based, as there remain few veterinary insurance programs that cover chiropractic, acupuncture, and rehabilitation services.

When asked about her successes, Beaudry-St. Germain says the animals that challenge her most are the ones that present paralyzed with intervertebral disc disease or some debilitating neurological condition, and – over time, through chiropractic and rehab – start walking on their own again. "The dogs tend to be just as excited as their owners!" she says.

## Training and Certification

In New York, the practice of animal chiropractic is exclusive to veterinary medicine and may be practiced only by a doctor of veterinary medicine (DVM) or a veterinary technician (VT). After investigating the laws in New York, Beaudry-St. Germain completed her associate's degree in veterinary technology, applied for licensure, and currently practices under the auspices of a veterinarian. Practice

*Continued on page 34*

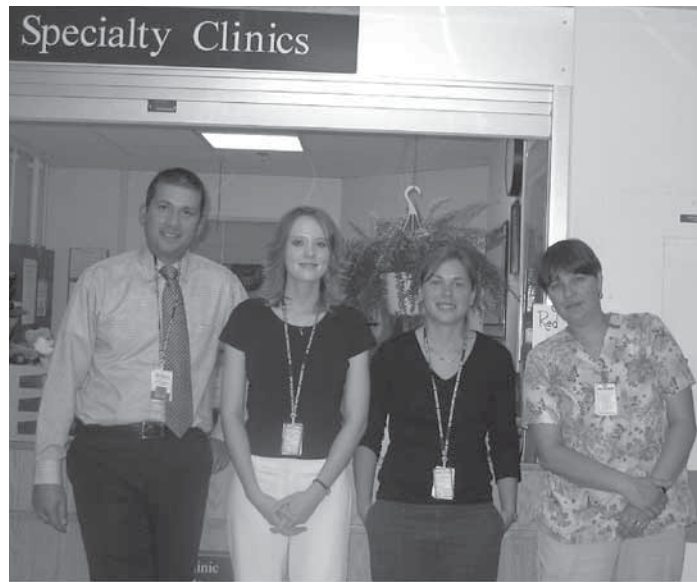
# News Briefs

## More VA Connections

Thanks to the hard work of Adjunct Assistant Professor Andrew Dunn, D.C., M.S., M.S.Ed., and Associate Professor Paul Dougherty, D.C., in introducing chiropractic education within the Veterans Administration Medical Centers, opportunities in that arena have expanded. In February of this year, New York Chiropractic College signed its fourth academic affiliation with a VA Medical Center (VAMC). Along with Buffalo, Canandaigua, and Rochester, NYCC now has a rotation through the chiropractic clinic at the VAMC in Bath, N.Y.

On March 2, Instructor Jason Napuli, D.C., MBA, began taking consults from physicians at Bath and, along with chiropractic interns, seeing patients there. He says, "Within only a few weeks, the consultations began coming in and we had a backlog of patients five weeks out. We have steadily grown over the last three months and have a full clinic day on Fridays." In order to accommodate this rapid response, the administration at the Bath VAMC added another day of clinic. Beginning June 5, they started spending two days a week there. According to Napuli, "This is an exciting opportunity for NYCC, the profession, the chiropractic interns, and, most importantly, our nation's veterans who will be receiving a much-needed service."

The clinic is located in the facility's fourth-floor Specialty Clinics. On this floor are a variety of healthcare providers, including neurologists, cardiologists, podiatrists, optometrists, and primary-



*Jason Napuli, D.C., at the Bath VA Medical Center with (l-r) ninth-trimester interns Justine Marcus and Kim Hartman; and Patricia Jack, R.N., the nurse assigned to the clinic.*

care physicians. The relationships with both the primary-care and specialty-care providers have blossomed since chiropractic began being offered; it is not uncommon for them to stop by the chiropractic clinic to discuss potential patients. Within the VA system, many patients have multiple providers assigned to work on their case. The introduction of chiropractic services provides yet another benefit for these veterans. It is a team-based approach, with the chiropractor acting as a specialist in the patient's care. Interns have the opportunity to work within an integrated environment and, most importantly, learn how to work with a dynamic patient population.

In addition to the expansion at the Bath VAMC, two other exciting opportunities have recently transpired within the VA system. Thanks to Executive Vice President of Academic Affairs Michael Mestan, D.C., who initiated conversations with John D'Amico, D.C. (NYCC

'92), an affiliation agreement has been signed with the Miami VAMC. Associate Professor Matthew Coté, senior clinician at the Depew Health Center, will be visiting that facility in the near future and will be working with D'Amico in anticipation that an intern will be selected, through the remote internship process, to spend the fall trimester there. Interns will get hands-on experience treating patients in this hospital learning environment. The Miami VAMC serves veterans in the southern Florida region, and interns will be exposed to the medical rotations in various departments within the hospital.

Closer to home, the NYCC School of Acupuncture and Oriental Medicine started offering services at the Canandaigua VAMC's Pain Management Clinic in June. Adjunct Assistant Professor Douglas McDaniel, L.Ac., supervises two interns on Fridays, with the possibility of expanding to two days per week in the fall. AOM Dean Marilee Murphy, L.Ac., who has been instrumental in establishing this experience, stated, "This is a significant achievement, as acupuncture is not yet formally recognized by the federal government - and that means no Medicaid or Medicare coverage." In addition, Murphy and McDaniel presented to the medical staff at the Canandaigua VAMC on June 27 and at the Rochester VAMC the following day with hopes for greater expansion. Pain Management Clinic is very excited to be able to incorporate AOM as a complementary management piece.

## DC Accreditation Reaffirmed

In a letter dated July 27, 2007, Dr. Frank J. Nicchi, President of New York Chiropractic College (NYCC), received official notification from the Commission on Accreditation of the Council on Chiropractic Education (CCE) reaffirming accreditation for the College's doctor of chiropractic program. The reaffirmation marks the beginning of the next eight (8) year accreditation cycle for the college's chiropractic program.

Expressing delight at the good news, President Nicchi remarked, "I'm thrilled with the report and extremely proud of the valuable contributions by faculty, staff and students to this significant achievement."



Drs. Shawn Williams ('04) and Yarissa Rodriguez ('05) were married in Clifton, N.J., on July 20, 2007. NYCC graduates attending the wedding and reception were: (Front row left to right) Dr. Emily Swonguer ('05), Yarissa and Shawn. (Back row left to right) Dr. Sachin Patel ('04); Dr. Jeyoung Yun, ('05); Dr. Marc Persson ('04); Dr. Chris Montanaro ('04); Dr. Adhalia Lalchandani, ('05); Dr. Carrie Miller ('05); Mrs. Schultz and Dr. Ben Shultz ('04).

## Marvin B. Sosnik Memorial Scholarship



Susan Doyle, fifth-try doctor of chiropractic student, is the Fall 2007 tri-mester recipient of the Marvin B. Sosnik Memorial Scholarship award. When selecting a recipient for this award, preference is given to those students whose decision to enter the chiropractic profession was influenced by a family member.

## Chiropractic & Acupuncture: Working Wonders with Animals An Interview with Dr. Karen Gellman

*(Continued from page 19)*

### Licensure

Gellman sees that there are currently many legal and social "turf" issues that confound the field of adjunctive therapies for animals, and feels the issues will be settled on a state-by-state basis. Currently, all that a non-DVM practitioner needs to practice legally in New York State is a vet tech license, which can be obtained, for the most part, on-line. Anyone with a vet-tech license can claim to be a veterinary specialist as well. Gellman doesn't feel that this serves the advancement of high quality health care for animals. She urges a high standard of training for those who offer healthcare; and she is discouraged to learn that non-veterinarians sometimes practice illegally, because clients deserve a means of recourse in case of malpractice. She feels there should be a middle category through which legitimate professionals can receive advanced training to practice on animals and to do so legally. Gellman suggests that it would be far more useful to standardize certification requirements and allow a joint board of veterinarians and manual therapists determine licensure or its equivalent for non-veterinarians.

Dr. Gellman can be reached at [ksg1@cornell.edu](mailto:ksg1@cornell.edu).

# Faculty Spotlight

## Deborah Barr, Sc.D.

Deborah Barr, Sc.D., has been a member of the NYCC faculty since August of 1991 and currently serves as an associate professor in the Basic Sciences Department. Barr received her Bachelor of Science in Animal Science from Colorado State University and her Master of Science in Animal Science/Exercise Physiology from Texas A&M University. She holds a Doctor of Science in Applied Anatomy and Physiology from Boston University. Barr lives in Farmington, N.Y., with her partner, Tim Sprague, with whom she shares an interest in the target-shooting sports of skeet, trap, and sporting clays. They participate in competitive leagues throughout the year and have been involved as skeet coaches with the Scholastic Clay Target Program for children between the ages of 12 and 18.



*Deborah Barr, Sc.D.*

Barr has been a member of the American College of Sports Medicine and is currently a member of the American Physiological Society and the Performing Arts Medicine Association, where she and Dr. Van Dusen co-authored and presented a paper on medical problems associated with playing the Great Highland Bagpipes. She is most active with the International Association of Medical Science Educators, where she is on the Membership Committee, serving for three years as Chair; was elected to two two-year terms as Secretary; has served as a member of the Executive Committee; and in 2006 was elected to a three-year term on the Board of Directors. "This had been a great opportunity to work with other basic-science faculty who have a passion for teaching and learning," says Barr, adding "It has been my pleasure to represent chiropractic education and to educate my colleagues as to the quality of the programs at NYCC." Recently, Barr was invited to join the Animal Chiropractic Accreditation Commission (ACAC) of the American Veterinary Chiropractic Association (AVCA) as a public member for three years. The charge of the ACAC is to define and apply standards for the accreditation of any and all educational programs in animal chiropractic.

### **Before NYCC**

Before teaching at NYCC, Barr worked as an emergency medical technician; as a central supply supervisor and

hospital technician at Tufts University Veterinary Medical School; and was the clinical rotation supervisor (large, small, and laboratory animals) for the Mt. Ida College (Newton, Mass.) veterinary technician programs, for which she also taught Large Animal Medicine and Management courses at Tufts Veterinary School. Following her doctoral studies, she was a fellow at the Specialized Center of Research for Atherosclerosis at the Bowman-Gray School of Medicine of Wake Forest University for two years, and was also a fellow in the Department of Cell Physiology at Albany College of Medicine.

Barr's primary interests and the majority of her training were in anatomy and physiology – particularly neuromusculoskeletal – which is not an area of major emphasis in the basic allopathic curriculum

in most medical schools. Chiropractic schools dedicate more time to her area of interest, and the opportunities to teach at NYCC appealed to her. Asked what advice she would pass along to today's students, she summarized the accumulated words of wisdom she had been given by her mentors throughout her career as follows: "Know yourself and where your motivation comes from; keep an open mind and continue to learn; follow your passion and focus on your goals; be compassionate and strive to have balance in your life."

### **CAM Therapies in Animals**

Soft tissue and manipulative work on animals has been around for many years. Historically there had been less stringent oversight in the educational requirements for administering therapies to animals, and this work was often performed by individuals with no formal training. Today standardized education, certification and licensure requirements are being put into place for chiropractors and veterinarians to gain the proper training for providing this care and treatment. Owners and trainers of competition and show animals have been advocates of these therapies for decades, gravitating toward chiropractic for their animals because in the ring or on the track, flexibility and ease of movement for maximum athletic performance are paramount.

As for chiropractic and CAM therapies in animals versus

*Continued on page 34*

# What's News?

ALUMNI UPDATE ~ ALUMNI UPDATE ~ ALUMNI UPDATE

## Class of 1977

**Thomas S. Posio, D.C., Ph.D.**, will be honored as Chiropractor of the Year by the John J. Grecco Heart Foundation of N.J. Also, this November he will celebrate 30 years in practice at the same location - Livingston, N.J. His address is 313 Walnut Street, Livingston, NJ 07039. His e-mail address is drtom77@aol.com and his phone number is 973-992-2444.

## Class of 1997

**David V. Gigliotti, D.C.**, and his wife, Carla Anne (Rowland), had the pleasure of having a daughter, Lilly Ann, on July 19, 2007, just prior to celebrating their 6th wedding anniversary. Lilly Ann joins sister Isabella Patricia (1) and brothers Ben Hilmer (3) and Vincent Angelo (5). Dr. Gigliotti's office address is 217 West Mahoning Street, Punxsutawney, PA 15767 and his e-mail address is drdaveg@verizon.net. His phone number is 814-938-7851.

## Class of 1999

**Niraj Patel, D.C.**, is proud to announce the birth of their second daughter, Anya, born April 18. Their office received a 5-Star Quality Service Award from Integrity Management and they are moving forward and upward. Their office address is 1630 E. High Street, Bldg. #3, Pottstown, PA 19464. Their phone number is 610-323-6858 and their e-mail address is chirowellness@verizon.net.

## Class of 2000

**Brian A. Pokorski, D.C.**, and his wife, Alanna, are proud to announce the birth of their first child, Andrew Joseph, on May 23, 2007. He weighed 8 lbs. 13 oz. and was 22" long. Dr. Pokorski can be reached at his new location in Snyder, N.Y. at 716-635-9742 or by e-mail at chirolife@verizon.net.

## Class of 2002

**Matthew J. Lepito, D.C.**, opened Performance Spine Rehabilitation in March. The office is run by his wife, Susan. They specialize in Sports Medicine with the addition of a full therapy suite. Their office address is 10 Fila Way, Sparks, MD 21152 and their e-mail address is performanc-spine@hotmail.com. Their phone number is 410-472-9625.

## Class of 2004

**Jason Sonners, D.C., and Melissa Murtaugh, D.C. ('05)** became engaged May 12, 2006. Dr. Sonners opened CORE Therapies in December 2005 and Dr. Murtaugh joined his practice in September 2006. Their office address is 209 E. Northfield Road, Livingston, N.J. Their phone number is 973-992-2673 and their e-mail address is jsonners@yahoo.com.

## Class of 2005

**Jason Engelhardt, D.C., and Kate (Harris) Engelhardt, D.C.**, announce the birth of their daughter, Raegan, on June 11, 2007. They opened Attainable Health Chiropractic in September 2005 at 2109 Bridge Ave., Point Pleasant, NJ 08742. Their e-mail address is drs@attainablehealth.net and their phone number is 732-701-1400.

## Class of 2006

**Jason Seltzer, D.C., and Amanda (Clark) Seltzer, D.C.**, were married April 28, 2007. They opened a private practice together on June 18, 2007, Hampton Cove Chiropractic, LLC, 6388-B, Highway 431 S, Suite 3, Owens Cross Roads, AL 35763. Their phone number is 256-536-8400 and their e-mail address is covechiropractic@bellsouth.net.



# 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 Peter Van Tyle, Executive Director of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800 (315-568-3146).**



# to the next level. TAKE CHIROPRACTIC

International Sports Sciences Association • 1015 Mark Avenue • Carpinteria, CA 93013

## PERSONAL TRAINING Seminars

ISSA's personal training seminar teaches you how to develop a diet and training program that can further support the health and wellness of your patients. Tap into the 33-billion-dollar fitness industry while improving your practice.



Seminar instructor Dr. Jack Barnathan, DC created the annual Chiropractic Sports seminar with Arnold Schwarzenegger. A life-long strength athlete and IFBB Gold Medal

honoree, Dr. Barnathan serves as Chiropractor and Sports Performance consultant to some of the world's top Pro and Olympic champions and was awarded the United States Presidential Certificate of Merit for his work on behalf of the President's Council on Physical Fitness & Sports.

**Seating is limited. Call today!**

**Earn up to 24 NYCC CEUs with a personal training certification from ISSA.**

### New York Chiropractic College

ISSA, in conjunction with New York Chiropractic College (NYCC), offers a two-part personal training certification program worth a total of 24 continuing education credits for the Doctor of Chiropractic. Following successful completion of the home study portion, the program can be completed in one weekend. The course is organized into two phases:

- I. Home study (text completion) worth 12 CEUs**  
*(required to attend the seminar)*
- II. Weekend seminar worth 12 CEUs**  
*Out of the 12 seminar CEUs, 3 hours will be applied to required credits in ethics, documentation and patient communication.*

**Join us in these states and many others, nationwide!\***

#### New York State

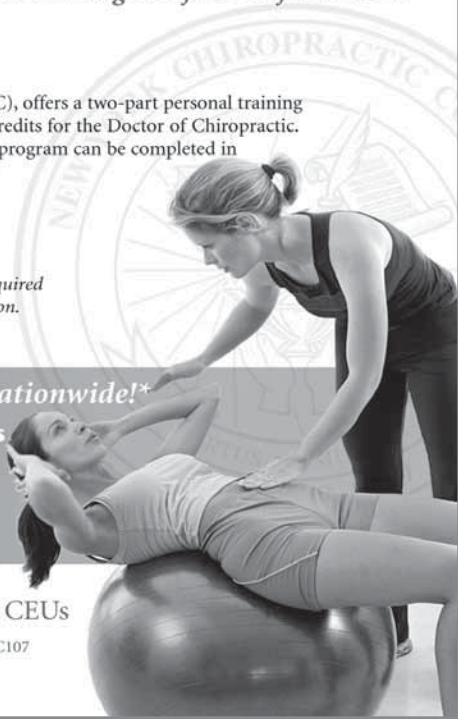
Aug 4-5      Sept 29-30  
Long Island, NY      Seneca Falls, NY

#### Massachusetts

Sept 22-23  
Boston, MA

\* Visit [ISSAonline.com/seminars](http://ISSAonline.com/seminars) or call 800.892.4772 for NYCC-approved seminars near you!

Call **800.892.4772** and ask about Chiropractic CEUs or visit **ISSATransitions.com** today. Mention NYCC107



## John P. Pedersen, D.C., NYCC 1997 – Animal Chiropractor

*Continued from page 26*

young woman insisted; and so he adjusted Lady, but made no promises. As he worked on the dog, one of his chickens ran by and Lady just looked at it. After the adjustment, he placed Lady upright on her legs. She stood for a long moment and then began moving toward the chicken. The dog continued to improve and eventually felt so well that she re-injured herself. "This is one case in which the pain was a good thing," he said. When treating a female quarter horse for stiffness and mild lameness in its rear end and stiffness of the neck, he achieved success. A few weeks after the adjustment, the horse's owner reported that the horse, which she had been trying unsuccessfully to breed for five years, was pregnant.

### Personal Fulfillment

Pedersen quips that this is not a high-dollar business, but for him is it a personally fulfilling one. "I spend a lot of time traveling to farms and homes to adjust animals, only to make a few dollars after putting most of the

money back into the gas tank. But sometimes it's worth it to keep the animal from being put down too soon." In human chiropractic, it is almost never a life-and-death situation, but Pedersen has found that this is a recurring theme in his practice. "I have sent one too many 'loss-of-pet' sympathy cards." Many chiropractors do not wish to deal with this situation. "If you can't handle this aspect of animal life," he cautions, "then this profession is not for you." He says some days he comes home feeling happy, and sometimes very sad and hurt mentally or even physically, but it is what he does and what he is good at.

Pedersen was raised in Whitestone, N.Y., and lives in South Carolina with his wife, Tania Graetz (NYCC 1997), and their three children: Kalista, Vincent, and Alec. He enjoys spending time with his family as well as equine sports, making homemade wine, and photography. Pedersen is also licensed in New Jersey and Pennsylvania as a Thoroughbred Racehorse trainer.

# ATTENTION: All International Alumni... We Need to Hear from You!



We want to ensure that our *Transitions* magazine reaches all of our many **international addressees**. Aware that postal practices and policies in the various countries differ, and that readers' addresses may have changed without our knowledge, we want to know if you are getting your magazine.

IF YOU ARE LIVING OUTSIDE OF THE U.S. and want to continue receiving *Transitions*, NYCC's award-winning alumni magazine, please e-mail us at [pvantyle@nycc.edu](mailto:pvantyle@nycc.edu) or mail in the coupon below!

Otherwise, we encourage you to continue to read *Transitions* on NYCC's Web site at [www.nycc.edu](http://www.nycc.edu).

**Don't Delay – Respond Today!**

---

## *Transitions* Magazine **International Address Update**

- Yes, I wish to continue receiving *Transitions*.
- No thank you, I do not wish to continue receiving *Transitions*.

**My name, correct mailing address and postal codes are as follows:**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
\_\_\_\_\_  
**Country** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**E-mail information to:** [pvantyle@nycc.edu](mailto:pvantyle@nycc.edu)

**Mail form to:**

*Transitions*, Office of Institutional Advancement  
New York Chiropractic College  
2360 State Route 89, Seneca Falls, NY 13148  
USA



## Animal Chiropractic with Heather Beaudry-St. Germain, DC

*Continued from page 27*

scopes differ from state to state; most remain in the hands of the various state veterinary boards. Beaudry-St. Germain recommends that doctors interested in entering the field conduct a thorough investigation of state veterinary practice laws and chiropractic licensing boards.

The American Veterinary Chiropractic Association (AVCA) offers certification programs that teach chiropractic techniques for dogs, cats, and horses to veterinarians and chiropractors alike. Four such programs available in North America are Options for Animals, in Kansas; Healing Oasis Wellness Center, in Wisconsin; Parker College Office of Continuing Education, in Texas; and Healing Oasis Wellness Center, in Canada. More information on these programs can be found at the American Veterinary Chiropractic Association Web site, [www.animalchiropractic.org](http://www.animalchiropractic.org).

### **Shadow**

Beaudry-St. Germain highly recommends that interested doctors spend time shadowing a currently properly licensed practicing animal chiropractor for some experience and exposure to techniques. While the equipment needed to

practice may vary, Beaudry-St. Germain lists her hands as her main diagnostic and treatment tools. It seems that acupuncture also is an emerging treatment in veterinary medicine. Curiously, in New York state, many more veterinarians perform acupuncture on animals than do licensed acupuncturists.

Heather Beaudry-St. Germain grew up in Gilmanton Iron Works, N.H., studied animal science at the University of Kentucky, and earned a Bachelor of Science degree in Animal Science and Equine Studies at the University of New Hampshire in 1998. In 2003, she completed her Doctor of Chiropractic degree at New York Chiropractic College as well as her associate's degree in veterinary technology at Medaille College, and is a licensed veterinary technician in New York. Certified in animal chiropractic by the American Veterinary Chiropractic Association (AVCA), she is a commission member for the Animal Chiropractic Accreditation Commission (a branch of the AVCA) and a certified canine rehabilitation practitioner. She has been a member of the American Canine Sports Medicine Association since 2006 and of the American Holistic Veterinary Medical Association since 2003.

## Faculty Spotlight - Deborah Barr, Sc.D.

*Continued from page 30*

humans, Barr says it is not surprising that the efficacy of these therapies is not very different. "We are all mammals," she points out, "and while there are biomechanical and physiological differences between species, regarding the neuromusculoskeletal systems we are remarkably similar." Veterinarians are seeing dramatic effects of chiropractic and CAM therapies such as acupuncture in pre- and post-operative care, neurological conditions, pain control, degenerative joint disease, and geriatric care. "In animals there appears to be no placebo effect, but there are positive, sometimes dramatic results in objective measures such as gait, posture and demeanor following treatment," observes Barr.

As CAM therapies have made their way into human healthcare, so they have with animals; and in some cases, they have been adopted more quickly than with humans. Veterinary surgery has progressed to the point where total knee and hip replacements are commonplace and chiropractic and CAM therapies are recommended in the

post-operative phase of management for pain control and gait rehabilitation. Barr sees enormous opportunities for growth in the field, and she believes strongly that the future of chiropractic and CAM therapies in the care and treatment of animals is very bright. "It is a commentary on our times that often our attention to our pets and their well-being can exceed that of our attention to our fellow human beings," says Barr, "but our pets are full and equal members of our families, and expenses are not spared in caring for them." Owners seem more than willing to pay for services that manage pain and improve quality of life for their pets. For those who might be interested in making animal chiropractic or CAM therapies part of their life's work, Barr suggests contacting the American Veterinary Chiropractic Association to learn about the educational requirements for certification, as well as contacting certified field practitioners in animal chiropractic for further insights and information.



COMBINING

# RESOURCES

FOR A BETTER TOMORROW

Performance Health is the combined strength of BIOFREEZE® Topical Analgesic and Thera-Band® Rehabilitation Products working together to support your patients from acute pain through evidence-based exercise and strengthening offering a continuum of care progressing patients from impairment to independence.

Our combined resources provide opportunities in research and development to extend our support of your profession through comprehensive practice building strategies and protocols for rehabilitation and pain management.

*PerformanceHealth*



Performance Health, Inc. 2230 Boyd Rd., Export, PA 15632 • 1-800-BIOFREEZE (1-800-246-3733) or 1-724-733-9500 • [www.biofreeze.com](http://www.biofreeze.com) • [health@biofreeze.com](mailto:health@biofreeze.com)

Mention Code: NYC

BIOFREEZE®, PERFORMANCE HEALTH®, THERA-BAND®, the Color Pyramid® and the Associated Colors (TM), and PROSSAGE® are all trademarks The Hygenic Corporation. Unauthorized use is strictly prohibited. ©2007 The Hygenic Corporation. All rights reserved. 07/07. Original testimonial on file.

[www.nycc.edu](http://www.nycc.edu)

# **LLOYD TABLE:**

## **AMERICAN MADE**

### **WITH WORLD CLASS FEATURES**

Practitioners agree . . .  
Lloyd tables provide  
unparalleled patient  
comfort.



*Put a new Lloyd table to work for you.*

**Call Toll Free: 1-800-553-7297**

Phone: (319) 455-2110 - Fax: (319) 455-2166

**E-Mail: [sales@lloydtable.com](mailto:sales@lloydtable.com)**

**102-122 West Main Street - Lisbon, Iowa 52253-0899**

# No wonder we know you so well.

## Because we are you.

Over 60 years ago, a small group of chiropractors created NCMIC so they could offer their peers what no one else would. Malpractice insurance protection.

Today, we still proudly offer malpractice insurance, but we have grown to so much more. We offer a full array of insurance and financing products. We also provide investment in chiropractic research and professional development seminars.

We'll keep changing as your needs do. But the one thing that won't change is our focus. You can count on us because "We Take Care of Our Own."<sup>®</sup>

For more information call  
**1-800-769-2000, ext. 3966**



"We Take Care of Our Own" is a registered service mark of NCMIC Insurance Company. ©2017 NCMIC. NPL 3058

[www.ncmic.com](http://www.ncmic.com) • 14001 University Avenue • Clive, IA 50325-8258

*Stanley Greenfield, RHU*

*Chiropractic Financial Consultant  
Editor of "Financial Forum"*

*Member-at-Large  
OUM National Chiropractic Advisory Board*



## **Your silent partner for quality malpractice insurance.**

The bottom line in malpractice insurance is no one protects chiropractors like OUM. With input from an experienced chiropractic advisory board, OUM has developed a "scope of practice" policy to cover procedures allowable in your state and offers it at affordable prices. Corporate coverage is available with shared limits of liability at no additional charge or with separate limits for only 5% more per owner's premium. And OUM offers a choice of convenient payment plans to help better manage your practice's cash flow.

It all adds up to why you should shop and compare the value you can receive from OUM. Call today and receive a free, no-obligation malpractice quote by phone. When it comes to your insurance, OUM is the partner to call.

**1.800.423.1504, ext. 7**

110 WESTWOOD PLACE | BRENTWOOD, TN 37027  
[www.oumchiropractor.com](http://www.oumchiropractor.com)

**WE OUMORE. WE'RE OUM.®**

The underwriter for the OUM Chiropractor Program varies by state and is either PACO Assurance Company or PICA. Please call 1-800-423-1504 for specific policy details for your location.

All New  
Formula!

# Pro-Enz®

SUPPORTS SOFT TISSUE HEALING  
& INFLAMMATION MANAGEMENT

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

Pro-Enz® features the following ingredients:

- Boswellia
- Bromelain
- Ginger Rhizome
- Lemon Bioflavonoid
- Rosemary
- Turmeric



Dr. Mitch Mally, D.C.

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

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

**(800) 445-6849**

or email us at [customerservice@anabolicclabs.com](mailto:customerservice@anabolicclabs.com)

[www.anabolicclabs.com](http://www.anabolicclabs.com)

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



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



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



New York  
Chiropractic College  
*Transitions Magazine*  
PO Box 800  
Seneca Falls, NY 13148-0800  
*Address Service Requested*

