



Transitions

A publication of New York Chiropractic College

March/April 2009



Research

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Transitions

March/April 2009

New York Chiropractic College

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President's Message

NYCC Assumes Leading Role in Natural Healthcare Research

This issue of *Transitions*, dedicated to the research of natural healthcare, begins by highlighting the well-attended NYCC annual Research Symposium and its impressive array of scholarly presentations and poster displays. Encouraging students and faculty to engage in rigorous scientific analysis that assesses the effectiveness of chiropractic and acupuncture will help to ensure successful clinical integration into diverse healthcare settings. And as further clinical integration occurs, the potential for successful new research partnerships with different healthcare institutions grows.

This past March, NYCC also saw significant participation in the profession's premier research symposium, the Association of Chiropractic Colleges Research Agenda Conference (ACC-RAC). The conference included scholarly presentations by NYCC faculty members Andrew Dunn, DC, Paul Dougherty, DC, Terry Koo, PhD, Donald Murphy, DC, Jason Napuli, DC, Kristina Petrocco-Napuli, DC, Steven Passmore, DC, Jean-Nicolas Poirier, DC, Meghan Van Loon, DC and Barry Wiese, DC. Though not present at the event, posters and platforms were also provided by faculty members Dr. Wendy Maneri (Chief of Staff for both the Seneca Falls Health Center and the student health clinic) and Drs. Dennis Homack, William Sherwood and Gerald Stevens. I congratulate their accomplishments and, in addition, would like to recognize the successful research efforts of associate professor, Paul Dougherty, DC.

The National Center for Complementary and Alternative



Dr. Frank J. Nicchi, President

Medicine (NCCAM) increased its funding for multidisciplinary healthcare projects - thereby encouraging greater participation on the part of natural healthcare academic institutions in research initiatives. Consistent with that, NYCC has aggressively sought, and secured, funds through grant applications and private solicitations. NYCC Research Director Jeanmarie Burke, PhD, headed the College's successful effort to attract \$1.2 million

funding from the US Human Resources and Services Administration in 2007 for a study that identifies effective treatment for spinal and lower back conditions and that includes development of a geriatric care course elective. In addition, her important work in our well equipped Foot Levelers Research Laboratory has produced exciting results.

NYCC is dedicated to a strong research component as part of its commitment to academic excellence. This will ensure that our students and alumni ultimately benefit from the exploration of new knowledge in an environment where assertions are subject to scientific inquiry.

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President's Council

Drs. Andrea and Andrew Williamson (NYCC '00)

Andrea and Andrew Williamson have “teamed up” – not only to raise a family, and to treat patients but also to support their *alma mater*. The duo graduated New York Chiropractic College in 2000 with Doctor of Chiropractic degrees. Currently owners of Chiropractic First, Inc. Family Wellness Center situated in Mount Airy, Md., these parents of two children have joined the President's Council and are giving back to NYCC.

“We decided to step up our contributions and become part of the President's Council in 2009,” said Dr. Andrew. “We have always donated to NYCC but now feel as if we are able to do more. We feel supporting the College is the least we could do as the College has provided us with so much from an initial education to continued support in our journey in practice.”

Pre-NYCC

Andrew grew up in Lanham, Md., a suburb of Washington, DC. Now, New Market, Md., their current residence, is home. Having graduated from the University of Maryland in 1995 with a degree in kinesiology, he was debating whether to become a medical doctor, a physical therapist or a chiropractor. “I was fortunate to shadow a chiropractor and, as they say, chiropractic chose me,” he said. “I had a high school friend that attended NYCC, visited him in Seneca Falls, and found my fit.”

Doctor Andrea grew up in Burlington, Ontario, Canada. “New Market, Maryland, is definitely my home,” she says, “but Burlington will always be my ‘home home,’” she added. After high school she studied biomedical engineering and had an epiphany while in Australia during an exchange trip. “I realized that engineering was not the role for me,” she said. Upon returning to Canada, she shadowed a chiropractor, became a patient to get a better ‘feel’ for the profession, and found relief from stomach problems that she had been dealing with for years. “I had a family friend who was attending NYCC and I fell in love with the campus the first time I visited it,” she said. To prepare for her new career choice prior to attending NYCC, Doctor Andrea studied at the University of Guelph, and earned a BS in Physical Sciences in 1996.

While at NYCC

Upon entering NYCC, little did Andrea Caverson and Andrew Williamson know that they would ultimately be leaving with much more than a doctoral degree. After meeting at NYCC through a mutual friend, the couple was married in January 2000 – three



months prior to graduation – by NYCC Chaplain Father Richard “Murph” Murphy. “Expect a miracle every single day,” said Andrew, who maintains that success is within the grasp of most NYCC graduates with the right preparation, attitude, good sense and dedication. He adds, “Success is the only option. Realize that success comes from you, not to you.”

Post-NYCC

Since leaving NYCC nearly a decade ago, the couple's most pleasant surprise has been being able to spend time together and with their children, Cole (4), and Eden (2). “Our family is really the central part of our lives,” Andrew said. “We enjoy spending

time with our two children and are usually very active - taking walks, going for bike rides, or swimming with them at our local health club. We try to schedule time together as a family as well as time with each other and one-on-one time with each of our children.”

The Williamsons' opened their business, Chiropractic First, Inc. Family Wellness Center, in October of 2000. Besides chiropractic, the practice also provides services that include nutritional supplements, homeopathy, massage therapy, detoxification and orthotics.

Advice You Can Take to the Bank

Before opening, the couple received helpful advice. “We were told: ‘Serve your patients with the best of your ability and the rest will fall in place,’” Andrew said. “Give, love and serve from the abundance. Realize that it's not about you. When you are truly present with each patient, and serve them, helping them achieve their goals, success will inevitably follow.”

They credit numerous leaders in the chiropractic and other professions who have strongly influenced their lives by mentoring them and guiding them to become the best they can be. “The future of the chiropractic profession is bright as more and more people understand that the body can and will heal itself,” Andrew said. “Chiropractors are poised as the ideal leaders in the wellness revolution.”

The Williamsons share high expectations for NYCC, claiming the College “continues to be one of the best chiropractic colleges, producing well-rounded graduates that will lead the profession. We see ourselves in leadership roles within the chiropractic profession.” Andrew has political aspirations, and Andrea wants to further her role as a wellness leader, focusing on family nutrition.

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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.

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DC Commencement April 2009



Photo by Neil Sjoblom
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*Carl S. Cleveland III, DC, President of
Cleveland Chiropractic College, delivers the
Commencement Address*



Photo by Neil Sjoblom
*Salutatorian
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*Thomas Ventimiglia, DC, FACC, (center) President of the American
College of Chiropractors and NYCC President Nicchi with newly in-
ducted fellows (L to R) George M. McClelland, DC, FACC, member
NYCC Board of Trustees; Carl S. Cleveland, III, DC, FACC,
President of Cleveland Chiropractic College; Vincent F. Loia, DC,
FACC (far right), Assistant Professor at NYCC and Laurie Reynolds,
Board Secretary and Executive Assistant to the President who received
a Doctor of Humane Letters (Hon.).*



Photo by Neil Sjoblom

NYCC Graduates recite the chiropractic oath.

Out and About . . .

With NYCC President Frank J. Nicchi

November 2008 - WFC/ACC Education Conference on Technology



The World Federation of Chiropractic (WFC) and Association of Chiropractic Colleges (ACC) recently held its joint education conference held in Beijing, China. In attendance were representatives of twenty-three chiropractic colleges from nine different countries. The conference title was *Chiropractic Education in an Era of Digital Natives and Digital Immigrants: How to Make the Successful Transition to 21st Century Technology*. The conference immediately followed the World Health Organization (WHO) Congress on Traditional Medicine which included a section on Manual Methods of Healthcare organized by the (WFC).

Dr. Nicchi, as Vice-President of the Association of Chiropractic Colleges (ACC), attended the WFC-ACC conference and took the opportunity to tour the Great Wall of China with Carl S. Cleveland, III, DC, President of the ACC, Rob Scott, DC, PhD, Dean of Chiropractic at Life University and Mr. David O'Bryon, Executive Director of ACC (not pictured).

February 2009 - National Chiropractic Legislative Conference

In February, Dr. Nicchi attended the 2009 National Chiropractic Legislative Conference (NCLC) in Washington, DC. The NCLC has assisted the chiropractic profession for more than three decades, hosting public policy and educational events each year. Hundreds of practitioners and chiropractic students throughout the country gathered in Washington, DC, to discuss relevant issues and legislation effecting chiropractic with Congress.



The NYCC chapter of the Student American Chiropractic Association (SACA) made its presence known at the 34th annual National Chiropractic Legislative Conference in Washington D.C. Pictured above are (front row, L to R) Courtney VanAcker, Anita Chopra, Amanda Applegarth, Sarah Leahy, Shruti Sharma, Kiersten Lindelef, and Doddy Benedict; (back row, L to R) ACA Vice President Dr. Rick McMichael, Eric Rood, Cynthia Aldridge, NYCC Trustee Dr. Lewis Bazakos, Jeffrey Standish, ACA President Dr. Glenn Manceaux, Adrian Granite, NYCC President Dr. Frank J. Nicchi, Sorraya Toulon, NYCC Chancellor Dr. Kenneth W. Padgett, NYCC Trustee Dr. James Powell, Jeffrey Smith, and Erik Uuksulainen. (Photo by Jeffrey Smith.)



Dr. Frank Nicchi and Senator Tom Harkin (D-Iowa)

Out and About . . .

With NYCC President Frank J. Nicchi

March 2009 - Association of Chiropractic College Research Agenda Conference

NYCC Shines at the Association of Chiropractic Colleges Research Agenda Conference (ACC RAC) 2009

This year's ACC RAC, held in Las Vegas March 12 - 14 was a huge success, attracting more than 400 attendees, and some 90 paper and 44 poster presentations from some of the world's most distinguished academicians, researchers and experts representing chiropractic education and healthcare generally. The host association, the ACC, is a consortium of the world's leading chiropractic colleges formed in 1988.

The conference included scholarly presentations by a number of NYCC faculty members, including Andrew Dunn, DC, Paul Dougherty, DC, Terry Koo, Ph.D., Donald Murphy, DC, Jason Napuli, DC, Kristina Petrocco-Napuli, DC, Steven Passmore, DC, Jean-Nicolas Poirier, DC, Meghan Van Loon, DC and Barry Wiese, DC. Posters and platforms were also provided by faculty members Dr. Wendy Maneri (Chief of Staff for both the Seneca Falls Health Center and the student health clinic) and Drs. Dennis Homack, William Sherwood and Gerald Stevens.

The Conference's Agenda

This year's conference's theme was "Innovation", and keynote speaker Ian Coulter, PhD, Senior Health Policy Analyst of the Rand Corporation, shared his observations regarding a changing healthcare environment and offered an analytical approach for expanding chiropractic's clinical learning opportunities. Former chairman of the U.S. Department of Defense Military Health System 2020 research project and futurist Dr. William Rowley of the Institute for Alternative Futures discussed trends in healthcare to a packed house, offering new perspectives regarding the challenges presented in preparing the next generation of health professionals. National Center for Complementary and Alternative Medicine's (NCCAM) director, Josephine Briggs, MD, ran through some of the latest findings in integrative medicine research.

Awards

Special recognition was given to Claire Johnson, DC, for her significant efforts as ACC Peer Review Chair and to Dr. Bart Green for his service as Editor-in-Chief of the *Journal of Chiropractic Education*.

Additionally, Dr. Vern Temple, president of the



(L to R) President Nicchi at ACC-RAC with NYCC faculty members Andrew Dunn, DC (NYCC '99); Kristina Petrocco-Napuli, DC (NYCC '03); Jason Napuli, DC (NYCC '03); John D'Amico, DC (NYCC '92); and Paul Dougherty, DC

National Board of Chiropractic Examiners (NBCE) presented monetary awards to academic and research presenters for outstanding paper and poster displays.

The Future

It was clear in Las Vegas that the military is increasingly involving itself in chiropractic's future. In fact, more than 20 employees of the United States Department of Veterans Affairs participated in this year's conference. Such entrees into formerly less receptive areas do not happen by accident but rather follow on the heels of strategic planning - and this is where the ACC can assist. "The chiropractic profession must reflect where it is positioned and where it wants to go to best prepare future DCs," said Mr. David O'Bryon, Executive Director of ACC.

Major sponsors of ACC-RAC 2009 included NCMIC Insurance Company, Foot Levelers and Standard Process.

In addition to sponsoring the event, Louis Sportelli, DC, of NCMIC announced that the insurance company agreed to underwrite costs associated with the *Journal of Chiropractic Education* for the next three years. The ACC will be distributing the journal globally to all chiropractic colleges. Dr. Sportelli was also recognized at the conference for his commitment to academic excellence.

Plans for the ACC RAC of 2010 are already underway. The conference will be held on March 18, 19 and 20th. The theme will be: "Role and Significance of Chiropractic in Public Health in the 21st Century."

Research at NYCC



NYCC Director of Research/Associate Professor Jeanmarie Burke, PhD and President of Footlevelers, Inc. Kent Greenawalt

New York Chiropractic College is extraordinarily capable of making unique contributions to natural health-care partly because its proximity to a number of other research institutions allows for the development of collaborations with world-leading biomedical researchers. Resources and facilities at NYCC include a 7,000-square-foot research center with two fully operational research laboratories - the Neuromuscular Research Laboratory and the Foot Levelers Biomechanics Research Laboratory - to meet the goal of understanding the biology of alternative therapies.

Asked the difference between chiropractic and allopathic research, Jeanmarie Burke, PhD, director of NYCC's Research Department, explained that research is not profession-specific; rather, it requires the investigator to ask a good question that can be answered by hypothesis testing. In order to develop a hypothesis worthy of testing, a good underlying theory is required. Since the scientific method of inquiry is the same for both traditional medical research and complementary and alternative medicine (CAM) research, the federal government is able to fund collaborating research projects for NYCC and traditional medi-

cal researchers. For example, with more than \$1 million in federal grant money, NYCC is conducting a research project that involves a clinical predication rule to determine the best treatment option – either spinal manipulation or active exercise protocols – for patients presenting with chronic lower back pain. Dr. Burke indicates that “we need to increase the critical mass of professionals trained in the scientific method to address CAM research questions. Research depends upon time and money, so developing that critical mass to conduct research and to pursue external funding is essential.”

Another source of research fund-

ing is corporate sponsorships. Private-company research needs to be theory-driven. The goal of research sponsored by private companies is not to “prove” a product “works,” but rather to adhere to the rigorous standards for scientific investigation to answer a product-related research question. NYCC receives corporate sponsorships for research through Foot Levelers, Inc., and IsAgenix International.

Educational research activities contribute to academic excellence. In anticipation of the American population growing older, NYCC's administration has transformed the College into a leading

educator able to change with the times and adapt as patients and technology change. Research being conducted at NYCC is helping to prepare the College's chiropractic students to better treat the nation's changing population; for example, the development of a geriatric elective for chiropractic students and greater infusion of geriatric themes into the College's core curriculum. In its efforts to meet the challenges of treating the nation's older citizens, NYCC has joined the Finger Lakes Geriatric Education Center of Upstate New York (FLGEC-UNY) - a collaboration of research institutions whose members include, among others, the University of Rochester, SUNY Brockport, SUNYIT at Utica and Ithaca College. Researchers from NYCC and FLGEC-UNY are discovering exactly what must be known in order to treat the nation's older population and to create a geriatric program at NYCC.

Technology

State and federal governments are moving rapidly toward mandating that all healthcare providers digitize health records. In response to this requirement, NYCC - under the guidance of a senior staff comprised of chiropractors, radiologists, law professionals and others - has partnered with Steven J. Kraus, DC, and the company he founded, FutureHealth, Inc. According to Kraus, electronic health records (EHRs) - FutureHealth's specialty - have many advantages, including professional-level images, legibility, accessibility and retrieval, cost savings, better case management, portability for patients, faster transport of documents, and easier

interpretation by third parties.

Because much of the nation's geriatric population either is or will be on Medicare, a chiropractor's Medicare patient list is set to increase during the next couple of decades. Doctors who treat Medicare patients are subject to investigation by the federal government. One known way



of avoiding that is to ensure that professional health documents contain correct Medicare "terminology" and avoid signals that may draw an audit. Current research at NYCC is aiding chiropractic students to better treat the nation's aging population

"Research being conducted at NYCC is helping to prepare the College's chiropractic students to better treat the nation's changing population."

and to work with the government health plan that treats many older citizens. In addition, NYCC faculty members are being trained in EHRs so they can prepare students for future patient care and the business of recording patient information.

Future Research

For the immediate and distant future, NYCC's research agenda will be addressing the biology of CAM therapies. With respect to conducting clinical research, NYCC is continually developing collaborations with local institutions such as colleges, universities, VA Hospitals, and private practices. Clinical research projects will focus on the effectiveness of CAM therapies and/or rural health initiatives while enhancing the educational training of NYCC's interns by providing them with additional clinical opportunities to treat various patient populations with primary healthcare and CAM therapies.

Research Department Goals

Research is an independent standard related to the chiropractic accreditation process. In order to meet the accreditation standard, research initiatives are aligned with NYCC's vision, values and mission of academic excellence, quality patient care, and professional leadership. Our first goal is to establish a collaborative research program to address the multifaceted aspects of musculoskeletal pain disorders within the theoretical framework of understanding the biology

of alternative therapies. The second goal is to develop, in partnership with other healthcare and academic institutions, an infrastructure

that will allow NYCC to participate in federally funded clinical trials and outcomes research. The third is to promote an environment that encourages NYCC

Continued on next page

Research at NYCC

Continued from previous page

students and faculty to participate in and value research.

Research is driven by principal investigators with an interest and expertise in a research area, says Burke. Successful research requires individuals with self-motivation, self-discipline, expertise and leadership skills who are willing to work toward a well-defined goal. The Research Department is persistent in its efforts to establish the appropriate infrastructure support – such as time, money and talent – to sustain research productivity. Due to the underlying demands of critical mass, time and money on high-quality research endeavors, the Research Department at NYCC is constantly challenged to develop creative mechanisms to sustain research productivity.

Research Affiliates and Student Participation

NYCC investigators work tirelessly to develop, revise and update collaborations with professional colleagues at other institutions, at our clinic “spokes,” and with corporate sponsorships such as IsAgenix and Foot Levelers. Successful affiliations depend upon a mutual interest in conducting high-quality research, with all participants making unique and collaborative contributions toward answering a specific research question.

Students are an integral part of research, based upon their self-expressed

interest and their strong educational backgrounds. The self-selection process by which interested students seek out the research opportunities has allowed the Research Department to find reliable and talented students to serve as research assistants as part the College’s work-study program or funded grant projects. Some conduct independent research projects



with faculty mentorship through the directed-study program, which involves taking a series of courses as part of the elective program. The research conducted by NYCC students and faculty contributes to evidence-based CAM and/or evidence-informed management guidelines for CAM therapies, known as “best practices.” Even after graduation

from NYCC, students may pursue career research opportunities such as fellowship and master’s programs at NYCC and various other chiropractic institutions, as well as training and loan-repayment programs at the National Institutes of Health.

Faculty Research

Faculty members also play a vital role in conducting research at NYCC and, according to their professional development plan, may set their own goals in this regard. They must be able to commit at least 20 percent effort, equivalent to one day per week, to successfully conduct research as a principal investigator. At less than 20-percent effort, faculty members may contribute their scientific, clinical and/or educational expertise as a co-investigator, co-author or consultant.

The benchmarks for research are publications and external funding. Academic excellence, professional leadership, and quality patient care are all integral components of conducting collaborative, integrative research in the basic and clinical sciences to promote health and wellness within the framework of an integrative healthcare model. A sustained track record of publications and external funding that addresses the three goals of the Research Department is in alignment with the values, vision and mission of NYCC.

Homecoming 2009

July 16-19

New York Chiropractic College is proud to celebrate 90 years of excellence in 2009.

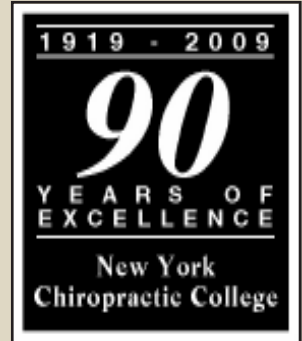
Homecoming 2009 offers an ideal opportunity to:

- Earn postgraduate credits;
- Connect with fellow NYCC graduates; and
- Meet current students.

Enjoy the fantastic social events scheduled throughout the weekend including:

- Golf tournament;
- Casino night;
- Unity Day; and
- Alumni Dinner Dance at the beautiful Canandaigua Inn on the Lake.

This is an anniversary year for alumni with graduation years ending in a "4" or "9". If you are interested in volunteering to contact fellow classmates call the Enrollment Management and Alumni Office at 800-234-6922 (NYCC) extension 3065, or email dzink@nycc.edu.

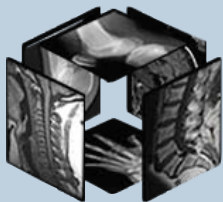


Attention: Class of December 1999

We are planning a reunion at Unity Day/Homecoming Weekend.

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Details to follow.



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NYCC Library Offers Unmatched Wealth of Resources

Daniel Kanaley, MLS, reads between the lines and listens for key words as he sifts through books, documents, pamphlets and journals from throughout the world. As director of the New York Chiropractic College library, Kanaley and his professional staff spend their days fielding all kinds of questions.

Need to research the right foramina of the spine or moxibustion, *Gua Sha*, and other adjunctive techniques? Kanaley and his staff are ready to assist. The staff is charged with many tasks, including supporting the College community through the purchase of quality information sources and making them available either in print or electronically through the NYCC Web site and the NYCC library homepage.



Why use NYCC's library?

Located near the center of the College campus, NYCC's library provides print, non-print, and electronic information to support the College's programs in chiropractic, acupuncture and Oriental medicine, clinical nutrition, clinical anatomy, and diagnostic radiology. Kanaley oversees an extensive traditional, multimedia and online resource facility that includes more than 32,000 print volumes, 3,500 media titles, 200 journal titles (in print and electronic forms), and a collection of rare and out-of-print materials on chiropractic.

"NYCC library staff members review and purchase scholarly resources containing credible information," Kanaley said, adding that the library has services in the areas of small business and practice management for current students, faculty, and staff.

Open to everyone

"Our primary users are current NYCC students, faculty, and staff," Kanaley said, "although alumni residing in the area, as well as area residents and others, may come in and use library resources on the premises."

The public may also use library re-

sources. "Our computers, for instance, are available unless, of course, an NYCC community member needs to use them. Unfortunately NYCC is unable to lend directly to outside users. However, books can be borrowed through Interlibrary Loan (ILL) if an area resident initiates the loan through his or her local library. ILL is a service offered by most libraries and is available to current students, faculty, and staff without charge. Some fees do apply, however, for the various services offered by the NYCC facility."

Alumni requests

The NYCC library encourages lifelong learning by NYCC alumni as a way of staying current in their chosen fields. "NYCC alumni who are currently practicing, and those doing research, are the ones who most often contact the library," Kanaley said. "They may ask for information on medical/chiropractic, acupuncture and Oriental medicine, or nutrition topics. Alumni from other chiropractic colleges may also directly contact the NYCC library."

Although his staff helps with a wide variety of medical/chiropractic, acupuncture and Oriental medicine, and nutrition

topics, Kanaley said there is no specific piece of information that is requested more frequently than any other.

Fees

The various services rendered at the library may carry fees ranging from \$5 to \$15. For example, if the NYCC library lacks access to a particular journal, alumni may request that an article from that journal be borrowed via ILL. There is a \$10 charge for this service, but the cost can be deducted from the \$50 worth of annual library services provided by the College to alumni. A lending library may charge the NYCC library \$11 for a journal article or a book borrowed via ILL. "Since our main responsibility is to support the scholarly needs of current NYCC students, faculty, and staff, the NYCC library does not pass the \$11 charge on to the current student, faculty, or staff member," Kanaley said. "There is no charge up to a limit of 10 Interlibrary Loan requests per trimester. After that they may be charged \$10."

For a complete background on the services at the NYCC library, parties may contact Kanaley and his staff at library@nycc.edu or call 315-568-3112.

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Researching Chiropractic

With Paul Dougherty, DC, Senior Research Clinician/Associate Professor

Figure that somewhere, someplace, Dr. Paul Dougherty is typing, studying and reading in a nook, surrounded by reams of research documents and piles of books several feet tall that have the same general theme: the human body. Dr. Dougherty has given about two dozen presentations and authored or co-authored at least nine peer-reviewed journal papers related to the human body. Fact is, the doctor spends a lot of time conducting research.

Current Projects

Dougherty is senior research clinician at New York Chiropractic College and is currently working on a project demonstration funded by a grant from the United State Department of Health and Human Services in which chiropractors and physicians collaborate to identify and provide effective treatment for spinal and lower-back conditions.

So, what's the project? "It's a randomized clinical trial comparing active exercise to spinal manipulation with sub-grouping analyses," Dougherty responds. "It's not so much to compare whether exercise is better, but rather to see if we can identify characteristics of people who are likely to respond to one over the other." It's a randomized clinical trial that compares spinal manipulation to a sham procedure in people with lower-back pain who are 65 or older. The government doesn't just give out grant money - Dougherty has to meet many requirements. For example, grantors look for collaborative efforts between chiropractors and allopathic or osteopathic physicians. The government also wanted to include minorities and women, in order to benefit all people.

Dougherty is also working to share his knowledge with the NYCC community. By developing a geriatric elective for chiropractic students he hopes to introduce more geriatric themes into the core curriculum. The funding for this project comes from a grant provided by the Finger Lakes Geriatric Education Center of Upstate New York. The study also includes the efforts of Dr. Mary Wise, a 1980 graduate of the Yale School of Medicine. Her holistic, integrated healthcare and clinical nutrition center is located on Henrietta Road in Rochester.

Getting Funded

The competition for grant money from the government is stiff and NYCC competes with many other health-profession schools, academic health centers, and governments throughout the country. Dougherty first identifies an area of interest. "You have to hone down your question to something very measurable," he said. "You can't prove something that's indefinable. Develop very small questions and as you develop that question, figure

out how to measure it."

"No specific area has guaranteed funding," he adds. "You need a good team, a good proposal, good pilot data. Rarely does anyone get funding on the first round; persistence is key!" Each grant application benefits the NYCC community. The more experience one gets in procuring grants, the better are the chances NYCC will ultimately receive grant money. "It's an expensive process,"



he said. "More to it than people appreciate and much more than I appreciated when I first decided to become a researcher."

Dougherty's teammates from NYCC include Assistant Professor Jonathan Egan, DC, MPH, and Director of Research Jeanmarie Burke, PhD. "You have to have a team," Dougherty explains. "I am but one part. The team is really what makes or breaks a project."

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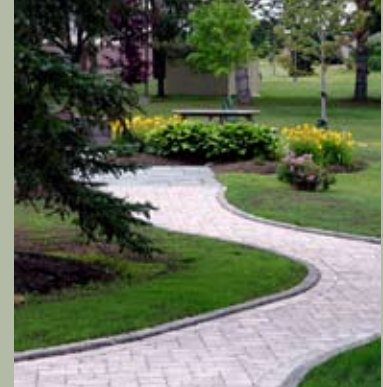
The President's Council plays a vital role in the life and well-being of New York Chiropractic College. Valued President's Council members fundamentally support the mission of the College and make significant contributions to the College that help enhance education, research and the advancement of healthcare. The Council consists of individuals and couples who contribute \$1,000 or more during the calendar year. Installments may be paid monthly, quarterly, semi-annually, or annually. President's Council gifts are publicly recognized on NYCC's Wellikoff Wall of Appreciation, proudly displayed on the NYCC campus.

◆\$500 or more
The Delavan Theater Gift *



Memorialize your affiliation with New York Chiropractic College. Purchase your engraved name plate for a seat in the Delavan Theater with a gift of \$500! The 350-seat Delavan Theater, located in the Kenneth W. Padgett Administration Building hosts many of NYCC's special events including orientation for new students, convocation, memorial services, and lectures. In addition, the theater houses many community activities, including the Women's Health Symposium, many productions of the Seneca Community Players, and various dance, theatrical, and musical presentations.

◆\$100 or more
Walkway of Honor Gift *



Become a part of the campus with your purchase of an engraved brick on the Walkway of Honor with a gift of \$100! The Memorial Garden at New York Chiropractic College was created in 1996 to provide a place where classes, family members, and others could establish a permanent presence on campus or honor their loved ones. The nearby Chinese Medicinal Herb Garden provides students and community members with a deeper connection to the properties, personality and characteristics of herbs in the Chinese *materia medica*. Both gardens are a source of peace and quietude on NYCC's campus.

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Alumni Spotlight

Tamara Kennard, DC (NYCC '01)

Tamara Kennard, DC (NYCC '01), and her business partner, Cindy Danchak, DC, currently practice in Belfast, Maine, a small town of 6,000 in a county of approximately 40,000 people. Danchak, a 1994 graduate of Parker College of Chiropractic, has been a resident of Belfast for more than a dozen years. Together the pair own Atlantic Bay Chiropractic Office and “treat all ages, all ailments, and provide preventative care,” Kennard said. “The work population varies from farmers to bankers, teachers, hospital workers, factory workers, and homemakers. Since our clientele is so varied, so are our treatments and techniques.” Even with no major metropolitan area nearby, they have found success.



Tamara Kennard, DC

NYCC, Faith and Determination

Dr. Kennard got where she is today by dint of superb chiropractic education, determination to succeed, and willingness to take a chance on a dream. “My education at NYCC prepared me very well for this experience,” Kennard said. “However, running a business is a whole different ball game. Nothing can prepare you for the real world.”

Kennard originally moved to Maine in 2001 and took a job as an associate chiropractor with Kim Bailey, DC, in an office 50 miles away from her current practice. She learned of the position from former classmate, Jennifer Johnson, DC (NYCC '01). Attending her first chiropractic conference shortly thereafter, Kennard met and became friends with Dr. Danchak. Both were associate doctors at the time and realized they had very similar ideas on how they wanted to practice. Opportunity struck and they created Atlantic Bay Chiropractic.

In 2002, when Kennard and Danchak were applying for funding, they encountered a challenge. “We had a business plan, not to mention an already established clientele, but no bank was willing to help,” she said. But with faith and determination, “and with some credit-card risk,” they made it happen.

In January 2003, the two opened their office in a 2,500-square-foot rented space in a building that had formerly housed a factory. Two years later they bought a 6,000-square-foot building, renovated it, “and brought a little of the big city to a small town,” Kennard said.

Stay Focused

“It doesn’t matter where you are, big city or a small town,

if you are good at what you do and you believe in what you do, the rest will follow,” Kennard said. “How you think creates your reality. If you think small town, small practice is exactly what you will attract.”

There are five other chiropractors in her local vicinity, and Kennard’s office is one of the busiest, she said. Some business people may see the competition and the current economic situation as a major obstacle and give up. “Or, you can stay focused on your vision, your ultimate practice, and think positively.” She believes she can still attract people looking to stay healthy during these tough stressful times. Kennard spreads her positive and upbeat thoughts to her patients by

educating them on chiropractic and having them share it with their loved ones. “Our greatest compliment and practice builder are our patient referrals,” she said.

Background

Kennard graduated from NYCC with a Doctor of Chiropractic in 2001. Prior to attending NYCC, she earned a double major in psychology, and kinesiology and health sciences, from York University, Toronto, Canada, in 1996. She was awarded a diploma and certified in orthotics and prosthetics 1992.

She worked for a while as a prosthetic technician at a children’s hospital in Toronto. “I decided to pursue chiropractic because I wanted more interaction with the patient and felt I could do more to help,” she said. “My brother, Ross Kennard, DC (NYCC 2001) was also pursuing an education in chiropractic at that time and the more he talked about it, the more it made sense to me. Both of us grew up receiving chiropractic care - I from age 10.”

Currently, Kennard lives in a log cabin by a beautiful scenic lake with her German shorthaired pointer. She enjoys photography, music, golf, hockey, and kayaking, and is currently training for a triathlon.

Why NYCC?

Kennard and her brother were six months away from attending Western States Chiropractic College when a friend of her brother’s who was attending NYCC invited them to visit the campus. “We had already been to WSCC, but once we

Continued on page 29

Faculty Spotlight

Aizhong Li, LAc, PhD Acupuncture and Oriental Medicine/Associate Professor

Aizhong Li has worked at some of the best educational facilities in the world. In 1992, she studied at the Department of Biomedicine at Brown University as a visiting scholar, engaging in the study of the brain. From 1993 to 1996, Dr. Li was appointed senior postdoctoral research fellow at Harvard University, Harvard Medical School where she was involved in three research projects related to the brain and central nervous system disorders. She even discovered a mutant gene in mice that mimics a specific human genetic disorder.

She received her BS, MS and PhD from Heilongjiang University of Chinese Medicine (HLJUCM) and in 1981 successfully passed the national exam that earned her a degree from China's first master's degree program. "It was well known that the exam was very challenging - covering internal medicine concerning both TCM and Western medicine," she explained. Li has studied advanced physiology of Western medicine and worked extensively with stroke victims. "I studied more than 1,000 stroke patients in seven local hospitals and observed 600 patient tongue pictures from the onset of the disease to the end, with the patient having either died or recovered," she said. "Those changes revealed the complicated and dynamic pattern changes of stroke."

In December of 1984, Li passed her thesis defense successfully and earned a master's degree in medicine from HLJUCM. The following year she was appointed as a full-time faculty member at HLJUCM; and in 1986, when a group of American students came to HLJUCM to learn acupuncture and Chinese herbal medicine, she worked as an interpreter and realized there were more and more Americans who were interested in learning TCM.

In 1991, having passed an English proficiency exam, she submitted a clinical study proposal to treat particular conditions with Chinese medicine in the United States. The following year she was invited to Brown University. From 1997 to 2004 she practiced her profession in Canada.

Finding a Home at NYCC

Li enjoys teaching at New York Chiropractic College and says she doesn't want to move anymore. One of the things she likes



Aizhong Li, LAc, PhD

the most is the people here: "They are nice and warm," she says. "Even though I am far away from home, China, and relatives, I feel NYCC is another home of mine," she explained. "There are so many things I like about NYCC. I don't regret coming here and settling here. I am proud of NYCC and proud of the Finger Lakes School of Acupuncture and Oriental Medicine." Her goal is to continue to grow with the program and with NYCC.

She is especially impressed by NYCC's AOM faculty and students. "As a traditional Chinese medicine doctor trained in China, I understand how challenging it is for those who speak English to learn traditional Chinese medicine at a master's

level." She feels Finger Lakes supports its students whom she describes as dedicated and successful. "I have learned a lot from the students while teaching them Chinese medicine," she divulges.

CAM vs. Pills

Besides teaching at NYCC and having published more than 30 papers in journals in both Chinese and English, Dr. Li maintains an office in the Rochester area. "Most of the patients are elderly with post-surgery pain or other pain conditions," she said. "Some patients suffer from anxiety and depression." Li observed that the pills they took for their conditions often gave them side effects and did not see much improvement. "Patients experienced many kinds of treatments in vain before coming to the acupuncture clinic," she explained.

Family

Li's parents were also high achievers. Her mother was a chemist, and her father graduated from the Medical School of Nanjing University in 1949 and became a surgeon. Due to a large number of coal-mine disasters in the area, she remembers that he was always busy saving lives. "As a surgeon, he hardly got enough sleep for more than 40 years due to emergency calls," she said. "His skills were excellent and he earned the highest reputation. He treated patients equally with great care, regardless whether they were men, women, or children - rich or poor."

Li's father also learned traditional Chinese medicine, includ-

Continued on page 31



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Chiropractic Summit V Issues Call To Immediate Action on National Health Care Reform

PLEASE READ CAREFULLY AND TAKE IMMEDIATE ACTION

Chiropractic Summit V, which convened on May 14th in Washington, DC, has issued this historic **CALL TO ACTION** to the chiropractic profession, **urging every Doctor of Chiropractic, state association, chiropractic student and chiropractic patient, to mobilize to represent chiropractic in the national health reform debate.** This unified nationwide call follows an intensive day-long Summit session in which Members of Congress, Congressional staff and key leaders in chiropractic and in public policy examined the precise state of national health care reform discussions to determine how and where the chiropractic profession will be most effective in directing messages of concern and calls for inclusion in any reform program.


It is imperative that you take **IMMEDIATE ACTION** to help ensure that your interests and those of your patients that need and depend on the **essential** services provided by a Doctor of Chiropractic are fully protected in any final legislation likely to emerge from Congress. Specifically, we must:

- A) Guarantee that essential services delivered by a Doctor of Chiropractic are included as a covered benefit under any national reform plan.
- B) Ensure that all plans (including Medicare) allow for full direct access to the providers and health care pathways of their choice. Every patient should have the right to choose and be reimbursed for all health care services from doctors of chiropractic without barriers and limitations that unfairly restrict their freedom of choice.
- C) Defeat any attempt to impose an MD-referral requirement for patients to obtain access to chiropractic care.

This is what you need to do TODAY!

- 1) **Contact** your Members of Congress (*House Member and two U.S. Senators*) **immediately** using ACA's [Legislative Action Center](#) or ICA's [www.AdjustTheVote.org](#). At both sites, you can sign on to mobilize your patients and send regular **appropriate pre-prepared messages** to Congress quickly and efficiently.
- 2) **Contact** the President of the United States **immediately** via [www.HealthReform.gov](#) AND write a letter directly to the President of the United States, expressing your personal wishes regarding chiropractic inclusion in any reform proposal. Address your letter to: Barack Obama, President of the United States, The White House, 1600 Pennsylvania Avenue NW, Washington, DC 20500.


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News Briefs

NYCC's 8th Annual Women's Health Symposium A Great Success

NYCC's 8th annual Women's Health Symposium drew a crowd eager to learn how to maximize their health. The 2009 symposium offered two tracks, one for the public and one for professional healthcare practitioners, with professional credits provided. Themed, "Wellness at Home," community members learned "What Every Family Member Should Know," while practitioners focused on "Helping Your Patients Help Themselves." The event was presented in cooperation with the *Finger Lakes Times* and *Community Health* magazine and sponsored in part by M&T Bank.

Natalie Cher, MD, DO, emphasized "the three treasures": a healthful diet, exercise, and adequate rest. She encouraged participants to take responsibility for their own health. Donna Finando, MS, LAc, LMT provided tips for better eating, emphasizing the importance of limiting prepackaged, prepared foods and reading food labels. Finando's rule of thumb: "If your grandmother doesn't recognize it as food, don't eat it." She also stressed the importance of exercise – "Movement is life!" Mary Balliett, DC, MSACN, stressed rest – retiring and awakening at consistent times. She also provided tips for diet and supplementation, including the importance of vitamins, Coenzyme Q10, calcium, magnesium, and omega 3 fatty acids.



(L to R) Donna Finando, MS, LAc, LMT; Robert Rudy, BS, DC; Mary Balliett, DC, MSACN; Jason Wright, MS, LAC, NCCAOM; Natalie Cher, MD, DO

A luncheon panel discussion about a variety of health options, nutrition, and therapies featured the three key speakers, joined by Assistant Professors Jason Wright, LAc, MS, and Robert Ruddy, DC.

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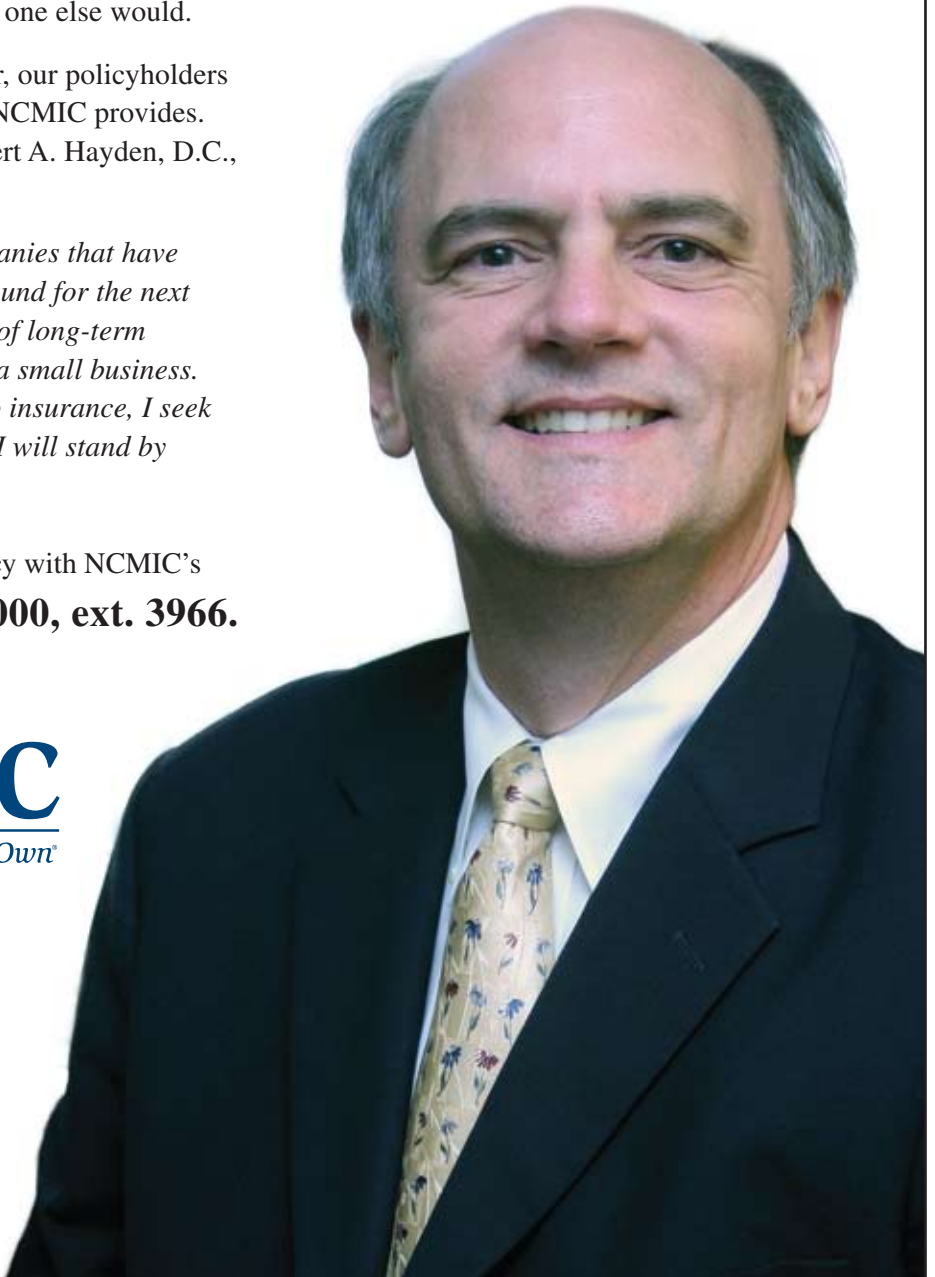
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News Briefs

NYCC Fellow Awarded \$1,000 at National Conference

Steven Passmore, DC, MS (NYCC '06), was awarded \$1,000 in March by the National Board of Chiropractic Examiners (NBCE) in recognition of a paper he presented at the Association of Chiropractic Colleges 2009 Research Agenda Conference (ACC-RAC).

“Recognition by the NBCE and its president, Vern Temple, DC, was an unexpected and humbling honor,” Passmore said. Passmore, who hails from Dunnville, a small town in southern Ontario, Canada, presented a collaborative work which, according to Passmore, evolved with assistance from the contributions and insights of his co-authors – Drs. Jeanmarie Burke, Christopher Good, James Lyons, and Andrew Dunn. “The paper focused on an experimental paradigm established in the field of motor control known as Fitts’ Law (named for the 1954 paper by Paul Fitts),” Passmore said.

The research involved a rapid head movement aiming task using a computer cursor to target items of varying sizes, across different movement amplitudes. “We measured cervical spine range of motion in degrees and movement time performance in milliseconds,” he added. Part of the research focused on high-velocity, low-amplitude spinal manipulation as opposed to no intervention. “We found that the spinal-manipulation group



NBCE President, Vern Temple, DC, and Steven Passmore, DC, MS

demonstrated significant improvement in rotation and improvement in movement time during Fitts’ task performance,” Passmore said.

As a research fellow at NYCC, Passmore has been able to pursue a PhD in Human Motor Control and Learning in the Kinesiology Department at McMaster University, in Hamilton, Ontario, as he contributes to the NYCC research program. “NYCC is taking a very proactive and progressive approach, employing a fellowship program to train future clinician-scientists,” he said. “Other chiropractic colleges should closely examine this kind of model - as it serves to advance our profession.”

Following his 2006 graduation from NYCC, Passmore began practice part-time at the Hamilton Back Clinic in Ontario along with 2002 NYCC alumnus Anthony Lombardi, DC. He was thereafter accepted into the PhD program at McMaster University, awarded a fellowship from the Foundation for Chiropractic Education and Research, and completed the McMaster University Contemporary Medical Acupuncture program in 2006. January of 2007, he began a fellowship with NYCC at the Veterans Affairs Medical Center in Buffalo under the clinical supervision of NYCC Adjunct Associate Professor Andrew Dunn, DC (NYCC '99).

Alumni Spotlight - Tamara Kennard, DC (NYCC '01)

Continued from page 21

visited NYCC, it captured us with its beauty, high standards in academics, and great anatomy lab,” Kennard said. She has many happy memories of NYCC, but the ones that really stand out for her are the first-trimester parties, she added.

Giving Back

Kennard is a member of NYCC’s President’s Council – supporting the College financially as well as its mission. Kennard also recently purchased an engraved brick on the Walkway of Honor in the Memorial Garden on NYCC’s Seneca Falls campus.

“I feel it is important to give back to one’s *alma mater*, for the simple reason ‘what goes around comes around,’” she said. “I was very fortunate to receive scholarships to help me through my schooling at NYCC. It made all the difference.” She added that giving back, whether monetarily or over time, helps to perpetuate the profession. “Wherever you direct your efforts, it all helps to build the profession and the minds that follow us,” Kennard said. “Feeling grateful for what you have received creates abundance; paying it forward changes the world.”

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News Briefs

Paul Dougherty, DC... Promoting Support for Bone and Joint Health

The March issue of *The Nation's Health* covers NYCC's Paul Dougherty, DC, and his efforts to support bone and joint health through the U.S. Bone and Joint Decade initiative.

Focusing on research, education, and treatment of musculoskeletal disorders, the initiative was launched in 2002 and is slated to continue through 2011 as part of a global effort in 63 countries – targeting the care of people with bone and joint disorders including back pain, arthritis, cerebral palsy, and osteoporosis. In 2005, almost half of the U.S. population reported living with a chronic musculoskeletal condition. As baby boomers hit retirement age, the occurrence of bone- and joint- health issues will heighten.

A large part of what the U.S. Bone and Joint Decade initiative does is present educational campaigns to specific audiences. For example, “PB&J – Protect Your Bones and Joints” aims at high schoolers



Paul Dougherty, DC

to teach about musculoskeletal disorders and various prevention options. “Fit to a T” is a public education program about osteoporosis and bone health. “Experts in Arthritis” is a free public seminar for people who suffer from the disease.

Chiropractors and other healthcare professionals are urged to take part in U.S. Bone and Joint Decade’s activities. Dr. Dougherty sits on the board of directors for the organization and is a member of the American Public Health Association (APHA) and urges members to get involved with the effort. “One of the things we need to do is make public health practitioners more aware of musculoskeletal issues,” he said, adding, “There is no better pool of people to support the initiative’s prevention goals.” Specifying chiropractors, he noted, “Because we’re musculoskeletal specialists, it really makes sense we would be the ones talking to the public and educating them about these issues.” Dougherty feels the goals of the Decade and APHA go hand in hand, in that both groups protect and inform the public and improve health.

Aizhong Li, LAc, PhD Acupuncture and Oriental Medicine/Associate Professor

Continued from page 22

ing acupuncture and Chinese herbal medicine - combining his knowledge of both Western medicine and Chinese medicine. “He believed that Chinese medicine has advantages in treating the whole body and the root cause of diseases,” she said. “That is one of the main reasons I selected the career of being a TCM doctor.”

Life in the USA

Her husband, Haitao Jiao, earned a Chinese linguistics degree in China and “is a good helper of mine,” she said. In 1992 he joined Dr. Li in the United

States and began to learn about computers. He now specializes in troubleshooting computers and is a certified Microsoft engineer. He also has a Chinese linguistics career.

Her son, Addison Jiao, was born in 1988 in China and is currently a sophomore at the University of Western Ontario in Landon, Canada. Daughter, Cindy Jiao, born in 1995 in Framingham, Mass., attends the 8th grade in Brighton outside of Rochester. She plays piano, violin and flute, among other activities. “Cindy’s first exposure to acupuncture treatment occurred when she was 3 years old,” Li

said. “As I applied acupuncture treatment to a patient she came to the room and raised her little hand to me, saying ‘me too’ for needling. Whenever she gets sick she asks me for acupuncture treatment.” When Cindy told her teacher about her mom’s occupation, Li was invited to give a presentation for the 8th graders.

“Recalling my whole career, I am so grateful to many people, especially to my dearest father Li, Guang Hua,” she said. “He left us 18 years ago, but his spirit of taking care of others inspires me forward forever.”

News Briefs

NYCC Names its School of Acupuncture and Oriental Medicine:

Finger Lakes School of Acupuncture and Oriental Medicine of New York Chiropractic College

New York Chiropractic College has adopted a new name for its School of Acupuncture and Oriental Medicine (AOM). The school will henceforth be known as the Finger Lakes School of Acupuncture and Oriental Medicine of New York Chiropractic College. “The name calls to mind not only upstate New York’s regional beauty, geography and history, but also suggests a natural environment whose native tranquility promotes health and well-being,” NYCC President Frank J. Nicchi, DC, MS, said.

The Committee

Dr. Nicchi expressed his gratitude to Executive Vice President of Academic Affairs Dr. Mestan, committee chair, and to all members of the naming committee for their generous contribution of time and effort in identifying and exploring a variety of possible names. The group was formed in mid-November of 2008, and a final recommendation was made on February 9, 2009.

Members of the committee included Dean of the School of Acupuncture and Oriental Medicine (AOM) Shaune Ralph, LAc; NYCC faculty members Kevin Ergil, LAc, Marnae Ergil, LAc, Jason Wright, LAc, John DeCicco, DC, and Susan Sheldon, LAc; Director of Admissions Michael Lynch; Wendy Maneri, DC, Chief of Staff for the Seneca Falls Health Center; and Peter VanTyle, Executive Director of Institutional Advancement.

The Process

The committee was charged with identifying a name that would be marketable, be easy to pronounce, and reflect the purpose of the school and the mission of the College. Members discussed what the school means to them, with the intent of imparting a general feeling of the school’s identity and to create a sense of loyalty

and pride upon hearing its name.

The names of a number of acupuncture schools from across the United States were reviewed. Input was solicited from AOM alumni and current students, faculty and staff, and committee members were encouraged to submit their own suggestions. From the list that was compiled, each committee member selected 10, and those that were selected multiple times were included in a refined list. Each member then selected five names, and another new list was created. At this point, the members selected and ranked three choices from the list. The ranks were given point values, and after each member had submitted their rankings the points were tallied and the clear winner was determined.

Dr. Mestan mentioned that he appreciated all the hard work his committee members put forth and all the stakeholders who supplied their thoughts and suggestions for consideration. “This truly was an NYCC community event,” he said.

The Finger Lakes School of Acupuncture and Oriental Medicine of New York Chiropractic College

Acupuncture and Oriental medicine are enjoying a rapid expansion of professional recognition across the United States, and today these modalities are offered in many hospitals, clinics, and other integrative healthcare settings.

Though young, the new AOM school already is showing impressive results. Recent National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) test results indicate that Finger Lakes’ student scores exceed the national average and show an increasing percentage of students meeting or exceeding the national averages.

NYCC is known for its high educational standards and stimulating learning environment. To learn more about the Finger Lakes School of Acupuncture and Oriental Medicine of New York Chiropractic College, visit our Web site at www.nycc.edu.



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News Briefs

12th Annual Research Symposium - Student Participation

New York Chiropractic College's 12th annual Research Symposium, held in January at the college's Seneca Falls campus, brought with it a wide variety of research projects. We spoke with a few of NYCC's participants.

Anita Gulic and Jeremy Todd, DC

Anita Gulic, a 10th trimester chiropractic student, and Jeremy Todd, DC, a recent NYCC graduate and former graduate assistant for NYCC, spoke about the 2008 Beijing Summer Olympics during the annual Research Symposium.

Gulic, who came to NYCC from St. Catherine's, Ontario, Canada, and her partner for the symposium, Dr.

Todd of Stone Ridge, N.Y., presented a discussion about Kinesio Tape, which involves using Kinesio athletic tape to tape over and around muscles, either to assist and give support or to prevent over-contraction. The tape was used by Olympic beach volleyball gold medalist Kerri Walsh, high jump finalist Germaine Mason, triple jump finalist Hrisopiya Devetzi, and sprint hurdler Paulo Villar, among others.

"I thought it was great," Gulic said of the symposium. "It's a great way to learn a lot of information that we don't get just because it is new and upcoming."

Not content to remain simply research partners, Gulic and Todd are engaged to be married. Following their studies at NYCC, the couple plans a move to Croatia. The country has fewer than a dozen chiropractors and there is great need for chiropractic's offerings.

Antonio Wong

Antonio Wong, a seventh-trimester chiropractic and a fifth-trimester Master of Applied Clinical Nutrition student from Hong Kong, decided to participate in the symposium last year after NYCC faculty members Terry Koo, PhD, and Lillian Ford, DC, encouraged him. "I was attending the research symposium and sitting next to them," Wong said. "They encouraged me to take the stage next year." At that time Wong, a very good student, was in Dr. Ford's class and had also attended a seminar in Hong Kong with Dr. Koo during a trimester break. Wong noted that Dr. Koo is also from Honk Kong. The two brought back knowledge from the event and began their research for the symposium.



Wong focused on human muscles, using ultrasound-based equipment to take images of the pectoral region and measure muscle thickness. "A lot of posture change is related to the muscle thickness," Wong explained.

Following graduation, Wong plans to return to Hong Kong where he worked as a nutritionist in a chiropractor's office prior to coming to NYCC. He will offer both nutrition and chiropractic to his patients.

Commenting on NYCC's research department, Wong says, "We have good equipment and have excellent professors. It seems like everything is ready and waiting for more teachers and more students."

Mat DiMond

Mat DiMond, a fifth-trimester chiropractic student from Indiana, Pa., presented the conventional model of marker placement for clinical gait analysis - specifically the inter-malleolar method as a reference for the placement of the shank wand.

Foot Templates for Reference

"Here at NYCC we designed, and are using, a foot template as a reference for the placement of the shank wand." Data collected so far suggests that the new foot template method is more inter-rater and intra-rater reliable. According to DiMond, "If we prove muscle fitness changes after receiving chiropractic technique, it will be an objective finding of the effectiveness."

DiMond feels that the symposium has helped him and may like to continue with research, and possibly teach. He said of the annual symposium, "It's a great experience for everyone. The faculty and staff are very inquisitive and actively participate in the discussions."

DiMond has found opportunities at NYCC for people who want to research a particular topic. "NYCC can expand its research as more students participate," he said. "The research department is always looking for volunteers, work-study students, and direct study participants. For those students interested, but hesitant, it's best to view participation as a learning process." DiMond recognizes that research validates what chiropractors do every day. He added, "Being a part of research is like seeing chiropractic mature as a medical science."

What's News?

Alumni Update ~ Alumni Update ~ Alumni Update

Class of 1990

Richard Izzo, DC, of Rye Brook and Sag Harbor, completed his 9th IM (Ironman Lake Placid) and 10th IM (Ironman Az) in 08. This marks 20 years in the sport and over 160 races including 12 marathons. After several years of being the Chairman of the Westchester Triathlon, this year Dr. Izzo started Toughman inc. 501c3, a not for profit organization that organizes triathlons. In 2008, The Toughman Half Iron Distance Triathlon, the first Half Iron triathlon to be run in Westchester, N.Y., saw over 200 athletes and 180 volunteers. The races main beneficiary is The Boomer Esiason Foundation for Cystic Fibrosis and the local municipalities. "The ability to support the athletic community after being a racer for all these years is very fulfilling." For more information, go to www.WESTCHESTERTOUGHMAN.com, www.WESTCHESTERTRIClub.com, www.RYEBROOKChiropractic.com. To contact Dr. Izzo e-mail him at Rizzo12@optimum.net.

Class of 2003

Luis Carlos Vera, DC, has been a member of Regional Chiropractic Group in Orlando, Fla. since 2003. He has received advanced training, is Board Certified and a Diplomate of the International Board of Electrodiagnosis. He is also a Board Member (Vice Chairman) on the International Board of Electrodiagnosis and serves as the International Academy Clinical Neurology's liaison. Most recently, he had the honor of being appointed as Adjunct Clinical Faculty at Northwestern Health Sciences University and as Volunteer Faculty at the University of Central Florida, College of Medicine as Assistant Professor of Medical Education. Additionally, he currently serves as an appointed advisory board member at Keiser University, Florida Doctor Magazine and on the Council on Clinical Neurology of the FCA. His phone number is 407-649-9699 and his e-mail address is drluisvera@hotmail.com. His office Web site is at www.regionalchiro.com.

Class of 2000

Louis Fernandez, DC and Tiffany Jeffries Fernandez, DC, announce the arrival of their daughter, Sadie Lyn. Big brother, Joey, was proud to help welcome her into the world at home on October 2, 2008 at 9:12 pm. She weighed 9 lbs. 2 oz. and was 22 inches long. They are enjoying their second year of practice in Virginia Beach, Va. They would love for friends to contact them, especially if visiting the area. Their phone number is 757-431-2225 and their e-mail address is ighchiro@hotmail.com. Their Web site is at www.ighchiro.com.

Class of 2004

David G. Bennett, DC, JD, and his wife Kimberly, announce the arrival of their daughter, Sydney Danielle, January 30, 2009. She weighed 7 lbs. 10 oz. and was 21.5 inches long. She joins her big brother, Ryan, who is 3 years old. Dr. Bennett practices at 18 North York Road, Willow Grove, PA 19090. His phone number is 215-659-0475 and his e-mail address is Dr.David.Bennett@gmail.com.

Transitions

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; or e-mail: pvantyle@nycc.edu.

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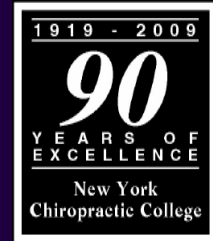
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Homecoming Weekend July 16-19, 2009 Schedule of Events

Thursday, July 16, 2009

- 9:00 AM Golf Outing at Seneca Falls Country Club (Separate Fee)
12:00 PM-2:00 PM Louis Bisogni, DC, *Chiropractic with Professional Sports Teams* (non-credit)
7:00 PM-9:00 PM Casino Night with Light Refreshments

Friday, July 17, 2009

- 10:00 AM-12:00 PM Teresa Hoban, DC, *Professionalism in Patient Care, a Strategy for Success* (2 CE Bonus Credits)
12:00 PM Unity Day – Theme: *Celebrating 90 Years*
6:30 PM Alumni Dinner Dance at Canandaigua Inn on the Lake

Saturday, July 18, 2009

- 9:00 AM-11:00 AM Scott Haldeman, MD, PhD, DC, *Cultural Authority through Education and Research* (2 CE Credits)
9:00 AM-1:00 PM Joseph Kay, LAc, *Japanese Five Phase Diagnosis and Treatment, Meridian Therapy (Keiraku Chiryō)* (4 PDAs)
11:00 AM-1:00 PM Steven Savoie, DC & Anna Allen, RN, *Documentation/Record Keeping* (2 CE Credits)

Choose one:

- 11:00 AM-1:00 PM Joan Fallon, DC, *The Chiropractic Approach to the Care of Children with Autism* (2 CE Credits)
11:00 AM-1:00 PM Thomas Hyde, DC, *Soft Tissue Treatment of Musculoskeletal Disorders* (2 CE Credits)

Choose one:

- 2:00 PM-6:00 PM Steven Savoie, DC/Anna Allen, RN, *Documentation/Record Keeping (Continued)* (4 CE Credits)
2:00 PM-6:00 PM Diane Iuliano, LAc, *Introduction to Shakujū Therapy* (4 PDA)

Choose one:

- 2:00 PM-4:00 PM Keith Wells, DC, *"Vital Signs: Vitalism in Contemporary Health Care"* (2 CE Credits)
2:00 PM-4:00 PM Richard Marsillo, DC, *Diagnosis and Management of TMJ Dysfunction: "An Instrument Assisted Approach"* (2 CE Credits)

Choose one:

- 4:00 PM-6:00 PM David Graber, DC, *Shoulder and Knee Adjustments that Work* (2 CE Credits)
4:00 PM-6:00 PM Jeffrey Miller, DC, *The 4 Test Screening Exam* (2 CE Credits)

6:30 PM-8:30 PM Student-Alumni Mixer - Spectacular Fireworks Display Beginning at Dusk

Sunday, July 19, 2009

Choose one:

- 8:00 AM-12:00 PM Steven Savoie, DC/Anna Allen, RN, *Prevention of Medical Errors (2hrs/Ethics 2hrs)* (4 CE Credits)
9:00 AM-12:00 PM Aizhong Li, LAc; Shaune Ralph, LAc; Kevin Ergil, LAc; Quince Zhang, LAc; Darlene Easton, LAc, Byran Isacks, LAc, *TCM Symposium* (3 PDAs)

Choose one:

- 9:00 AM-11:00 AM James Demetrious, DC, *The Cervical Spine, Cervicogenic Headache and Related Chiropractic Concepts* (2 CE Credits)
9:00 AM-11:00 AM Warren Hammer, DC, *Soft Tissue Diagnosis & Treatment, the Missing Link in Chiropractic Practice* (2 CE Credits)

Choose Nerlie or Warshal/Poirier:

- 11:00 AM-1:00 PM Serge Nerli, DC, *Nutrition 101: Incorporating Nutrition into Your Practice* (2 CE Credits)
11:00 AM-12:00 PM Chad Warshel, DC, *Imaging of Spinal Trauma* (1 CE Credit)
12:00 PM-1:00 PM Nic Poirier, DC, *Imaging and Clinical Implications of Abnormal Lumbar Paraspinal Musculature* (1 CE Credit)

Choose one:

- 12:30 PM-3:30 PM Steven Savoie, DC/Anna Allen, RN, *Risk Management (1 hr) / Florida Laws & Rules (2hrs)* (3 CE Credits)
12:30 PM-3:30 PM Marilee Murphy, LAc, *Clinical Applications of Low Level Laser Therapy* (3 PDA)



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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)
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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!*

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June 6-7 NYC, NY
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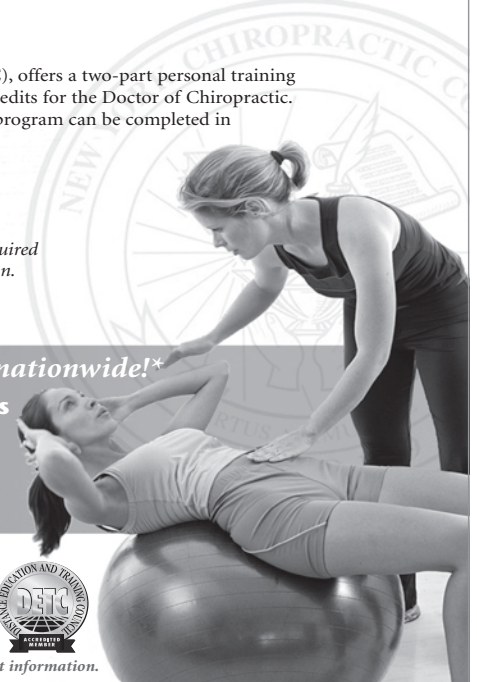
Massachusetts

August 8-9 Boston, MA

*Visit ISSAonline.com/seminars or call 800.892.4772 for NYCC-approved seminars near you!

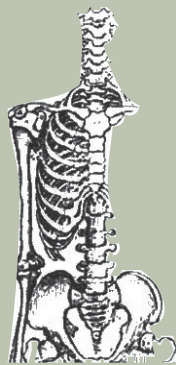
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Are you a DC wishing to teach anatomy in a college or community college setting? This master's program may be just what you are looking for! Enhance your education in anatomy and qualify yourself to pass it along to future anatomy students!

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For more information please contact The Office of Human Resources by E-mail at cmcdermott@nycc.edu or by phone at 1-800-234-6922

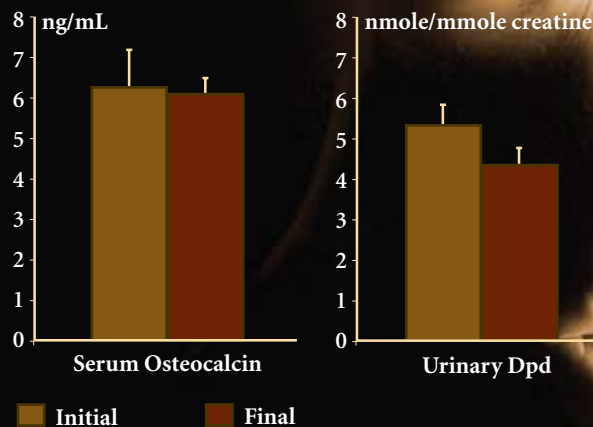
New Research in Bone Regrowth

Calcifood[®], Ostrophin PMG[®], and Cataplex[®] D, used together, were found to decrease urinary deoxypyridinoline (Dpd), while maintaining osteocalcin levels (see chart).

These bone health supplements are unique because they provide readily absorbed nutrients from bone tissues to support the process of rebuilding and maintaining bone.*

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



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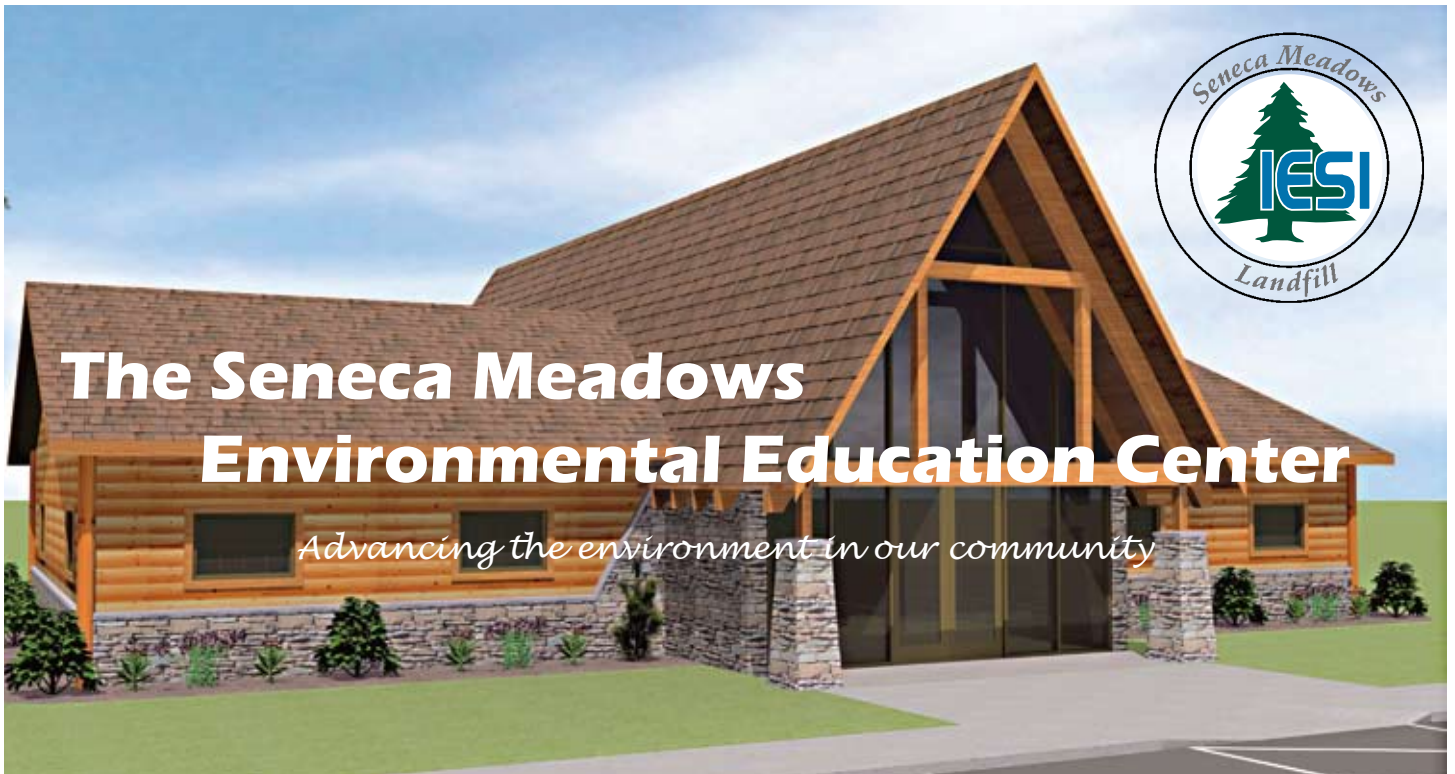


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