



Transitions



A publication of New York Chiropractic College

May/June 2007



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Chairman of the Board of Trustees

From Outgoing Chairman Dr. Lewis J. Bazakos: "Thank you and farewell!"

Since my first Chairman's message in the fall 2004 issue of *Transitions*, it has been an absolute honor and privilege to Chair the Board of Trustees and to participate in New York Chiropractic College's continued progress. It has been a pleasure working side by side with Dr. Frank J. Nicchi to further the College's goals and mission. My thanks to the Board whose members represent a variety of disciplines and exhibit great talent.

Over the past three years, the College has undergone remarkable development and truly become integrated through its establishment of a School of Acupuncture and Oriental Medicine and a School of Applied Clinical Nutrition. In addition, the chiropractic curriculum was revised and the College launched master's degrees in diagnostic imaging and in clinical anatomy. We took the time to honor those close to us, paying tribute to NYCC's former president, Kenneth W. Padgett, and naming the Kenneth W. Padgett Administrating Building - an altogether fitting honor for the man who brought NYCC to Seneca Falls fifteen years ago. I am also pleased to have presided over a Board that oversaw formation of the College's Division of

Institutional Advancement, something that has been near and dear to me, and its new Division of Institutional Quality and Assessment. The school will benefit greatly from their efforts.

This issue of *Transitions* highlights many of the College's accomplishments over the last year, celebrating NYCC's hallmarks and milestones of excellence. I extend my heartfelt thanks to all of you for helping to get us this far. May these achievements serve not only to inspire, but also to subtly remind us that our work is not yet done - as many more triumphs still lie ahead. I am confident that incoming chairman Dr. Robert A. Crocker, Jr. will further the momentum, leading the College to ever greater achievements.



Dr. Lewis J. Bazakos
Chairman of the
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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.

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Erratum: On page 5 of the March/April issue of *Transitions*, Dr. Nathan Novick was flanked by fellow trustees Dr. Valerio Pasqua (L) and Trustee Emeritus Dr. Richard Carnival (R). We had inadvertently flanked him by Dr. Richard Carnival (L) and Dr. Valerio Pasqua (R). Please accept our apology.

President's Council

Lee Van Dusen, D.C., DABCO,
NYCC's Assistant Vice President
of Institutional Quality &
Assessment



President's Council member Lee Van Dusen, D.C., feels it is important to support the College in a public way; as a model for others. Van Dusen, a member since 2002, says, "If we ask others to support NYCC, we should set the example." Consequently, he encourages others to become President's Council members and give back to the profession: "Sometimes we forget how important it is to have received all the benefits of an education such as that available at NYCC. Alumni really should support their alma mater and help ensure the future of the profession."

The son of a chiropractor father, Dr. Van Dusen grew up in Sodus, N.Y., and earned his Bachelor of Science in Biology from Utica College of Syracuse University in 1981. An "interest survey" he took during his sophomore year clearly indicated a chiropractic career and he began looking seriously at the profession for himself. He went on to attend National College of Chiropractic, earning his Doctor of Chiropractic degree in 1985. He has since become a Diplomate of the American Board of Chiropractic Orthopedics.

A Teaching Career at NYCC

First employed by NYCC as an assistant professor in basic sciences when

the College arrived in Seneca Falls in September 1991, Van Dusen became an associate professor in 1996, then Interim Dean of Chiropractic Education in 1998, and ultimately Dean of Chiropractic Education in 1999. He was named Dean of Academic Quality Assurance & Support in 2002 and, in 2004, Assistant Vice President of AQUAS (now Institutional Quality & Assessment).

His Inspiration

Struck by the sincerity and service to others of Joseph Janse, D.C., Van Dusen credits the former president of National College of Chiropractic with being an inspiration to him. "Dr. Janse was an insightful person who placed value not only on big things, but on the small things as well." Once, while driving Janse to the airport, the young Van Dusen asked him where he was off to. Janse replied he would be lecturing in Japan, China and Milwaukee. "That's the kind of person he was," says Van Dusen, "Milwaukee was just as important to him as Japan and China."

NYCC, Its Quality Programs, Its Future

What advice has most influenced Van Dusen throughout his career? "If you're

not moving forward, you're moving backward. In short, you can't stand still!" Van Dusen sees continued growth ahead for the professions of both chiropractic and acupuncture and Oriental medicine. "There are opportunities out there that we haven't even recognized yet," he said. He envisions an even greater integration of the two therapies with other healthcare professions, with resulting benefits for the profession and patients alike. "NYCC is on a path that will continue to differentiate the College and its alumni from other practitioners of chiropractic and acupuncture and Oriental medicine," he said. He feels we must create and take advantage of unique educational opportunities for the benefit of the students and, ultimately, the public: "We have the potential to be the first professional college ever to receive a Malcolm Baldrige National Quality Award and to serve as a benchmark organization in healthcare education."

Van Dusen lives in Seneca Falls with his wife, Lisa, and their "very sweet" Rottweiler, Salem. An amateur tuba player, Van Dusen performs regularly with local groups. He enjoys the water, and says "boating, swimming or just being near the water is enjoyable and relaxing."

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New York Chiropractic College Earns

Gold!

How can a college know, for absolute certain, when it is doing a good job? New York Chiropractic College became a little more certain when it was selected to number among the first institutions of higher education in New York state to be awarded Empire State Advantage (ESA) Excellence at Work Program's "Gold" level of recognition. In fact, NYCC is the only chiropractic college or school of acupuncture and Oriental medicine anywhere to have been so honored.

Findings

Evaluators from ESA's Excellence at Work Program announced their findings to NYCC President Frank J. Nicchi, D.C., M.S., who expressed his delight: "This is a very unique honor in the world of education and acknowledges the College's commitment to continuous quality improvement and excellence at every level of operation."

The ESA is a public/private partnership formed to help build economic competitiveness and improve the quality of life within New York state. The ESA Excellence at Work Program involves an interactive process for developing, assessing and recognizing the effectiveness of an organization's management system. The statewide recognition awards, up to and including "The Governor's Award for Excellence," are based upon an on-site review and judging process that evaluates, among other qualities, the college's management systems, work processes, employee satisfaction and customer service. Participants compete against the standards defined in the ESA "Framework for Excellence," which is derived from the Malcolm Baldrige National Quality Award criteria, and not against other organizations.

Criteria

The Empire State Gold certification is awarded to educational institutions that have outstanding leadership and highly effective teaching and work practices that have been refined and improved over time. Also, their performance results across all key areas – including student achievement, staff effectiveness, operational efficiency, and financial results – show generally positive trends and favorable comparisons against goals and external benchmarks. From the ESA report:

"Our review team was very impressed by all aspects of New York Chiropractic College's academic and administrative practices. We found visionary leaders and a well-prepared faculty and staff that are focused on student success. We found an excellent strategic planning process that has resulted in innovative curricula and growth opportunities as well as student academic and career success, employee motivation and loyalty,



(L to R) NYCC Chairman of the Board of Trustees Dr. Lewis J. Bazakos, NYCC President Dr. Frank J. Nicchi, New York State Senator Michael F. Nozzolio and Chairman of ESA Board of Directors Mr. Ronald Knight

and financial stability. We believe that New York Chiropractic College is well along the way toward its goal of being "the premier organization in natural healthcare education."

The goal of Empire State Advantage is to help New York state-based organizations to achieve excellence so they can increase their contributions to both the quality of life and the business competitiveness in their communities. And we're happy to say that New York Chiropractic College is making a significant contribution toward reaching this goal.

Award Ceremony

In an award ceremony held in NYCC's Kenneth W. Padgett Administration Building on Friday, June 8, Nicchi thanked the faculty and staff of NYCC for their hard work and dedication. New York State Senator Michael F. Nozzolio was also in attendance. He joined Empire State Advantage Executive Director George K. Hansen and Chairman of Directors Ronald Knight in congratulating the College and expressing pride in NYCC's achievements. Hansen said of the College's accomplishments, "You have certainly stepped forward as a leader, and this is the best kind of day we have, when we can come out and celebrate." Lewis J. Bazakos, D.C. M.S., immediate past chairman of the NYCC Board of Trustees, thanked ESA for the prestigious award: "To be recognized for excellence is no small task. It has taken much hard work from many."

For more information about ESA, you may visit their Web site at www.empirestateadvantage.org.

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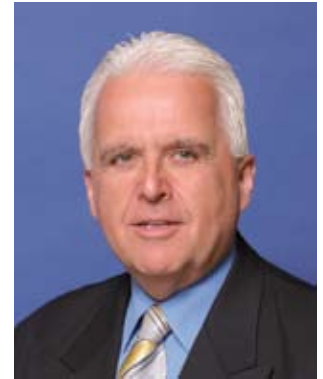
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NYCC's Worden Elected to Association Board

Richard B. Worden, assistant vice president of administrative services, has been elected to the board of directors of the National Association of Educational Procurement. The NAEP is primarily dedicated to serving higher-education purchasing officers in the United States and Canada. Its mission is "to facilitate the development, exchange and practice of effective and ethical procurement principles and techniques within higher education and associated communities, through continuing education, networking, public information and advocacy." Worden, who is also NYCC's director of purchasing, has been with the College since it opened the Seneca Falls campus in 1991.



Mr. Richard B. Worden

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Dr. Mestan Gets the Nod From NYCC Board of Trustees

At their June meeting, the Board of Trustees of New York Chiropractic College approved the appointment of Michael A. Mestan, D.C., D.A.C.B.R., to serve as the College's Executive Vice President of Academic Affairs. He had been doing so in an interim capacity since January 1, 2007.

Mestan was born in Chicago, Ill., raised in southwestern Missouri, and attended the University of Missouri, where he fulfilled his pre-chiropractic requirements before matriculating at National College of Chiropractic. He earned a Bachelor of Science in Human Anatomy in 1992 and the Doctor of Chiropractic degree in 1994. He thereafter attended Los Angeles Chiropractic College's three-year, full-time Diagnostic Imaging Residency program. Subsequently, he joined his father's practice and managed a radiology consulting practice. Motivated by a strong desire to improve chiropractic education, he returned to Parker Chiropractic College, where he chaired the Department of Radiology and directed the Diagnostic Imaging Residency program.

Move to New York

Arriving in upstate New York in 2002, Mestan headed NYCC's Department of Diagnosis and Practice, and in 2003 went on to head the College's Department of Chiropractic Clinical Sciences. Also serving as an associate professor at NYCC since 2002, Mestan has taught classes in advanced imaging, visceral radiology and normal radiographic anatomy, and published many articles in peer-reviewed and indexed journals related to chiropractic and education. He has also presented postgraduate lectures and was primary author of the school's Master of Science in Diagnostic Imaging program. Mestan has Diplomate status with the American Chiropractic Board of Radiology and has tallied eight years of administrative experience. Most recently,



Dr. Michael Mestan

he was selected as a Fellow of the International College of Chiropractors.

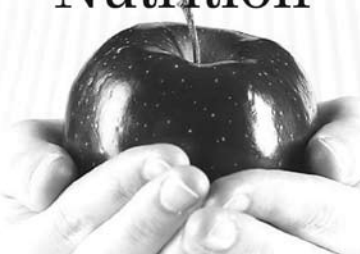


Mestan's father, a 1968 graduate of National Chiropractic College, was his inspiration. He describes him as an "old school" chiropractor who made helping people and being active in his community a top priority. Mestan also says the works of both Drs. Joseph Janse and James Cox influenced his decision to pursue the diagnostic imaging residency.

Vision

Mestan feels that NYCC offers an exceptional natural healthcare education: "We have a group of dedicated faculty and staff, and an administration that is committed to quality. They embrace the

diversity inherent in all demonstrably successful educational processes." Regarding his work at NYCC, he remarks, "It's exciting to be able to work at a college with such a rich history, and to serve with an administration that possesses clear vision and achieves its goals." He concludes, "Take care of your patients and community, and they will take care of you."

Mestan's father-in-law also is a chiropractor - a 1952 graduate of Lincoln Chiropractic College - and his wife graduated in 1995 from National Chiropractic College. He lives in Seneca Falls with his wife of 12 years, Jill, and their three children: Mitch, Olivia and Branson.

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<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>Dr. Shari Lieberman 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>NEW YORK CHIROPRACTIC COLLEGE</p> <p>2360 Route 69 • Seneca Falls NY 13148</p>

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NYCC'S CLASS CHALLENGE



2007's Annual Fund Campaign

It's time for a Class Challenge update: Many of your classmates and fellow alumni have already contributed to the Class Challenge by donating an amount equal to the year of their graduation from NYCC. What better way to guarantee that future NYCC students will benefit from the same high quality of education and dedication to excellence at NYCC that you received, than by giving something back to your alma mater? *Transitions* contacted a number of alumni who have already accepted the challenge to see what inspired them to contribute. Here are some of the things they had to say:



"NYCC was more than just a launching pad for my career, it's a special place with valued colleagues and good friends that I continue to stay in touch with for help and advice. I wanted to give back so future students can have the same great experience that I did."

Dr. Charlie Flood
Class of 2005



"I am proud of the advances made by NYCC and am always looking for ways to give back...I hope my classmates will respond to the challenge."

Dr. Stephen Eble
Class of 1981



"I have always been proud of the first rate education and well rounded foundation NYCC gave me. Every amount donated makes it possible for NYCC to continue leading the way in the profession."

Dr. John McAtamney
Class of 1993



There's still time to give!

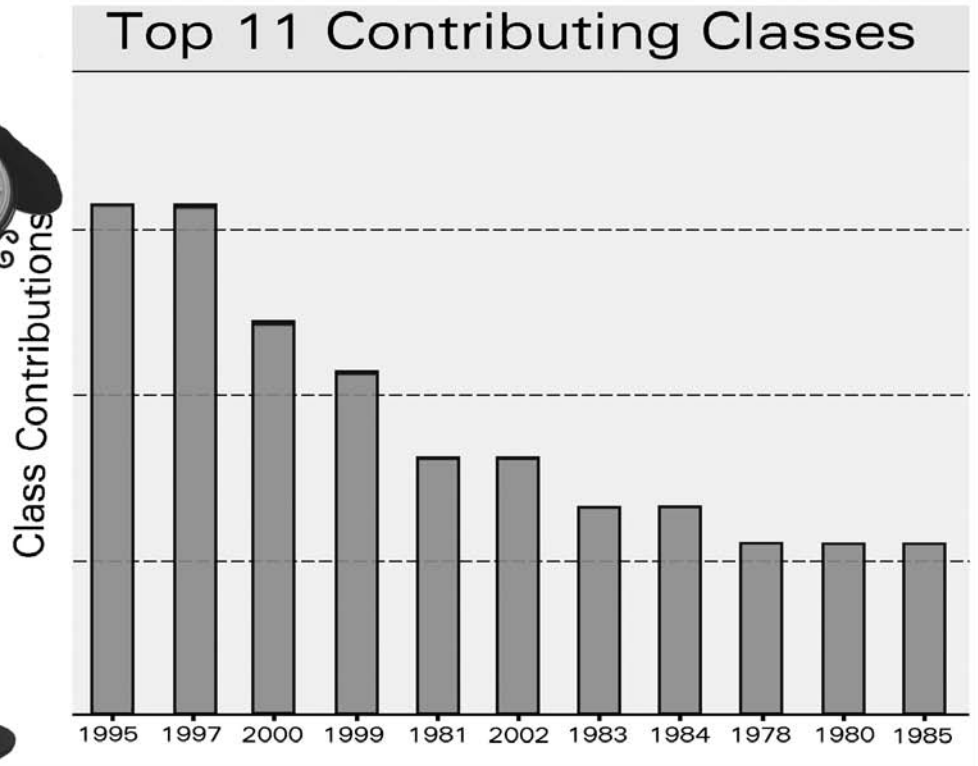
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NYCC'S CLASS CHALLENGE

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New York Chiropractic College's Examples of Excellence, Hallmarks and Milestones

NYCC's mission expresses the College's commitment to academic excellence, quality patient care, and professional leadership. An unparalleled educational experience marked by top-notch classroom instruction and invaluable clinic rotations ensures New York Chiropractic College graduates' prominence among the country's top healthcare professionals. Whether they specialize in NYCC's graduate programs in chiropractic, radiology, anatomy, acupuncture and Oriental medicine, or applied clinical nutrition, students take with them the latest in evidence-based concepts, eager to apply their new skills. Reports back are encouraging. Board passing rates remain consistently high, and our alumni assume leadership roles in various professions.

This is the second issue of *Transitions* devoted to NYCC's quality efforts and strategic planning. Unique among colleges and universities is the division of Institutional Quality and Assessment (IQA), which oversees and measures the efficiency and effectiveness of NYCC's programs. Formerly the division of Academic Quality Assurance and Support, the IQA was renamed in December 2006 to reflect its broad responsibilities in all areas of institutional assessment and quality improvement as they relate to the many College divisions. The following article describes just a few of the many achievements the IQA has overseen over the past year as it continues to pave the path to excellence.



NYCC Wins Gold

This past April, NYCC joined the few select institutions of higher education in New York chosen to receive the Empire State Advantage (ESA) Excellence at Work Program's "Empire State Gold" level of recognition. Reserved for educational institutions that demonstrate outstanding leadership and offer highly effective teaching and work practices, the Empire State Gold certification was celebrated on campus June 8. Participating in the ceremony were NYCC President Frank J. Nicchi, D.C., M.S.; New York State Senator

Michael F. Nozzolio; Empire State Advantage Executive Director George K. Hansen; Empire State Advantage Chairman of the Board of Directors Ronald Knight; and (then) Chairman of the NYCC Board of Trustees Lewis J. Bazakos, D.C., M.S.

Accreditation

This commitment to research, shared by faculty, staff and students, was one of the many strengths the College was pleased to showcase with the Council on Chiropractic Education (CCE) during its site visit in early April. They were evidently pleased with the College's strategic planning process, excellent facilities, and high level of student satisfaction.

Members from the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) will visit campus this coming fall. Having achieved candidacy status

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.

last year, NYCC's School of Acupuncture and Oriental Medicine recently submitted its application for full accreditation to ACAOM.

Top-Notch Clinical Experiences

Perhaps one of the most outstanding features of an NYCC education lies in its variety of student internship opportunities. The health centers located on campus, at Depew and at Levittown, as well as the Seneca Falls Health Center, continue to serve as the central hubs for ever-increasing community outreach opportunities. On the heels of a new academic affiliation with the VA Medical Center at Bath, N.Y., the College signed an additional affiliation agreement within the Miami VA, under the direction of 1992 NYCC alumnus John D'Amico, D.C. (Watch for more news about this development as the details of this arrangement are finalized.) These most recent affiliations join those with the VA Medical Centers in Buffalo, Canandaigua, and Rochester, N.Y. Chiropractic is offered at each of these facilities, and acupuncture is now available at the Canandaigua VA. As acupuncture is not reimbursable by Medicaid or Medicare, and therefore has not previously been recognized by the federal government, acupuncture's entry is truly a breakthrough.

NYCC's School of Acupuncture and Oriental Medicine (SAOM) continues to serve a number of constituencies. Acupuncturists currently treat patients at all NYCC health centers except Levittown. Further extending into the surrounding communities, acupuncture interns also treat patients at Monroe Community Hospital, Lifetime Care (an organization that provides home care, hospice services, and support for caregivers), and the Finger Lakes Addiction and Referral Agency (FLACRA). On campus, the School of Acupuncture and Oriental Medicine also supported NYCC employees' efforts to shed unwanted pounds through the College's "Biggest Losers" campaign - a competition encouraging employees to lose weight, assisted by techniques to reduce appetite.

Campus Welcomes Back Friends and Family

Throughout the year, many vendors visited the campus to introduce their products and services. Erchonia Medical, Inc., trained SAOM faculty regarding the use of laser treatment in clinic. Scrip Chiropractic Supply presented two valuable MicroLite lasers to the College and demonstrated their use in treating patients. Performance Health, producer of Biofreeze, provided samples and informed students and clinicians on conditions best treated by this topical preparation. Anabolic Laboratories not only visited NYCC to discuss its product line of nutritional supplements, but also hosted our clinicians at a visit to its factories.

On September 29, 2006, NYCC welcomed many familiar faces as friends and family gathered for the dedication of

the Kenneth W. Padgett Administration Building, in honor of Dr. Padgett, College chancellor and former president. Padgett, whose visionary leadership brought NYCC to Seneca Falls, is credited with tremendous contributions to the Seneca Falls community and the chiropractic profession.

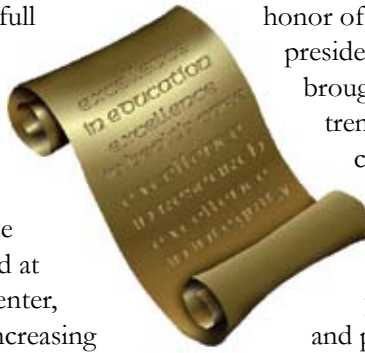
His distinguished career is characterized by his unwavering dedication to service; his staunch commitment to the chiropractic profession; and his significant civic, political and professional achievements.

Just one day prior to this auspicious event, Foot Levelers President and CEO Kent Greenawalt visited campus for the dedication of NYCC's Foot Levelers Biomechanics Research Laboratory. On February 9 of this year, President Nicchi was honored during the annual Parker Seminars international event in Las Vegas, where he received the Foot Levelers Achievement Award for Chiropractic Education. The sixth annual Foot Levelers Achievement Awards were presented to a small number of the chiropractic profession's most distinguished leaders.

Advances in the Acupuncture Programs

Over the past year, NYCC's SAOM has solidified its curricula and increased staffing. New clinical competencies, implemented in clinical courses during the Spring 2007 trimester, are allowing greater focus in evaluations of student progress. In addition, SAOM's new biomedical standards in clinical settings better enable students to recognize potential healthcare "warnings" and to collaborate in an integrative environment. The China Abroad elective - three weeks of study in August - is being offered once again. At the time of this writing, 12 to 15 students are expected to take the course.

SAOM's numerous accomplishments are demonstrated by the activities of its faculty. Dean Marilee Murphy, B.S., L.Ac., RN, serves on a statewide coalition-steering committee assembled to propose legislative changes to acupuncture licensure aimed at protecting the place of herbs in the profession's scope of practice. Assistant Professor Darlene Easton, M.S., L.Ac., coordinated the sixth annual Women's Health Symposium in March - an event that saw its largest attendance ever. Associate Professors Marnae Ergil, M.A., M.S., L.Ac., and Kevin Ergil, M.A., M.S., L.Ac., contributed an article to *The American Acupuncturist* for the fall 2006 edition. Kevin Ergil represented the SAOM at a recent national conference in New Orleans. Assistant Professor Jason Wright, M.S., L.Ac., has been putting the finishing touches on NYCC's Chinese Medicinal Herb Garden,



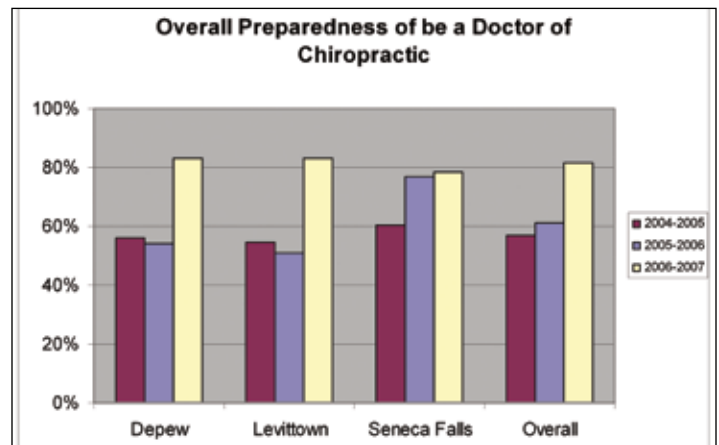
the grand opening of which is scheduled for July 13, during the Unity Day festivities. All are welcome to the dedication of the garden. Two weeks later, the SAOM will graduate its second class.

Perhaps the most dramatic shift for the SAOM will begin in the fall, when program instruction moves from the weekends to weekdays. This exciting change will further shape the program's future.

Many "Masters"

NYCC offers a number of additional master's degrees for students wanting to specialize in particular areas of healthcare. Among those, NYCC's School of Applied Clinical Nutrition (SACN) matriculated its first class in September 2006. Offered one weekend each month, the SACN enables professionals to meet patients' critical requirements for nutritional information. Our Master of Science in Diagnostic Imaging is a four-year, full-time residency devoted to chiropractic radiology. This program qualifies successful candidates to sit for the examinations that lead to a Diplomate of the American Chiropractic Board of Radiology (DACBR) certification.

Scheduled to begin instruction in the fall of 2007, our new Master of Science in Clinical Anatomy, under the leadership of Dean Robert A. Walker, Ph.D., is the first program of its kind at a chiropractic college in association with a medical school. It will operate in conjunction with State University of New York (SUNY) Upstate Medical University in Syracuse, and the Albert Einstein College of Medicine of Yeshiva University in New York City. The program is designed to appeal to doctors and students of chiropractic seeking to enhance their education in anatomy and enter teaching careers in secondary educational settings. Enrollment is currently under way for this two-year, full-time master's program.



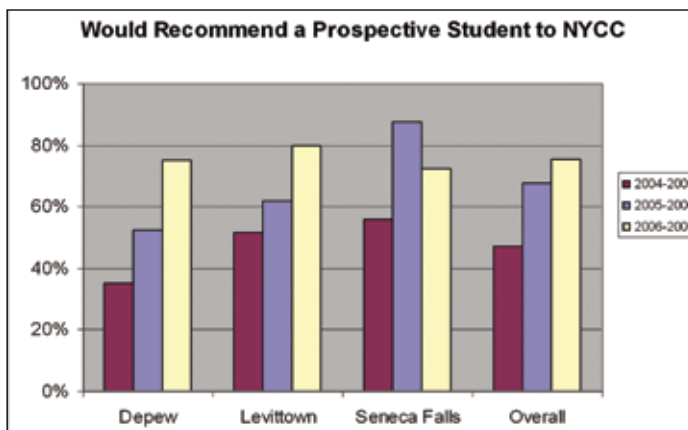
The chart reflects record high preparedness and has been steadily increasing each year.

Exciting Changes

NYCC's faculty model excellence daily. Overseeing the faculty is Michael Mestan, B.S., D.C., who recently assumed the helm of the College's academics as Executive Vice President of Academic Affairs. Mestan has already witnessed a number of advances within the division. Karen A. Bobak, B.S., B.A., D.C., was named Acting Dean of Chiropractic; as mentioned above, Robert A. Walker, Ph.D., was selected as Dean of the Master of Science in Applied Clinical Anatomy program; and Jeanmarie Burke, Ph.D., accepted the position of Dean of Research and Basic Sciences. Mestan has been assisted by survey data generated by the Institutional Quality & Assessment division headed by Lee Van Dusen, B.S., D.C., who was named its Assistant Vice President.

Student clinical outreach opportunities blossom. Additional Veterans Administration hospitals are partnering with the college, as well as clinical internships facilitated through the Seneca Falls Health Center and the three student health clinics. Paul Dougherty, D.C., helped NYCC's research department receive over a million dollars in grant funding from the United States Department of Health and Human Services to investigate spinal manipulative therapy and active exercise therapy in patients with chronic low-back pain. Andrew Dunn, D.C. facilitated the securing of additional VA grant funding. Kristina Petrocco-Napuli, D.C., M.S., who recently presented at the Teaching Professor Conference in Atlanta, joined NYCC's Center for Excellence, in Learning and Teaching.

Jonathon Egan, D.C., MPH, currently an NYCC fellow, presented at the Association for the History of Chiropractic's 26th Annual Research Conference and received first prize for his paper addressing the history of chiropractic in the American Public Health Association from 1984-2005. Egan also presented at the American Public Health Association's annual meeting in November 2006, and was appointed to the Seneca County Board of Health.



An exit survey from students during the winter of 2007 just prior to their graduating from NYCC shows continued improvement over the past year. Bars depicting 2006-2007 reflect only two out of the three trimesters for the year.

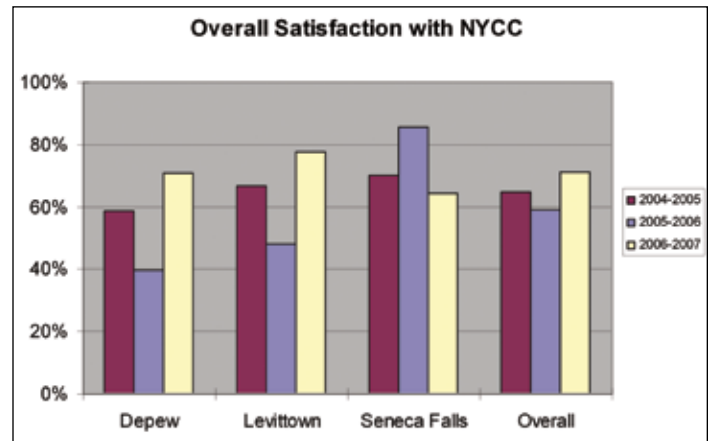
NYCC's chiropractic faculty made a good showing at the Association of Chiropractic Colleges Conference in March. Instructor Gerald Stevens, D.C., M.S., MPH, was awarded second place for his research paper in the clinical sciences category, titled "Demographic and Referral Analysis of a Free Clinic Servicing Ethnic Minorities." Several other faculty members presented at the conference. (A listing of these accomplishments may be found on page 24).

New Faces on Campus

The past year has seen many new faces on campus. SAOM welcomed Quince Zhang as an assistant professor, and Douglas McDaniel, L.Ac., M.S., and Abigail Thomas-Costello, L.Ac., MSAOM, as part-time clinical supervisors. Julie Murante, L.Ac., MSA, and Bryan Isacks, L.Ac., MSA, began their roles as graduate assistants.

Mary Balliett, D.C., accepted a full-time faculty appointment in the Basic Sciences Department, and will serve as Director of the School of Applied Clinical Nutrition. She oversees the SACN faculty members Martha Field, Ph.D.; Diane Hindman, Ph.D.; James LaValle, R.Ph., M.S., N.D., CCN; H. Ira Fritz, Ph.D.; Alicia Stanton, M.D.; Jeanmarie Burke, Ph.D.; Ellen Kamhi, Ph.D., R.N.; Oscar Rasmussen, Ph.D.; and Elizabeth Wedman-St. Louis, Ph.D.

The Chiropractic Clinical Sciences Department also grew with the addition of Keith Wells, D.C., as an associate professor; Christopher Watkins, DC, as an instructor; and Michael Hillenbrand, D.C., as an adjunct instructor. Joining the fellowship program were Jonathon Egan, D.C., MPH (Campus Health Center), Steven Passmore, D.C. (Depew Health Center) and Alena Coleman, D.C. (Chiropractic Clinical Sciences). Finally, Christopher Arma, D.C., Edward House, D.C., and Lynn Sellyei, D.C., were welcomed as graduate associates.



The chart shows increasing overall satisfaction rate among NYCC students.

New Ceremonies

The transition of seventh-trimester chiropractic students from classroom-learning to clinical internship is now marked by ceremony. The inaugural event was conceived by Dr. Mestan, who described it as, "a much grander celebration of this significant milestone in the students' education, drawing more attention to the achievements of the students and making the transition more prominent." The Transition Ceremony is somewhat a "rite of passage," signifying the students' attainment of the knowledge, skills, attitudes and behaviors required to begin to care for patients.

Numbers

NYCC's success can also be seen in its data. The latest survey information reflects that over 94% of our alumni who have graduated in the past seven years are still working in their field. The College's current 0% loan default rate proves effectiveness in the Financial Aid Office's comprehensive debt-management seminars, as well as NYCC alumni success.

Our alumni are reporting satisfaction - particularly our recent graduates! Surveys that compare NYCC alumni to those of other chiropractic colleges, and exit surveys from graduates in 2004-2005, 2005-2006, and 2006-2007, show an increasing trend in their willingness to recommend prospective students to NYCC, in their preparedness to be a D.C., and in their satisfaction in the areas of clinical experience and overall satisfaction with the College. (See accompanying charts.)

Clearly, this past year has been chock-full of great achievements - serving as a reminder that careful planning and a commitment to quality pays dividends. Nevertheless, there are many milestones that lie before us. Keep an eye on NYCC as it continues to achieve great things!



Satisfaction felt by NYCC students toward their clinical experience has shown steady increase each year. Depew and Levittown reflect a significant increase in the past year and clearly demonstrates what can be done in a very short time.

Academic Spotlight

IQA

(the department formerly known as AQUAS)



(L to R) Ms. Sarah Bingham, Ms. Susan Sinicropi, Dr. Beth Donohue, Dr. Kristina Petrocco-Napuli, Dr. Judy Silvestrone, Dr. Lee Van Dusan, Ms. Elizabeth Larzelere, Ms. Patricia Merkle, Mr. Ronald Kaussner (Not present: Ms. Susan Miller and Father Richard Murphy)

Formerly known as Academic Quality Assurance and Support, the division of Institutional Quality and Assessment (IQA) is responsible for all areas of institutional assessment and quality improvement. Under the leadership of Assistant Vice President Lee Van Dusen, D.C., IQA oversees activities that help identify and assess the efficiency and effectiveness of NYCC's programs – quite unique among colleges and universities.

The members of IQA and its departments interact regularly with students, faculty and staff. One of the departments, the Center for Excellence in Learning and Teaching (CELT), identifies and implements best practices in teaching, educational delivery, teaching technology, and student educa-

tional support – playing a key role in helping faculty to hone their skills; bring new educational methods to classrooms, laboratories, and health centers; and assist them in conducting educational research. Counseling Services, another IQA department, provides insight into students' academic and personal issues. The accreditation portion of IQA ensures that NYCC's commitment to excellence remains aligned with those of its accrediting agencies. And, finally, IQA helps to facilitate and deploy the College's strategic planning process, identify and implement quality-improvement tools and data analyses, and employ recognized quality processes and initiatives. Through IQA, the College is working to embrace more and more characteristics that lead to excellence.

Patricia R. Merkle, B.A.

As the College's quality engineer, Ms. Merkle coordinates and reports data using statistical techniques. In addition, she teaches and facilitates process-improvement activities. When not in the office, Ms. Merkle can be found in her garden.

Lee Van Dusen, B.S., D.C.

Dr. Van Dusen serves the College as the assistant vice president for Institutional Quality & Assessment. In this role, he oversees strategic planning, quality assurance, and quality improvement activities for the College. When not in the office, Dr. Van Dusen enjoys playing his tuba.

Susan Sinicropi, A.S.

Ms. Sinicropi is the administrative assistant for the Center for Excellence in Learning and Teaching. In this capacity, she provides support services for student learning and faculty development along with administrative support to the dean of the Center, the instructional technologist, the faculty development assistant, and the director of counseling services. In addition, she administers the College's tutorial program. When not in the office, Ms. Sinicropi enjoys spending time outside walking her dogs.

Judy Silvestrone, D.C., M.S.

As dean of the Center for Excellence in Learning and Teaching, Dr. Silvestrone guides the student support services – including tutoring, advising, and assisting with study skills – and supports the educational development opportunities of faculty and fellows. In her spare time, Dr. Silvestrone enjoys reading.

Richard M. Murphy, B.A.

Affectionately known as “Murph,” the College chaplain is available for students, faculty, or staff with religious questions or counseling needs. In his spare time, Murph enjoys bonsai.

Sarah Bingham, B.S.

As IQA's administrative assistant, Ms. Bingham often administers surveys in classrooms and makes the accompanying analyses and graphs. Acting as support for the IQA team, she helps out with a multitude of departmental tasks. Ms. Bingham enjoys the sunny weather, and loves reading and exploring the area.

Elizabeth D. Larzelere, B.S.

Ms. Larzelere is the College's instructional technologist. In this capacity, she develops and promotes opportunities relating to the academic experience of users through the utilization of technology. Her areas of expertise are online learning and the use of emergent technologies in teach-

ing and learning. Ms. Larzelere enjoys spending her spare time in her vegetable and flower gardens, and sailing.

Ronald Kaussner, M.Ed.

As director of counseling services, Mr. Kaussner is the administrative and supervisory head of NYCC's counseling services, as well as a full-time therapist. During his five-and-one-half years at NYCC, he has also taught clinical psychology to students enrolled in both the D.C. and AOM programs. His favorite hobbies include digital and film-based photography, computerized and manual graphic arts and painting, research-based reading, music appreciation and guitar playing.

Beth Donohue, D.C., M.S.

As director of accreditation in the office of Institutional Quality & Assessment, Dr. Donohue is the primary liaison with all external institutional and programmatic accrediting agencies and regulatory bodies, ensures production and submission of accreditation and regulatory related materials, functions as a resource for accreditation and regulatory-related topics, and works on various quality-assurance projects. Dr. Donohue has served as a site-team member for the Commission on Accreditation of the Council of Chiropractic Education, the Middle States Commission of Higher Education, and the Accreditation Commission for Acupuncture and Oriental Medicine. In addition, she has been trained as a site evaluator for the Empire State Advantage program and as a peer reviewer for New York State Education Department Institutional Accreditation Training. In addition to holding a Doctor of Chiropractic degree, she has a Master of Science in Higher Education from Syracuse University. She has an interest in archaeology and historical subjects pertaining to biblical times.

Kristina L. Petrocco-Napuli, D.C., M.S.

Dr. Petrocco-Napuli is the newest member of the Center for Excellence in Learning and Teaching, joining the team at the beginning of the Spring 2007 trimester. As the faculty development assistant in CELT, she assists with faculty consultations, student advising, and innovative teaching methods. When not in the office, Dr. Petrocco-Napuli enjoys reading and gardening.

Susan L. Miller, LCSW-R

Ms. Miller is a counselor and an instructional staff member. She assists students, staff and faculty through academic, personal and professional challenges in order to help them achieve improved coping skills, successful problem-solving abilities, and healthier relationships. When not at NYCC, Ms. Miller enjoys spending time with her children and singing.



Cassie Cat - IQA Mascot

Alumni Spotlight

Recent Alumnus – Dr. Scott Trescott,
NYCC Class of 2002...
In practice in Costa Rica!



Arenal Volcano in Costa Rica



Chiropractic in Cost Rica

Two months following graduation from NYCC, Trescott traveled throughout Costa Rica to find a place that would inspire him to set up practice. He fell for San Carlos (Ciudad Quesada), an area experiencing an economic boom from tourism, agricultural business and industry, with over 100,000 residents and not one single chiropractor to speak of. Though he knew no one, he decided to settle there and open a practice. It has been an extraordinary experience ever since. For the past four years he has operated a private practice in San Carlos. His practice, where he works four days a week, includes a massage therapist and is located on one of the principal streets. About half of his patients come from the village and the rest come in from towns in the northern zone, some traveling as many as four hours by bus to reach him.

Travel and Altruism

Have you ever considered practicing in a foreign country? Well, Dr. Scott Trescott (NYCC '02) has, and he is thrilled that he did! His love of travel and interest in other cultures, coupled with a strong desire to accomplish something positive, prompted him to join the Peace Corps. He served as a Peace Corps volunteer in Zimbabwe from 1995 to 1997, where he lived in a hut with no electricity or running water and taught biology at a rural secondary school. While there, he helped raise funds to provide thousands of books for the school's first library and started a unicycle club, which was a big hit in the community.

In 1998, no longer with the Peace Corps, Trescott traveled for 10 months to Africa, Southeast Asia, and the South Pacific. He spent four months in the Indonesian archipelago and got his dive master in scuba. Totaled, he has traveled to over 40 countries and has spent 10 years of his life overseas.

Trescott graduated in 1995 from Bloomburg University in Pennsylvania, where he earned a Bachelor of Science in Biology with a second major in Spanish, and spent his junior year abroad at the University of Valencia in Spain, living with a local family. He fell in love with the Latin culture and developed a strong desire to live and work somewhere in Latin America. His best friend, Bao Vo, then a student at New York Chiropractic College, convinced him to join him at NYCC and become a chiropractor.

Costa Rica – A Satisfying Experience

Practicing in Costa Rica has been tremendously rewarding for Trescott, providing him the opportunity to teach residents about the amazing benefits of chiropractic care. "I feel like I've come to an area of the world where there was a huge void in chiropractic services. Now the ball is rolling and there is a constant stream of patients. Costa Ricans, when pleased with a service like chiropractic, refer like crazy to all their family and friends."

Continued on page 30



Dr. Scott Trescott with patient

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

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

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

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Robert Hoffman, D.C., Guest Speaker for Student Appreciation Event

Dr. Robert Hoffman (NYCC '78), was guest speaker at the recent Spring 2007 Student Appreciation Event held Thursday, June 14. Hoffman's presentation, entitled "The Ultimate Solution to Healthcare Crisis" discussed his best-seller, *Discover Wellness: How Staying Healthy Can Make You Rich*.

Hoffman discussed why people choose to become chiropractors and the current challenges facing chiropractors. He sees problems with the current health care system and provided a list of "seven simple steps" that lead to wellness:

1. Exercise
2. Nutrition - "think about what you are going to eat – will it cleanse me or clog me?"
3. Neurological and spinal alignment;
4. Healthy thinking;
5. Healthy habits;
6. Creating your own wellness team; and
7. Committing to wellness essentials.

Hoffman also provided a list of ways in which chiropractors and chiropractic students can prepare:

1. Commitment to living the wellness lifestyle;
2. Becoming the "best version of yourself;"
3. Raising your self-esteem; and
4. Being proud to be a chiropractor.

"You know what every other doctor knows, (but you have the secret sauce)," Hoffman told the students, "You know



NYCC President Dr. Frank J. Nicchi, Dr. Robert Hoffman, and NYCC Executive Vice President of Academic Affairs Dr. Michael Mestan

that the body is self healing...you touch people and they get well."

The seminar was followed by a book signing in the NYCC museum lobby. The talk was sponsored by the Ernest G. Napolitano Lecture Series - established in an effort to bring to life NYCC's commitment to diversity, tolerance, inclusiveness and excellence in education and research. By presenting students with various diverse viewpoints, we ensure that their ultimate choices will be well informed, thoroughly considered and self-determined.

"NYCC's Fellowship program exceeded all of my expectations and provided extraordinary opportunities for personal and professional development."



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"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.



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News Briefs

NYCC Faculty Attend ACC/RAC



(L to R) Dr. Frank J. Nicchi, NYCC president, with (front row) Dr. Kristina Petrocco-Napuli and Christine Cunningham, and (back row) Drs. Jason Napuli, Karen Bobak, Gerald Stevens, Andrew Dunn, and Lee Van Dusen.

NYCC was well-represented at the 2007 Association of Chiropractic Colleges/Research Agenda Conference (ACC/RAC), held in Phoenix, Ariz., March 15-17.

Platform presentations were:

- Andrew Dunn, D.C., “Chiropractic Academic Affiliations Within the Department of Veterans Affairs Health Care System;”
- Wendy Maneri, D.C., “Doctor-Driven, Patient-Centered Care in the Campus Health Center;”
- Donald R. Murphy, D.C., et al., “Pain Patterns and Descriptions in Patients with Radicular Pain: Does the Pain Necessarily Follow a Specific Dermatome?”
Murphy, who is an adjunct associate professor in NYCC’s Research Department, was awarded the ACC Educational Conference and National Board of Chiropractic Examiners’ second prize for his submission;
- Kristina Petrocco-Napuli, D.C., and Patricia Merkle, “Preparing Learners for National Board of Chiropractic Examiners (NBCE) Part IV Objective Structured Clinical Examination Utilizing Blended Learning;” and

- Gerald Stevens, D.C., “Demographic and Referral Analysis of a Free Chiropractic Clinic Servicing Ethnic Minorities.”

Poster presentations were as follows:

- Karen Bobak, D.C., and Dennis Homack, D.C., “A Correlation of Static Versus Motion Models: Updated Approach for Instruction;”
- Christine Cunningham, Elizabeth Larzelere, and Ilija Arar, D.C., “Conventional Microscopy Versus Computer Imagery in the Educational Laboratory;” and
- Jason Napuli, D.C., “Utilizing Cooperative Learning to Develop Integrated Case Management Skills.”

AOM Student Appreciation



Guest speaker Tianfang Wang, M.D., Ph.D. (center), posed at the AOM Student Appreciation Event reception with (L to R) NYCC President Frank J. Nicchi, D.C., M.S.; AOM Assistant Professor Qunce Zhang, B.S., L.Ac.; interim Executive Vice President of Academic Affairs Michael Mestan, D.C.; AOM Dean Marilee Murphy, B.S., R.N., L.Ac.; AOM Associate Professor Marnae Ergil, M.A., M.S., L.Ac.; and Associate Professor Aizhong Li, M.S., L.Ac.

Tianfang Wang, M.D., Ph.D., was the guest speaker for the AOM Student Appreciation Event on March 10. Wang is the director of both the department of traditional Chinese medicine diagnostics and the research laboratory of Chinese medicine theory at the Beijing University of Chinese Medicine. Her presentation, titled “Recent Research Progress in Standardization of TCM Diagnosis,” was given as part of the Ernest G. Napolitano Lecture Series.

News Briefs

Nutrition Faculty Meet on Seneca Falls Campus



School of Applied Clinical Nutrition Faculty Members (L-R) Martha Field, Ph.D.; Diane Hindman, Ph.D.; James Lavallo, R.Ph., M.S., N.D., CCN; H. Ira Fritz, Ph.D.; Alicia Stanton, M.D.; Director Mary Balliett, D.C.; Jeanmarie Burke, Ph.D.; Ellen Kamhi, Ph.D., R.N.; And Oscar Rasmussen, Ph.D. Not pictured is Elizabeth Wedman-St. Louis, Ph.D.

Members of the faculty of NYCC's School of Applied Clinical Nutrition came to the Seneca Falls campus April 5 and 6. Their visit provided an opportunity for orientation of the newer faculty members as well as a chance for them to see the campus and get to know some of the faculty and staff they will be working with.

This trimester, Alicia Stanton, M.D., is teaching the Developmental Nutrition course; and Ellen Kamhi, Ph.D., R.N., is teaching Pharmacognosy.

Bachelor of Professional Studies Graduating Class



Members of the November 2006 Bachelor of Professional Studies graduating class posed with NYCC President Frank J. Nicchi, D.C., M.S. (center), at the graduation luncheon. Pictured are (L to R) are Lucas Kruse, Pamela Nelson, Joseph Rosney, Kimberly Verstringhe, Caleb Runne and Nicole Mitchell. Not pictured are Joseph Elberti, Jane Hanman, and Linda Mosley.

NYCC's Bachelor of Professional Studies (BPS) program provides its graduates with valuable licensing benefits geared to open doors within a variety of career opportunities. What's more, it has proven to be a very cost-effective way to complete a bachelor's degree. NYCC students currently enrolled in either the Doctor of Chiropractic program or in the School of Acupuncture and Oriental Medicine are eligible to take advantage of the BPS program. Since 2003, more than 120 students have completed the Bachelor of Professional Studies with a major in Life Sciences.

Scholarships

NYCC President Dr. Frank J. Nicchi (R) presented the Kenneth W. Padgett Scholarship to Ryan David Braverman (L) for his essay addressing how he might help promote and support NYCC in its mission as a leader in the field of chiropractic.



Ryan Braverman and NYCC President Dr. Frank J. Nicchi



Wade Cohen and NYCC President Dr. Frank J. Nicchi

The Foot Levelers Scholarship was presented by NYCC President Dr. Frank J. Nicchi (R) to Brandon Wade Cohen (L) for his essay discussing the role that doctor/patient communication plays in a patient's overall health management.

What's News?

ALUMNI UPDATE ~ ALUMNI UPDATE ~ ALUMNI UPDATE

Class of '74

Andrew "Andy" Rodgers, D.C., and his wife, Kate, are celebrating their 15th wedding anniversary, and he is completing his 33rd year in practice in Fort Lee, NJ. They have two children, Ryan Catherine (age 6) and Tyler Elizabeth (age 4). His address is 530 Main Street, Suite Two, Fort Lee, NJ 07024. His e-mail address is chiroexcel@verizon.net and his phone number is 201-592-6200.

Class of '81

David R. Reich, D.C., was recently offered and he accepted the position as "New Test Coordinator" for Activator Methods International. He has been practicing Activator Methods (primarily) for the past 23 years, and holds both a basic and advanced certification. He has been a Clinical Associate Instructor for the past eight years. He has compiled 17 years worth of Advanced Activator Procedures, and developed an interactive CD as a reference guide. His address is 8610 117th Street, Richmond Hill, NY 11418. His phone number is 718-847-5252 and his e-mail address is drdreich@aol.com.

Class of '92

Robert Banuchi, D.C., has been practicing since 1993 and is employed at Palm Beach County Sheriff's Office. He was recently promoted to a narcotics agent, one of only two assigned specifically to investigate pharmaceutical crimes which include prescription fraud, doctor shopping, overdose deaths, overprescribing

and trafficking of prescription drugs. In May 2007, he celebrated his 13th wedding anniversary to Karen. They have two young girls, 11 and 4 years old. He can be reached at his office at 561-966-1775 or 561-756-6699.

Class of '95

Jason B. Yuhas, D.C., recently moved to a new office in the Bridgepoint Office Complex, 7 Bridge Street, Metuchen, NJ 08840. He can be contacted by phone at 732-321-0377 or by e-mail at drjay@yuhaschiro.com.

Class of '96

Joseph C. Eakin, D.C., of Greensburg, Penn., passed away at his home on May 13, 2007. He is survived by his wife, Irene M. "Rana" (Shabelsky) Eakin of 114 Wendwood Manor, Apt. 601, Greensburg, PA 15601; a son Joseph W. Eakin of Tobyhanna, Penn.; a daughter, Rachel (Russell) Walden of New Sewickley Township; three grandchildren, Hannah, Ella Rae, and Riggs Walden, whom he loved with his whole heart, all of New Sewickley Township; two sisters, two brothers and several nieces and nephews. He was predeceased by his first wife, Nancy Edwards Eakin in 1991.

Class of '98

Donna Lautermilch, D.C., and Osvaldo A. Rodriguez, D.C., have moved to a bigger location at 1307 W. Broad Street, Quakertown, PA 18951. Their e-mail address is donnaandozzy@aol.com and

their phone number is 215-536-4002. They would love to hear from their classmates either by phone or by e-mail.

Class of '00

Aaron M. Peters, D.C., and his wife, Jennifer (McGowan) Peters, D.C. ('99) announce the birth of their son, Jackson James Peters, on February 2, 2007. Their first child, daughter Sarah, recently turned 6. The family resides in DuBois, Penn. They can be reached at Advanced Chiropractic and Wellness Center of DuBois, 77 Beaver Drive, DuBois, PA 15801. Their phone number is 814-371-7211 and their e-mail address is docaaron@earthlink.net.

Heather (Curtis) Cutlip, D.C., and her husband, Jim, have a new son, Christopher James, born April 27, 2007. They also have a daughter, Ashley Elizabeth, who was born on July 19, 2005. Their address is 202 Desmond Street, Sayre, PA 18840. Their e-mail address is drhcutlip@yahoo.com and their phone number is 570-882-9393.

Kristen (Hook) Pighetti, D.C., and Kevin Pighetti, D.C., are proud to announce the birth of their second child, Nicholas John. He was born April 4, 2007 and weighted 6 lbs. 14 oz. Nicholas joins his three-year old brother, Anthony. Their office address is 94 N. Elm Street, Suite 203, Westfield, MA 01085. Their phone number is 413-568-2300 and their e-mail address is k2pighetti@yahoo.com.

What's News?

ALUMNI UPDATE ~ ALUMNI UPDATE ~ ALUMNI UPDATE

Marissa Wallie Shepherd, D.C., and her husband Jay, are celebrating the birth of their daughter, Grace Denver, on January 25, 2007. She weighed 6 lbs. 10 oz. and was 18 inches long. Dr. Shepherd has her own practice, Broadneck Family Chiropractic, 530-F College Parkway, Annapolis, MD 21409. Her phone number is 410-349-2727 and her e-mail address is drwallie@yahoo.com

Class of '02

Stephen Karpenko, D.C., and his family just celebrated the one-year anniversary of his private, cash practice. Karpenko Natural Wellness Center specializes in

Applied Kinesiology and Acupuncture. His wife, Erin runs the office and their five year-old son, Riley, spends his afternoons there after school. They are thrilled that their family practice has "taken off" in recent months. They are located at 166 Albany Turnpike, Suite 5, Canton, CT 06019. Their phone number is 860-693-0255 and their e-mail address is drsteve@karpenko wellness.com.

Class of '03

Aaron Oberst, D.C., and his wife, Amanda, are proud to announce the birth of their first child, Samuel, on

May 12, 2007. Dr. Oberst can be reached at his office, Healthy Balance Chiropractic, at 215-855-6154 or by e-mail at aaronoberst@yahoo.com.

Class of '04

Jason Sonners, D.C., and Melissa Murtaugh, D.C., ('05) became engaged May 12, 2006. Dr. Sonners opened LORE Therapies in December 2005 and Dr. Murtaugh joined his practice in September 2006. Their office address is 209 E. Morthfield Rd., Livingston, NJ. Their phone number is 873-942-2673 and their e-mail address is jsonners@yahoo.com.



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.

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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.

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Recent Alumnus – Dr. Scott Trescott, NYCC Class of 2002...In practice in Costa Rica!

Continued from page 20

Trescott credits NYCC for having prepared him well for diagnosis. Patients come to him with ailments such as ruptured ACLs, kidney stones, fractures and infections, which he refers out immediately. Football is very popular in Costa Rica, so he treats a lot of ankle and knee conditions. He works as a team with a professional massage therapist. Many of his patients with myofascial trigger points, muscle tension or muscle spasm achieve excellent results with the massage/chiropractic combination. Among the most common complaints are low-back pain, sciatica, neck pain, headaches, high stress, shoulder pain and scoliosis. "Low-back issues far exceed anything else," says Trescott, "because half of my patients are either sitting all day long at their jobs or are doing physical labor, bent over for hours on end cutting sugar cane or packaging pineapple." Among the most frequent treatment techniques he employs are diversified chiropractic, Nimmo soft tissue, and Active Release Technique.

Sound Advice

Trescott recommends that new graduates find a successful, experienced chiropractor who can serve as their mentor "to gain insight from their business expertise, technique,

and advice on anything and everything." Karl Lind, D.C., Trescott's mentor and one of the most successful practitioners in Costa Rica, is "one of the smartest guys I have ever met," says Trescott. A master at spinal adjusting, Lind developed his own unique, highly effective adjusting style, and has helped Trescott become "infinitely better at adjusting." Trescott credits Lind with molding him from a "recent graduate clueless about business into the chiropractor most people seek in San Carlos."

Family and Fun

Many of Trescott's family and friends have come to Costa Rica to visit and to enjoy the beautiful beaches, rain forests, volcanoes and national parks. He has three dogs, (Geisha, Ziggy and Puppy) and a wonderful Costa Rican girlfriend. Together they go on journeys off-roading in his Isuzu Rodeo. "The deeper the mud and the more hardcore the terrain, the better," he quips. He enjoys camping on beaches, hiking volcanoes and kayaking in crater lakes. He maintains himself fit as a chiropractor weight lifting, swimming and doing Ashtanga yoga on a regular basis.

To learn more about Dr. Trescott, please visit his Web site at: http://www.pbase.com/trescott/quiropractico_costa_rica.

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Dr. Joseph Mannella



Practice Profile

Doctor: Dr. Joseph Mannella

Practice: Family Chiropractic

Location: Richmond, MI

Education:

Logan Chiropractic College,
St. Louis, MO

Practice type: Family
wellness subluxation based,
life-time care

Number of practices
opened: Seven

Practices currently being
run: Two

Drawn to chiropractic:

With chronic back pain as
a child, sought chiropractor
at the age of 11 after
mainstream medicine had
not helped his condition.

For fun: Snow boarding,
water sports (MasterCraft
Wakeboard Boat), cycling,
training.

Workout regime: High
intensity weight training and
cardio (running, biking),
advanced work on exercise
ball and core training.

Favorite team:

Detroit Red Wings

Practice Philosophies:

Dr. Mannella believes in helping the patient discover the truth about their wellness. "I try to help the patient self determine their truth. In the report of findings make sure you report true findings of their conditions." Mannella also feels you don't need to stress on those relationships that don't work. "You can't be perfect for all patients. There will always be some patients that it won't work out for. Do your best, but some will appreciate you and some won't. Just keep putting out who you are. Just have good intentions and trust yourself."



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