



Transitions

A publication of New York Chiropractic College

July/August 2011



BACK IN PLAY



Homack
© 2011

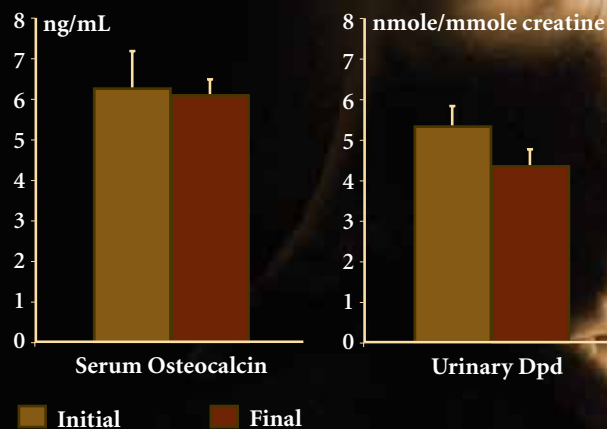
New Research in Bone Regrowth

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.*

To find out more about these and other Standard Process products, call 800-558-8740 and ask for our Bone Health Literature Packet (L6213) or visit standardprocess.com.

During a three-month trial, patients with osteopenia were given Calcifood®, Ostrophin PMG®, and Cataplex® D at the regular dosage. Osteocalcin was unchanged while urinary Dpd, a marker used to assess relative rates of bone loss secretion, decreased 18%. Decreased Dpd suggests that less bone was lost over the three months. No change in osteocalcin further suggests a positive environment for bone formation.



*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.



Whole Food Supplements
www.standardprocess.com





Transitions

July/August 2011

New York Chiropractic College
 Institutional Advancement
 2360 State Route 89
 Seneca Falls, NY 13148
 (315) 568-3146
 pvantyle@nycc.edu
 www.nycc.edu

**Editor/Vice President of
 Institutional Advancement**

Peter Van Tyle

Advisor/Designer

Peggy Van Kirk

Cover/Illustrations

Dennis Homack, DC '97

Advertising

Jill Henry

Alumni Relations

Diane Zink

Writers

Vicki Baroody

Kathryn Hadley

Megan Manzari

Photography

Vicki Baroody

Kathryn Hadley

Jill Henry

Research Assistant

Carol Simolo

Inside This Issue

Chairman's Message..... 4
President's Council..... 6-7
Corporate Sponsors/Annual Fund Donors..... 7-8
Trustee Spotlight..... 10
Series Articles..... 12-14
Homecoming Weekend..... 16-17
Commencement..... 18
Annual Fund Gift Options..... 20
Alumni Spotlight..... 21
Alumni Spotlight..... 22
Reflections..... 24
In Memoriam..... 28
News Briefs..... 30-34
What's News..... 36

TRANSITIONS is a publication of New York Chiropractic College and is distributed to more than 7,000 professionals, State Boards, Associations, State Publications, all NYCC students and other interested parties.

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

TRANSITIONS is published six times a year.

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.

Chairman's Message

A Wonderful Homecoming and Kudos to the President

I extend hearty congratulations to the College for its resoundingly successful Homecoming celebration, hosting over 430 alumni, students, and members of the campus community. Congratulations are also warranted for President Dr. Frank Nicchi's having received New York State Chiropractic Association's highest honor, the Ernest G. Napolitano Award. Very impressive! Finally, I want to join Dr. Nicchi in recognizing Drs. George and Teresa Ngo ('72) for their longstanding record of support to the College. Their

steadfast commitment and generous contributions have helped enable the College to distinguish itself as the premier institution of natural healthcare education, internationally.

This issue of *Transitions* will likely prove itself of particular interest to a number of readers, as it explores low back pain – the sort that plagues people who take up golf. Fortunately, tips are provided regarding how best to prevent, avoid and treat the discomforts associated with one of our nation's favorite pastimes. Enjoy!



Walter McCarthy, BBA, MBA
Chairman of the Board of Trustees



NYCC DIAGNOSTIC IMAGING
QUALITY PATIENT CARE THROUGH IMAGING EXCELLENCE



Specializing in Diagnostic Imaging Interpretation of Neuromusculoskeletal Conditions

- Digital radiographic examinations at any of our three locations.
- Clinically relevant, professional interpretation of X-Ray, CT, and MRI studies.
- Teleradiology services. We can read studies directly sent from your office or imaging center.
- Most studies are read within 24 hours. We offer a 48-hour guaranteed turnaround.



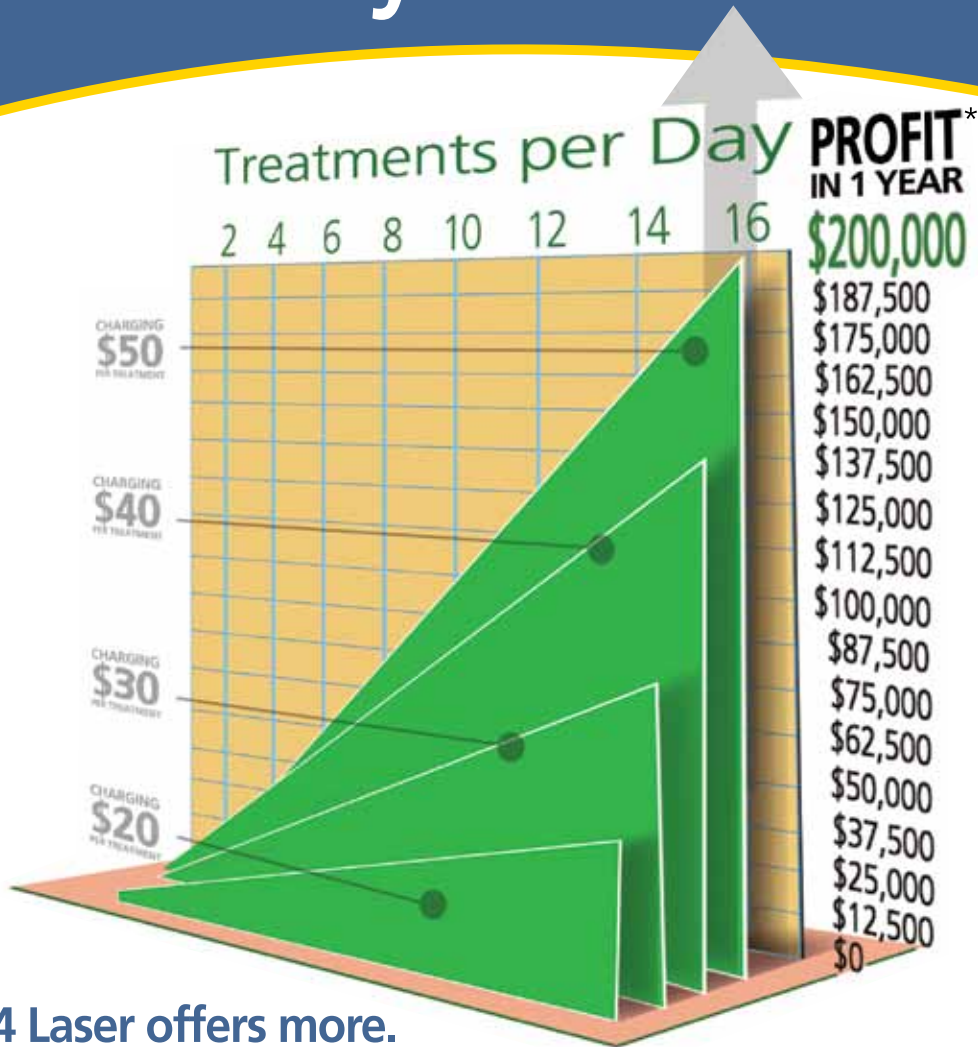
- Personal phone consultations available.
- All studies are reviewed by two diagnostic imaging professionals, including at least one board-certified chiropractic radiologist.
- Digitization of imaging studies.
- Problem-solving quality assessment of radiographic studies.
- Expert witness testimony in issues related to diagnostic imaging.

Radiologists:

Nic Poirier, DC, DACBR, CCSP and Chad Warshel, DC, DACBR

www.nyccrad.com

More for your patients. More for your bottom line.



PROUD
PLATINUM
SPONSOR
OF NYCC

MR4 Laser offers more.

- **More ease-of-use:** Identify treatment areas via TARGET (Treatment Area Recognition and Guidance Enhanced Technology)
- **More power:** 25 Watts
- **More clinical success:** Safe, easy-to-use and effective per 4,000+ therapeutic laser studies
- **More experience:** In 3,000+ hospitals and 10,000+ private practices
- **More professionals:** Used by college, Olympic and professional athletes
- **More treatment protocols:** Over 300 worldwide
- **More support:** Monthly webinars, patient marketing materials and more
- **More reimbursement:** LaserStim allows for insurance reimbursement

Pay less: Payments as low as **\$149 per month.**
Don't get burned by the competition.



**Multi Radiance
Medical®**

It's a bright new worldSM

© 2010 Multi Radiance Medical Inc.



For info and an in-clinic demo:
1-800-373-0955
info@MultiRadiance.com
www.MultiRadiance.com

* Illustration is not a guarantee of revenue.
Individual results will vary.

President's Council

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

**President's Council
Lifetime Membership Society
\$25,000 or more**

Dr. Edwin M. & Mrs. Sharon Kenrick
South Sutton, NH

\$10,000

Drs. Marc & Emily Persson '04
Swarthmore, PA

\$5,000 to \$7,500

Dr. Peter Gorman, '80
Mahopac, NY

Dr. Frank '78* & Carol Nicchi
Seneca Falls, NY

\$2,500 to \$4,999

Cayuga Press
Cortland, NY

Dr. Glenn '94 &

Dr. Christine '94 Foss
Riverdale, NJ

Drs. George & Teresa Ngo '72
Garfield, NJ

Dr. & Mrs. John P. Rosa '92*
Rockville, MD

\$1,500 to \$2,499

**Dr. Michael J. Cindrich '80 &
Dr. Deborah Kleinman-Cindrich '82**
New York, NY

Dr. & Mrs. Robert A. Crocker, Jr.
North Babylon, NY

Dr. & Mrs. Thomas DeVita '75*
Acton, MA

Mrs. Diane C. Dixon
Syracuse, NY

Dr. Susan Blair Fries '05
Vero Beach, FL

**Dr. Sylvie Heyman '89* &
Mr. David Heyman**
New York, NY

Dr. Frank S. Lizzio '80*
Parkchester, NY

Mr. and Mrs. John Palmucci*
Timonium, MD

**Mrs. Kenneth Rogers
in Memory of Kenneth Rogers**
Seneca Falls, NY

Dr. Philip T. Santiago '78
Lake Hiawatha, NJ

Dr. & Mrs. Roy H. Siegel '77
New York, NY

Mr. & Mrs. Walter McCarthy*
Sandy Hook, CT

\$1,000 to \$1,499

Dr. Donald S. Allen
Canandaigua, NY

Mr. Sean Anglim
Webster, NY

Dr. William Atherton '95
North Miami Beach, FL

Dr. Yusef Barnes '97*
Bradenton, FL

Dr. Raymond Bartoli '95
Brooklyn, NY

Dr. Lewis J. '78* &

Dr. Olga Gazonas '83 Bazakos
Valley Stream, NY &
Long Island City, NY

Dr. & Mrs. G. Lansing Blackshaw*
Belfast, ME

Bond, Schoeneck & King, L.L.P.
Syracuse, NY

Dr. Susan Bradley '94
New York, NY

Mr. Eugene B. Bradshaw
Seneca Falls, NY

C. H. Insurance
Syracuse, NY

Drs. Andrew '00 & Silvia '01 Choi
Gaithersburg, MD

Dr. Christopher J. Colloca
Chandler, AZ

Dr. Robert Daley
New Hyde Park, NY

Dr. & Mrs. John DeCicco '82
Seneca Falls, NY

Mr. & Mrs. Louis P. DiLorenzo
Romulus, NY

Dr. C. Kevin Donovan '81
Middletown, RI

Dr. & Mrs. Stephen T. Eble '81
Mount Kisco, NY

Dr. Karen Erickson '88*
New York, NY

Dr. Mark Feldman '84
Morpheh Vale, SA Australia

Dr. Margaret M. Finn '92
Rochester, NY

Foot Levelers, Inc.
Roanoke, VA

Dr. Lillian M. Ford '85
Canandaigua, NY

Drs. Bruce L. '82 & Barbara '83 Friedman
Jericho, NY

Dr. Joseph R. Gambino '04
Freeport, NY

Dr. Lawrence Goodstein '98
Seakonk, MA

Harlan Health Products
Pelham, NY

Drs. Charles & Faith Hemsey
Montville, NJ

Dr. Vincent A. Justino '98
New York, NY

Mr. & Mrs. Robert E. Kernan, Jr.*
Seneca Falls, NY

Peter & Gretchen Koch
Seneca Falls, NY

Dr. Joseph J. Lombino '84
Monroe, NY

Dr. Wendy Maneri & Family '99
Auburn, NY

Dr. Ronald G. Manoni '81
Danbury, CT

Dr. Joseph A. Mascaro '84
Niantic, CT

Ms. Mary Jo Maydew*
South Hadley, MA

Dr. & Mrs. George B. McClelland*
Christiansburg, VA

Dr. Michael Mestan & Family
Seneca Falls, NY

Dr. & Mrs. Tyran Mincey '98*
Montclair, NJ

**Dr. Jason G. Napuli '03 &
Dr. Kristina L. Petrocco-Napuli '03**
Canandaigua, NY

Dr. Serge Nerli '83*

Fresh Meadows, NY

Neurodiagnostics Institute, LLC

Daytona Beach Shores, FL

Dr. Vincent Notabartolo '94

Staten Island, NY

Dr. & Mrs. David Odiorne

Seneca Falls, NY

Dr. & Mrs. Kenneth W. Padgett

Romulus, NY

Dr. Richard &

Dr. Maria Pashayan '82

Garden City, NY

Dr. Julie Plezbert

Ithaca, NY

Dr. & Mrs. James P. Powell*

Canton, OH

Prime, Buchholz & Associates, Inc.

Portsmouth, NH

Relph Benefits Advisors

Pittsford, NY

Ms. Catherine Richardson*

Syracuse, NY

Dr. Michael J. Rodriguez '78

Ormond Beach, FL

Dr. Rick Rosa '96 & Dr. Dina

Tagliareni-Rosa '97

Alexandria, VA

Mr. Gary Ryan

Syracuse, NY

Seneca Meadows, Inc.

Waterloo, NY

Ms. Elizabeth Shiah*

New York, NY

Dr. Charles R. Solano '67 &

Dr. Peggy Grabinski-Solano

Yonkers, NY

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

Romulus, NY

Dr. Frederick '99 & Leslie Sylvester

Pottstown, PA

Mrs. Robert Tarnow

Naples, FL

Mr. Peter Van Tyle

Seneca Falls, NY

Dr. & Mrs. Thomas R. Ventimiglia '80

Woodhaven, NY

Dr. Andrew S. Wasserman '82

Coral Springs, FL

Drs. Andrew & Andrea Williamson '00

Mount Airy, MD

Wilson Press/Mailhouse

Seneca Falls, NY

Dr. Wayne M. Winnick '81

New York, NY

Mr. & Mrs. Richard B. Worden

Seneca Falls, NY

CORPORATE SPONSORS

Platinum

Standard Process

Douglas Laboratories

Foot Levelers, Inc.

Future Health

Multi Radiance Medical

NCMIC

Gold

Hygenic Performance Health

Seneca Meadows, Inc.

Silver

Blue Poppy Enterprises, Inc.

Harlan Health Products

Lloyd Table Company

ANNUAL FUND

Gifts in Kind

\$5,000 and above

Dr. Drew DeMann '86

The Delavan Theater Seat

(Purchases to date)

\$500 to \$999

Dr. Gil Allen

Dr. Lewis J. '78* &

Dr. Olga Gazonas '83 Bazakos

Dr. & Mrs. G. Lansing Blackshaw*

Dr. Matthew Coté '80

Dr. Steven J. Lavitan '76

Dr. & Mrs. Frank S. Lizzio '80*

Dr. Michael Mestan

Mrs. Patti Mestan

Dr. Ron Mestan

Dr. Frank* '78 & Carol Nicchi

Dr. Marc Persson '04

Dr. & Mrs. John P. Rosa '92*

Dr. David Seaman '86

Dr. & Mrs. Gilbert Trad '62

Walkway of Honor Brick

(Purchases to date)

\$100

Mr. Candido Adorno

Dr. Gil Allen

Mr. Sean Anglim

Dr. & Mrs. J. H. Atland

Dr. Ellen Bialo '83

Dr. James Bianco '98

Dr. & Mrs. G. Lansing Blackshaw*

Dr. Justin Calhoun '97

Dr. Richard E.** & Mrs. Marjorie Carnival

Dr. Rosemarie Cartagine '88

Class of 2008, DC

Class of July 2011, DC

Mr. Norman G. Cohen

Dr. Lawrence Connors '76

Dr. Susan D. Marchese Corwith '80

Dr. Matthew Coté '80

Dr. Robert A. Crocker

Dr. Annamarie Dauterman DC '05 & ADM '06

Dr. Marisa D'Andrea '89

Dr. Adam J. Del Torto '84

Dr. John DeMaio '90

Dr. & Mrs. Thomas DeVita '75*

Dr. Robert F. DuBois '78

Ms. Darlene Easton

Dr. Jonathon Egan '06

Eisenhower College Alumni Association, Inc.

Dr. Margaret M. Finn '92 &

Ms. Joy Collins

Dr. Charles Flood '05

Mr. & Mrs. Joseph M. Franchino

Dr. Denise Franzese '91

Dr. Lynn Friedman '89

Dr. Maria Giacalone '96

Drs. Isaac '02 & Laura '03 Greeley

Dr. Robert A.D. Gregory '54

Dr. Kyle Grice '97

Dr. Brian Goldberg '98

Dr. Allan & Joan Grossman

Dr. Aaron J. Haydu '00

Dr. Sylvia Heyman '89* & Mr. David Heyman

Dr. Jason A. Hockenberry '99

Dr. & Mrs. Daniel Holland

Dr. Dennis M. J. Homack '97

Dr. Dean Insana '96

Mr. Daniel Kanaley

Dr. Tamara S. Kennard '01

Dr. Thomas M. Klapp

Dr. Barbara Ladagona '78

Bill & Liz Larzelere

Dr. Steven J. Lavitan '76

Dr. Aizhong Li

Dr. Donald Littlejohn '85

Dr. & Mrs. Frank S. Lizzio '80*

Dr. Ernie Lombardi '00

(Continued on next page)

ANNUAL FUND

Walkway of Honor Brick

(Purchases to date)

\$100

Greg & Joan Lynch
Dr. Vincent Malba '00
Dr. Victoria Malchar '81
Dr. Carol Ann Malizia '89
Dr. Michael McKeown '06
Ms. Patricia Merkle
Dr. Michael Mestan & Family
Dr. Ron & Patti Mestan
Dr. Laura B. Murphy '90
Dr. Serge Nerli '83*
Dr. Frank* & Carol Nicchi
Dr. Jay A. Okin '63
Dr. & Mrs. Kenneth W. Padgett
Dr. Marc Persson '04
Susan & Wesley Pittenger
Dr. Stephen A. Pokowicz
Dr. & Mrs. James Powers
Ms. Karen Quest
Donald & Laurie Reynolds
Ms. Catherine Richardson*
Dr. Steven Riess '82
Dr. Brian Ruggiero '01
Mr. Sumner M. Saeks
Dr. Jay H. Schwartz '81
Dr. David Seaman '86
Ms. Elizabeth Shiah*
Dr. Mark A. Shulman '83
Dr. Susan A. Sirianni '97
Dr. Chris Sparke '04
Dr. Ryan E. Springer '10
Dr. Gregory Triandafilou '83
Dr. Irene Trzybinski '04
Dr. Connie Unetich '97
Mr. Peter Van Tyle
Dr. Marissa Wallie '00
Mr. & Mrs. William J. Wayne
Ms. Colleen Weaver
Dr. & Mrs. Brad Weiss
Drs. Andrew '00 & Andrea '00 Williamson
Mr. Richard Worden
Ms. Hungyu Wu

Benefactors

\$500 or more

Mrs. Patricia C. Tarnow
Dr. Stephen A. Pokowicz '93
Dr. G. Lansing Blackshaw
Dr. Sylvie G. Heyman '89 & Mr. David Heyman
Dr. Joseph R. Gambino '04
Dr. Marc & Emily Persson '04
Dr. Julie Plezbert

\$100-\$499

Dr. Samuel J. Amari '77
Dr. Yusef C. Barnes '97
Dr. Lewis '78 & Olga Gazonas '83 Bazakos
Dr. James F. Bianco '98
Dr. G. Lansing Blackshaw
Dr. Stacy Scott Cohen '84
Dr. Robert Daley
Dr. John V. DeMaio '90
Dr. Thomas R. Devita '75
Dr. Marc A. Dupuis '03
Dr. Jonathon Todd Egan '06
Eisenhower College Alumni Association Inc.
Dr. Karen L. Erickson '88
Dr. Carl J. Heusler '94
Dr. Sylvie G. Heyman '89 & Mr. David Heyman
Mr. Robert Kernan
Dr. Alan N. Lander '80**
Dr. Scott H. Leist '88
Dr. Frank S. Lizzio '80
Ms. Joan Lynch
Dr. Christopher A. Marchese '93
Ms. Mary Jo Maydew
Mr. Walter McCarthy
Dr. George B. McClelland
Ms. Patricia R. Merkle
Dr. Tyran G. Mincey '98
Dr. Renee M. Mooney '97
Dr. Serge Nerli '83
Dr. Frank J. Nicchi '78
Dr. Sachin B. Patel '04
Dr. Michele L. Pavelski '00
Dr. James Powell
Ms. Karen Quest
Dr. Brian M. Rebori '05

Dr. Rodney Rishel '00
Dr. Marcia C. Sasso '83
Dr. Erik R. Schmidt '95
Dr. Robert S. Schwartz '78
Dr. Elizabeth Shiah
Dr. Scott N. Surasky '81
Dr. Brad M. Todaro '04
Dr. Gregory Triandafilou '83
Toughman Inc.
Dr. Shawn Williams '04

HERITAGE SOCIETY

Dr. Gil Allen
Dr. Sylvie Heyman '89
Dr. Art Kellenberger '78
Dr. I. Richard '55 & Edna S. Osder
Dr. Marc Persson '04
Dr. Helene Rebenklau '39
Dr. & Mrs. Lee VanDusen
Dr. Lawrence F. Wozniak '67

SCHOLARSHIPS

Don & Kay Allen International Scholarship Fund
Dr. Kenneth W. Padgett funded by
NYCC Alumni Association
Dr. Michael A. Hoyt '78
Dr. George '49 & Frances Koenig
Dr. Marc Persson Merit Scholarship

MEMORIAL SCHOLARSHIPS

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

*Board of Trustees Members

**Deceased

Thank you for giving back!

Donor's name appears on the Abbott and Miriam Wellikoff Giving Wall.

Dean of Academic Programs and Services



A full-time, benefit eligible position is available with NYCC.

A detailed description of duties and qualifications for this position is available on the New York Chiropractic College Web site. To review this information, please click on:

- http://www.nycc.edu/AboutNYCC_employmentOpportunities.htm

If you are interested in applying for this position, please submit a cover letter, resume, and three letters of reference to the Office of Human Resources, 2360 State Route 89, Seneca Falls, NY 13148, or e-mail your response to: cquill@nycc.edu.



**NEW YORK
CHIROPRACTIC
COLLEGE**

Finger Lakes School of Acupuncture & Oriental Medicine
School of Applied Clinical Nutrition

NYCC is an equal opportunity employer: M/F/V/D

**Academic
Excellence.**

**Professional
Success.**

Winner of an
Empire State Advantage
**"Excellence at Work"
Gold Award**



Dedicated to:

- Academic Excellence
- Quality Patient Care
- Professional Leadership

Degree Programs include:

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

**For more information call
NYCC at 1-800-234-6922
or visit www.nycc.edu.**



**NEW YORK
CHIROPRACTIC
COLLEGE**

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

2360 Route 89 • Seneca Falls, NY 13148

Trustee Spotlight

John Rosa, DC (NYCC '92), Knows the Importance of Giving Back and Urges His Classmates to Do the Same

The second of three boys born to Sicilian immigrants in Hackensack, N.J., Dr. John Rosa earned his undergraduate degree from Rutgers University, presided over NYCC's first class to graduate from the Seneca Falls campus in 1992, sits as Vice Chair on the NYCC Board of Trustees, and has experienced significant success offering chiropractic services to many grateful patients.

Inspiration and Advice

It was Dr. Rosa's father who instilled in John a decidedly charitable approach to life and would instruct him never to forget where he came from: "If you cut the roots to a tree it will die, so never forget to keep your roots strong." "I lost my father way too soon, at the age of 63," recollects Rosa, "but his lessons are with me and my children for generations to come."

Following closely in his father's footsteps, Dr. Rosa stresses the importance of "returning the favor" to people who assist in life's journey. "Help your family, friends, teachers and institutions, all who played a part in your success," he urges. He also has a soft spot for children. "If you know of a child in misfortune, help them with all you have because they cannot help themselves."

Rosa's "20-20 VISION" ~ A Mission for the Class of 1992

Consistent with his commitment to "give back," Dr. Rosa conceived a program he calls "20-20 VISION." As he sees it, with 20 years of practice behind him and currently enjoying some measure of success, he feels that members of his class of 1992 should adopt the "VISION to help" by raising \$20,000 to fund scholarships for students attending NYCC. "There are three graduating classes com-



Dr. John Rosa donates funds to an orphanage in Naples, Italy.

ing up on their 20th anniversary; that's a total of around 150 doctors. "After 20 years it's time to give back," said Rosa. "We're in the position to help students get the best education possible!"

Giving Back

Asked why it's so important to give back to one's community, profession, and to the less fortunate, John responds: "I've noticed over the years that the more you give of your time, knowledge and financial support, the easier it is to feel fulfilled. Energy is neither created nor destroyed, but if you put positive energy out, you get a tenfold positive energy return. Try it; I promise it works."

Rosa is one of those rare individuals who walks his talk. As Executive Vice President of the board of the National Italian American Foundation (NIAF), he

gives back to an Italian heritage that has played an important role in his success - teaching him the meaning of faith, family and (of course) food. He also served as Executive Director of a non-profit organization begun by his father that raised funds to buy land, build a home, and run an orphanage outside of Naples, Italy. It's not surprising that he now serves the Board of the college that made his success possible. "NYCC has given me the tools to earn a living, and giving back to my *alma mater* is an act that I'm most proud of." Rosa sees NYCC's leadership position as a resource that exerts significant influence over the chiropractic profession by continually breaking ground to pave the way in many categories. "The success of this institution is directly related to the success of our profession, and ultimately to my success as a doctor," he concluded.

“After 20 Years it’s Time to Give Back!”

Dr. John Rosa

20-20 Vision

20 Years - 20 Leaders - Raise 20,000 dollars for student scholarships



Michael Jordan



Kara DioGuardi

“Over the years I have seen the power that giving to a good cause can have. I’ve worked with world-famous celebrities including Mike Piazza, Michael Jordan, Kara DioGuardi and Leon Panetta. They know the importance of volunteering and giving back.

Class of 1992 – I now reach out to you. Join me in helping students get the best education possible! I know we have at least 20 classmates who have the vision, foresight and compassion.

Together, let’s create a lasting legacy recognizing our special class - The Class of 1992.”

Dr. John Rosa
NYCC Class of 1992
Current NYCC Trustee



Mike Piazza



Leon Panetta

Donors’ names will appear on the scholarship award and be publicly acknowledged.

20
20 Years
Leaders
Raise 20,000 dollars

20-20 Vision

20 Years - 20 Leaders - Raise 20,000 dollars for student scholarships

Please accept my gift (check one):

\$1,000 \$500 \$100 Other \$ _____

Method of payment (check one):

Check (Payable to NYCC) VISA Master Card Discover American Express

Name on Credit Card _____ Date _____

Credit Card # _____ Expiration date _____ 3 digit code _____

Address _____

City/State/Zip _____ Phone Number _____

Return form to:

New York Chiropractic College (Attn: Jill Henry)
Institutional Advancement Office
2360 State Route 89, Seneca Falls, NY 13148

FAX: 315-568-3153 ~ E-mail: jhenry@nycc.edu ~ Phone: 800-234-6922 (Ext. 3151)

How to Avoid and Treat Low Back Pain Associated with One of America's Favorite Sports - Golf

We all know that exercise is good for you, and advances in technology are resulting in golf equipment that makes the game easier. So why does one's back hurt so much just from going out to play a round of golf?



Golf is enjoying an increase in popularity as baby boomers reach retirement and find themselves with more time and disposable income on their hands; many younger people are also taking up the sport as a form of exercise and entertainment.

Golf Can Be a Real Pain

Just like any other sport, golf can produce injuries to the lower back and spine. One common complaint among golfers is low-back pain usually associated with muscle strain or sprains. Other common injuries include muscle strains

due to forceful swings or sudden shifts during the downswing; damaged muscles and tendons arising from excessive use, accidents from abnormal swings; and disc injuries. As a golfer executes a full swing (backswing and follow-through) the spine rotates with a lot of force and, sometimes, little control. The lumbar muscles strain to support the swing as disc and facet joint loads increase. Even the act of bending over to pick up a heavy golf bag can result in harm.

What Can I Do To Avoid Pain?

Warm ups and practice swings help

avoid discomfort associated with the golf swing. Stretching before play is critical to get the muscles ready. Holding a golf club behind the neck and shoulders and rotating the torso will help loosen the shoulders and torso. Pulling the knees to the chest helps stretch the hips, and the hamstrings can be stretched by bending to touch the toes.

A proper swing can also reduce risk of injury. A smooth, rhythmic, swing and proper balance produce less stress on the lower back. Standing with a straight spine, leaning slightly forward from the hips, legs shoulder width apart and knees

It is advisable to use a bag with a built-in stand and dual straps that distribute weight more evenly across the back.

slightly bent will help distribute the weight evenly on the balls of the feet.

Many golfers carry their bags for additional exercise while playing. While this may seem like a good idea, bending to pick up a bag of clubs and toting it about the course on one shoulder can aggravate symptoms. It is advisable to use a bag with a built-in stand and dual straps that distribute weight more evenly across the back.

But How Do I Alleviate Pain Once It's There?

While recovering from any sport-related injury, reduce or eliminate participation in that sport. Resting for a day or two and applying heat and/or ice can reduce pain and promote healing. Pain medications can also help reduce inflammation. Gentle exercises such as stretching or low-impact aerobics like walking have been shown to help. If pain persists, seek the help of a healthcare professional.

Chiropractic Treatment

An athlete's body is the most important piece of sports equipment he or she owns. Many professional and amateur golfers have found chiropractic care helps prepare them for their best game and get them quickly back on the course after an injury occurs.

Women golfers experience greater occurrence of arthritic and degenerative changes in their lumbar spine, and

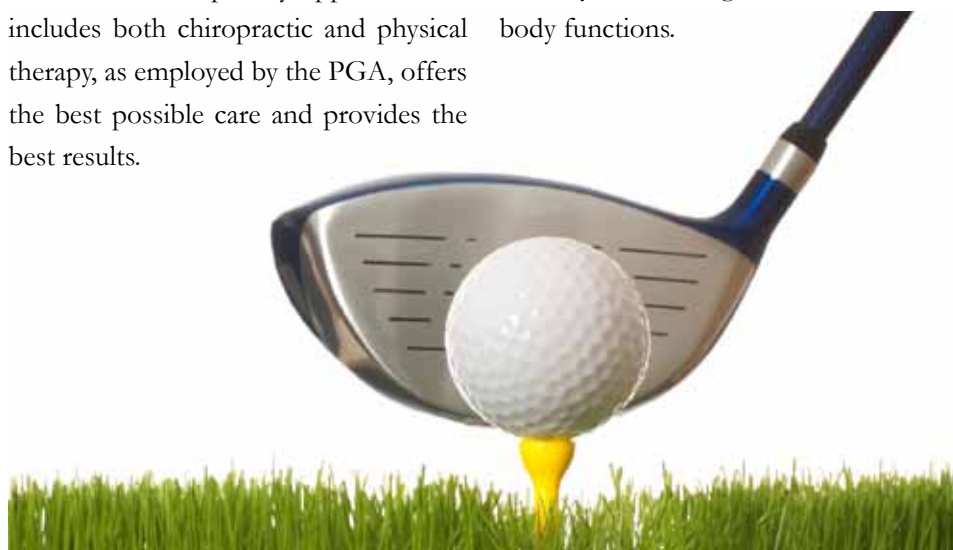
consequently more low-back problems. Younger players tend to have upper-back problems. Chiropractic care can help players perform at their maximum potential and feel better while experiencing increased motion and flexibility.

Due to the sport's increased popularity, and because the spine undergoes a great deal of stress during the golf swing, chiropractors familiar with golf and schooled in the evaluation, treatment and rehabilitation of golf injuries can have a favorable impact. Injuries befall even the biggest names in the sport, and chiropractic can be very effective. Alumnus Tom LaFountain, DC, DABCO (NYCC 1982), has worked with the Professional Golf Association (PGA) since 1997 and reports that a great majority of PGA injuries relate to the spine, and approximately three-quarters of those golfers receive regular chiropractic treatment. He finds that a multi-disciplinary approach that includes both chiropractic and physical therapy, as employed by the PGA, offers the best possible care and provides the best results.

Acupuncture Can Help, Too

Acupuncture, a completely natural approach to healthcare, has helped billions of people become and stay healthy and has proven beneficial in dealing with pain from playing golf. Unlike traditional drugs, acupuncture has no side effects. Numerous studies have shown that acupuncture is very effective in reducing or eliminating back pain. It is also effective for "golf elbow," a condition associated with repetitive overuse of the elbows' extensor and flexor muscles.

Golf enthusiasts will be delighted to learn that Acupuncture can help them improve their game in that it has been shown to relax muscle spasms, release the body's natural steroids which reduce inflammation, produce endorphins which kill pain, improve blood flow and speed healing, calm nerve irritation, elevate mood, eliminate stress, enhance the immune system and regulate hormones and body functions.



Treating a Professional Athlete

Melissa Gonzalez, DC (NYCC '05), and her experiences treating a pro-golfer

Born and raised in Puerto Rico, NYCC alumna Melissa Gonzalez got to grow up with pro-golfer Erick Juan Morales, whose sister, Erika, remains one of her dearest friends. Melissa recalls watching as Erick spent his weekends performing countless golf drills.

Now her patient, Erick continues to follow a strict protocol, working out his lower body while resting his upper body, and executing stretches and exercises to enhance his well cultivated swing mechanics, precise grip and strong posture. Erick is also active in a variety of sports including soccer, and jogs several times a week. This is what, according to Dr. Gonzalez, provides him with a winning edge and helps him avoid injuries.

Dr. Gonzalez also counsels Morales regarding the appropriate use of ice and heat and the importance of regular chiropractic treatments. She administers treatments at her office and on the golf course. Golf remains popular in Puerto Rico and many of her patients hit the links as a pastime. A lot of the golf-related injuries she sees are soft-tissue: bursitis and medial epicondylitis (golfer's elbow) are common. Weekend golfers tend to suffer back injuries caused by over-swinging, missed hits, poor core conditioning, and/or weak posture. Professional golfers typically suffer more overuse injuries from their extended training.

How Did She Get Here?

During her sophomore year at Interamerican University of Puerto Rico a friend was involved in a motor-vehicle accident. She accompanied him to the chiropractor, observing the treatments and manipulations the doctor administered. "I was impressed at how the doctor could expertly provide treatment with the use of his hands," she recalls. Her fascination did not go unnoticed by the chiropractor who took time to explain the many benefits of chiropractic.

Searching for more information on the Web, Gonzalez was intrigued when she happened upon NYCC's triangle logo representing an optimal balance of philosophy, art and science. She took the leap and enrolled at NYCC, graduating in 2005, after which she practiced in New York, Pennsylvania and Costa Rica, and most currently, Puerto Rico.

Why Sports?

Dr. Gonzalez has long held an interest in sports.



Melissa Gonzalez, DC (NYCC '05) and pro-golfer Erick Juan Morales

In fact, it was a soccer injury that brought her to the Campus Health Center at NYCC for treatment. Her student intern noticed muscle imbalances that negatively impacted Gonzalez's posture, making her more prone to suffer injuries. Stretches and strengthening exercises successfully remedied the imbalances.

As a student, Melissa interned at the College's Depew Heath Center and took a Sports Module class with then clinician Sherri LaShomb, DC. "I was able to put into practice what I learned along my professional preparation while under the direct supervision of a highly skilled sports doctor like Dr. LaShomb," she said.

Immediately following graduation, Dr. Gonzalez was offered a position in Costa Rica with a chiropractor who worked for the International Federation of the

Football Association. Gonzalez then moved to Costa Rica and had the opportunity to care for soccer and volleyball players from Costa Rica's national teams. She states, "I can honestly say that it was one of the most fulfilling experiences of my professional life."

Getting and Treating Athletes

Gonzalez encourages those who seek to develop a practice treating athletes to follow their dream, as there are ample opportunities to develop expertise and recognition in the area of one's particular interest. She feels strongly that athletes who are in good condition will see improvement in their performance in sports. She concludes, "Developing a practice in treating athletes enables you to become an integral part of the game, in knowing that you had influence in that athlete's performance."



“YOU’LL NEED *Singles* WITH THAT”
Because Pain Also Happens Away From Home

Introducing
Biofreeze Singles



Ultra Portable



No Mess

Recommend Singles With Their Regular Biofreeze

VISIT BIOFREEZE.COM FOR LIST OF
 EXCLUSIVE BIOFREEZE SINGLES DEALERS

© 2011 The Hygenic Corporation. All Rights Reserved. P04975



President Frank J. Nicchi Presented with NYSCA's Highest Award at Homecoming Ceremony

Immediate past-president of the New York State Chiropractic Association (NYSCA) Dr. Mariangela Penna (NYCC '86), presented New York Chiropractic College President Dr. Frank J. Nicchi with the Association's highest honor - the Ernest G. Napolitano Award - during the College's Homecoming weekend held mid-July.

The award, named in honor of the College's second president and instituted shortly after his death in 1985, acknowledges Dr. Napolitano's outstanding contributions to the advancement of the chiropractic profession and to the Association, while recognizing similar efforts by award recipients.

A committee comprised of the NYSCA president and members chosen from its board of directors is charged with selecting the recipient of the award. According to Dr. Penna, significant consideration is given to people whose engagement with the Association over the years has benefited New York's chiropractors. Referring to her fellow alumnus, she explained: "Dr. Nicchi has consistently made the College accessible to the Association and has always played an active role. Whenever I needed something, he was only a phone call away." NYSCA Board member Dr. Lloyd Kupferman cited Dr. Nicchi's extensive record of service to NYSCA, one that included membership on the board of directors, presidency of NYSCA's Nassau County district, and active participation in the association's successful efforts in advocating for passage of state legislation that expanded the use of X-ray and authorized chiropractors to order laboratory testing back in mid-1980s. Kupferman lauded Dr. Nicchi in his role as president of the College for having generously provided resources that led to the production of a



Dr. Mariangela Penna (NYCC '86) presents NYCC President Dr. Frank J. Nicchi with the the Ernest G. Napolitano Award.

seminar video addressing recent changes in New York's workers' compensation law. Finally, Kupferman (currently a clinician at the college's Levittown Health Center) divulged his former instructor's role in starting him off on a successful journey with NYSCA as new graduate – one that led to a district presidency, service on the Association's board of directors, and ultimately receipt of a Napolitano Award of his own.

The award is presented when warranted by recipients' service and accomplishments. Fewer than 20 have been awarded over its



Dr. George Ngo (NYCC '72), NYCC President Dr. Frank Nicchi and Dr. Teresa Ngo (NYCC '72)



Dr. Andrew Halushka (NYCC '94), Dr. Susan Bradley (NYCC '94) and Dr. Lucia Colletti (NYCC '94)

40-year history. This year was unprecedented in that two people received the award. Dr. Penna, a chiropractic practitioner in Bayside, N.Y., and former NYCC clinician, received hers during NYSCA's annual convention luncheon in March. Breaking tradition, NYSCA recognized Nicchi at the College's Homecoming celebration. "We wanted him to receive the award surrounded by his people," explained Penna, a friend for nearly 20 years. Previous recipients include past NYCC Board chairs Drs. Lewis Bazakos (NYCC '78) and Robert Crocker, and former NYCC President and current Chancellor Dr. Kenneth W. Padgett. Also attending the Homecoming celebration on behalf of NYSCA were its current president, Dr. Bruce Silber; secretary, Dr. James Hildebrand; and board members Drs. Christopher Acquisto (NYCC '00), Susan Schliff, Malcolm Levitin (NYCC '78), Lloyd Angel (NYCC '87) and Lloyd Kupferman (NYCC '83).

The Friday evening dinner dance at Ventosa Vineyards also provided the perfect venue for Dr. Nicchi to recognize Alumni Drs. George and Teresa Ngo (NYCC '72), who distinguished themselves through their significant contributions to the College for more than two decades and their committed service to the chiropractic profession. The Ngos were among a select group who, as charter members back in 1993, helped to launch NYCC's President's Council. Dr. Nicchi expressed deep appreciation for their long-standing support.

All told, the College's Homecoming activities were a resounding success, attracting more than 430 alumni, students and faculty members. Speakers included renowned nutrition expert Dr. Michael Dobbins; popular guest lecturer Dr. Mark Charrette; NYCC faculty members Drs. Teresa Hoban, Sandra Hartwell,



Dr. Michael Dobbins lectures in the field of nutrition and herbal therapy.

and Lisa Bloom; Academy of Chiropractic Orthopedics board member Dr. Stephen Savoie; SpiderTech, Inc.'s Dr. Nick Tsagarelis; and Zheng Gu Tui Na's co-founder Frank Butler, LAc.



Alumni Advisory Council members who participated in the "Graduate Panel" discussion: (L to R) Dr. Thomas McKeon (NYCC '05), Ms. Susan Sheldon (NYCC '06), Dr. Susan Fries (NYCC '05), Dr. Laura Brayton (NYCC '03), Dr. Vincent Justino (NYCC '98), Dr. Marc Persson (NYCC '04) and Dr. Stephen Connor (NYCC '99)



NYCC students assist with Homecoming. (L to R) Jon Morron, Michael Penkin, Katherine Bodenberg, Michael Campeanu, Ashley McMillin and Joshua Begley.

NYCC Graduates 89 from Four Degree Programs

Those attending New York Chiropractic College's commencement exercises held in Seneca Falls, NY, July 30th, observed graduates from three natural healthcare disciplines embarked on their professional careers. Thirty Doctor of Chiropractic (DC), 23 Master of Science in Acupuncture (MSA) or Master of Science in Acupuncture and Oriental Medicine (MSAOM), and 36 Applied Clinical Nutrition (MSACN) degrees were conferred. Of the 89 graduates, three received dual DC/MSACN degrees and two received dual MSAOM/MSACN degrees.



Thomas Ryan Lillie, DC



Mary Conley Sarratori, LAc



Jeb R. Albro, DC, MSACN

Thomas Ryan Lillie presented his student address to the Doctor of Chiropractic class; Mary Conley Sarratori, LAc, addressed her classmates in the Finger Lakes School of Acupuncture and Oriental Medicine of NYCC (FLSAOM); as did Jeb R. Albro, DC, a fellow in the Doctor of Chiropractic program, to classmates in the School of Applied Clinical Nutrition.

Commencement, this year, had a familial component in that Mary Conley Sarratori, AOM class president, received her MSAOM degree as her sister, Megan Conley, secretary of the class, received her MSA, and Christian Brown, husband of NYCC admissions counselor, Kyung Brown, graduated from the DC program.

Commencement Address

NYCC alumnus, John Scaringe, DC ('87), EdD, served as keynote speaker for the event. Dr. Scaringe holds a Master of Science in Kinesiology from California State University, Fullerton, and an EdD in Educational Leadership from California State University, Long Beach. Having served as vice president of academic affairs at Southern California University of Health Sciences for three years, Dr. Scaringe was named its interim president in 2009 and appointed president in May 2010.



*NYCC Alumnus
John Scaringe, DC ('87), EdD*

Dr. Scaringe shared seven key points central to his success: integrity, passion, positive attitude, hard work, persistence, service to others, and exemplary mentors and

colleagues. He encouraged graduates to be honest, maintain consistency in their behavior, and never to compromise their character nor surrender their passion. Rather, he encouraged the members of his audience to explore ways to make things fun: "never underestimate the power of a smile." He counseled that excellence takes practice and that people who strive for perfection and precision may very well find excellence along the way. Persistence was highlighted, as were the benefits of supportive people to serve as motivators. Finally, he spoke of the importance of service to others - to one's community and to the profession.

"You have been given the skills and knowledge to do great things and don't let anyone tell you different," he urged the former students. "Work hard, be confident, show some humility, but above all have fun."

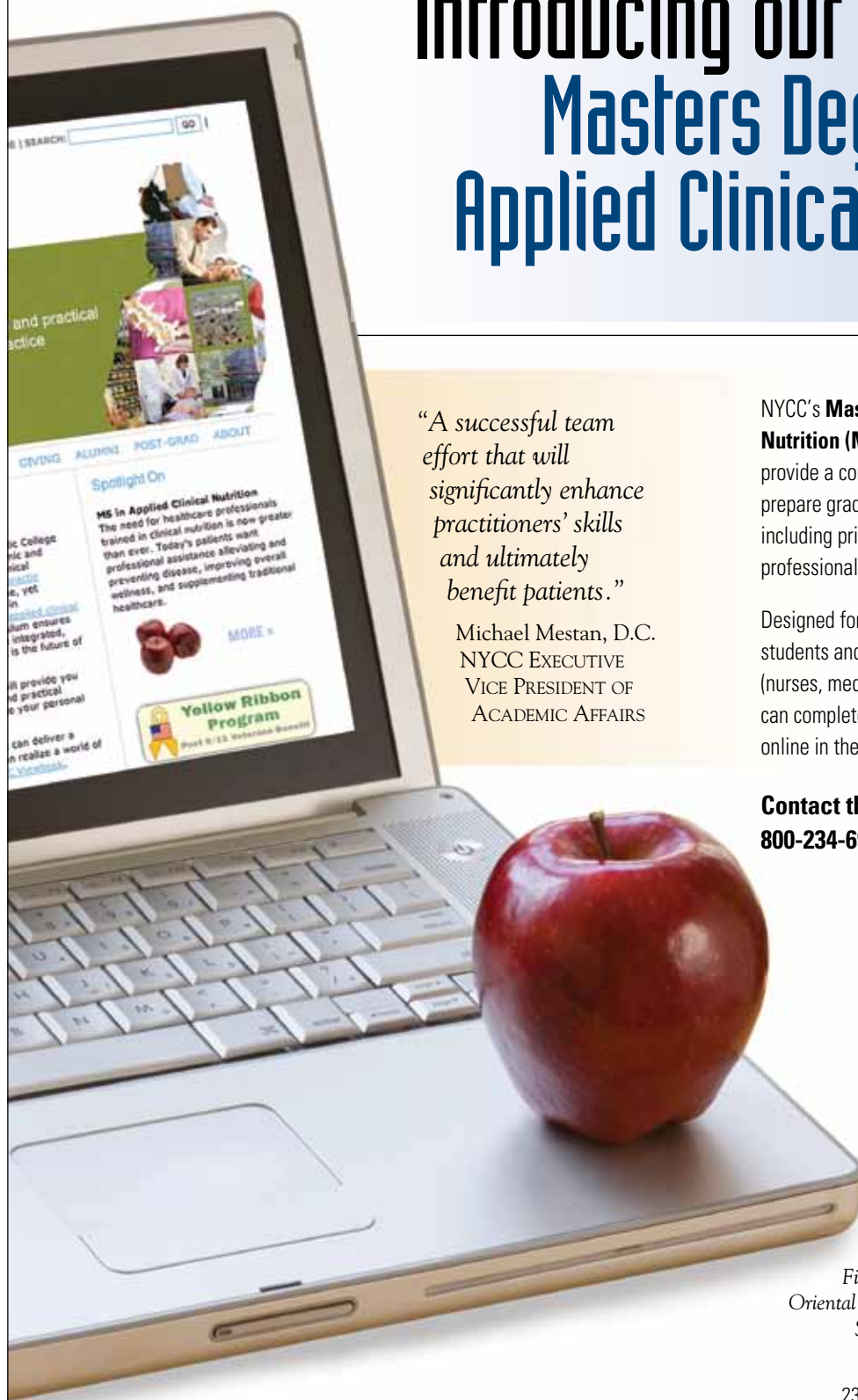
Fellow of the International College of Chiropractors

In a special presentation, Kenneth Padgett, DC, NYCC's chancellor and former president, as well as president of the International College of Chiropractic (ICC), bestowed upon NYCC Dean of Chiropractic Karen Bobak, DC, the honor of "fellow" to the ICC for her significant contributions and valuable and meritorious service to the profession. Incorporated in 1938, the International College of Chiropractic (ICC) strives to promote the philosophy, science, and art of chiropractic, professional scholarship and instruction, and encourages utmost integrity.



*Kenneth Padgett, DC and
Karen Bobak, DC*

Introducing our new online Masters Degree in Applied Clinical Nutrition



“A successful team effort that will significantly enhance practitioners’ skills and ultimately benefit patients.”

Michael Mestan, D.C.
NYCC EXECUTIVE
VICE PRESIDENT OF
ACADEMIC AFFAIRS

NYCC’s **Master of Science in Applied Clinical Nutrition (MSACN)** program is uniquely structured to provide a comprehensive professional education that will prepare graduates for employment in a variety of settings including private practice, integrative practice with other professionals, research, and industry consulting.

Designed for practicing chiropractors, current chiropractic students and all other qualified health care professionals (nurses, medical physicians, dentists, etc.), matriculants can complete this Masters level program completely online in the comfort of their homes.

**Contact the Admissions Office at
800-234-6922 or visit us at www.nycc.edu.**



**NEW YORK
CHIROPRACTIC
COLLEGE**

*Finger Lakes School of Acupuncture &
Oriental Medicine of New York Chiropractic College
School of Applied Clinical Nutrition*

2360 Route 89 • Seneca Falls, NY 13148

Make a Difference - Support New York Chiropractic College Today!

Annual Fund Gift Options:

◆ \$1,000 or more
President's Council *



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.

I CAN MAKE A DIFFERENCE - PLEASE ACCEPT MY GIFT

\$1,000 or more - President's Council

\$500 or more - The Delavan Theater Gift
(1 or 2 lines, up to 18 characters each, including spaces)

\$100 or more - Walkway of Honor Gift
(1-3 lines, up to 14 characters each, including spaces)

Name as it will appear on seat: _____

Name as it will appear on brick: _____

Name on credit card _____ Date _____

Address _____ Phone No. _____

City/State/Zip _____

Method of payment: Check (made payable to NYCC) VISA Master Card Discover American Express

Credit Card # _____ Expiration Date _____



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

TO MAKE A GIFT ONLINE
VISIT OUR WEB SITE:
<https://www.nycc.edu/giveBack.htm>

MAIL FORM/CHECKS TO:
NYCC - Attn: Jill Henry
2360 State Route 89
Seneca Falls, NY 13148

Alumni Spotlight

Efrain Palmer, DC (NYCC '78)

During his formative years in San Juan, Puerto Rico, first as a karate student and later instructing the martial art, Efrain Palmer recognized his desire to serve as a healer. Aspiring to become a physician, he earned a Bachelor of Science in Biological Research from the University of Puerto Rico.

Palmer's first acquaintance with chiropractic arose through his search to remedy lesions resulting from his demanding training as a martial artist. "I was impressed with the simplicity and effectiveness of chiropractic's approach and, consequently, wanted to further my knowledge in this area of the healing arts," he recalls. While traveling the world to advance his second-degree black belt he met Robert Guardino, DC (NYCC '74), a fellow martial artist, who encouraged him to consider attending New York Chiropractic College. Having looked at several schools, he earned admission to NYCC, matriculated, and graduated in 1978. Thereafter, he became founding director of the Palmer Chiropractic Clinic in San Juan and practiced there since.

In Practice

Initially, Dr. Palmer's practice was predominantly neuro-musculoskeletal and has since evolved to become one that addresses other organic and systemic conditions. He currently enjoys a well-respected working relationship with some of the best medical practitioners on the island. He enjoys administering healthcare to his patients as a primary care physician, many of whom have been with him for over 20 years. Nor is he reluctant to refer them to the island's trusted specialists (a number of whom have also been his patients) when warranted.

Palmer now refers new patients to an associate so he can spend more time with family and friends. "Although our children are now 30 and 27 years old and have their own family and career obligations, we still enjoy getting together regularly for a sail on the Caribbean, a round of golf, a competitive bike ride, or a trip somewhere," he says.

Dr. Palmer has served as president of the



Efrain Palmer, DC

Puerto Rican Chiropractors Association, as director of the Puerto Rican Board of Chiropractic Examiners, Puerto Rican delegate to the American Chiropractic Association House of Delegates, fellow of the International College of Chiropractors, and has held a number of other professional positions. An avid sailor, he was president (commander) of the Puerto Rican Nautical Club and is a member of the San Juan Nautical Club.

Chiropractic in Puerto Rico

Dr. Palmer describes the practice of chiropractic in Puerto Rico as similar to that practiced on the mainland, though the island culture seems a bit more resistant to change and lags behind the continent's systematic implementation of chiropractic programs. That notwithstanding, progress over the past 20 years has been impressive. "When I first came to the island after graduation there were 15 practicing DCs, there are now close to 150," he explains. Chiropractic has become incrementally mainstreamed and is frequently in the local news. Consulting a chiropractor is now "in."

NYCC's Class of 1978

Dr. Palmer credits his confidence and success to NYCC's excellent instruction. "I feel privileged and honored to have been

part of the class of 1978 of NYCC," he said. Reflecting on his early days in chiropractic college he recounts, "The first day, when every student was asked to introduce him or herself to the group, I was impressed with their commitment, maturity and intellectual depth." Palmer remarked on his many classmates who became leaders within the profession: "Dr. Frank Nicchi became NYCC president; Dr. Bob Braile, an International Chiropractors Association president; Dr. Lewis Bazakos, New York State Chiropractic Association president as well as Chairman of the Board of Governors for the American Chiropractic Association; Dr. Larry Jack, an author and renowned speaker; Dr. Phil Santiago, a world-renowned athlete and sports chiropractor; and Dr. Eric Kaplan, also a well-known speaker," he explains. Other classmates have influenced chiropractic policy in their own unique ways.

Paying it Forward

Palmer consistently refers interested student candidates to NYCC to acquire, what he considers, "the best chiropractic education available." He is often approached by people who want to know more about chiropractic as a career: "Interestingly, some of my patients and friends who work in the medical field urge me to guide their sons and daughters to pursue a chiropractic education rather than attend medical school." In fact, several of the people he has referred to the College have returned and joined his practice; others have remained on the mainland and launched their practices.

Inspiration and Advice

Palmer says his path to success is not unlike the course of a guided projectile; its trajectory is tweaked continually as it makes its way to the target. He attributes his character and accomplishments to a Christian upbringing, a happy childhood, and the influence of people with whom he has spent valuable time. He is appreciative: "The privilege of serving over 10,000 patients throughout the years has been extremely rewarding."

Alumni Spotlight

Mark VanAlstyne, DC ('99) & Bill Ross, DC ('99)

Doctors Mark VanAlstyne and Bill Ross have wholeheartedly devoted themselves to a life of fitness, training and helping others.

Their journeys, as with most people, included detours and corrections. With a BS in Business Administration, Mark VanAlstyne worked for the New York State Taxation and Finance Department. However, having always entertained the notion of pursuing a career in health care, he returned to school to receive his Doctor of Chiropractic, and later a BS in Health Sciences and MS in Physical Therapy.

Likewise, Bill Ross originally had his sights set on a world of commerce. An accounting major at Richard Stockton College, he switched his major to biology after experiencing relief through chiropractic at the hands of NYCC alumnus, Dr. Victor Rossi ('89) for pain associated with a powerlifting injury.



Dr. Bill Ross

NYCC

Looking for a college that closely aligned with his healthcare interests, VanAlstyne found NYCC was a perfect fit. "I wanted a school that had a strong focus on evaluation and differential diagnosis – what's more, NYCC had a beautiful campus," he said.

Bill Ross was "sold" on the school due largely to the friendly staff and faculty and to the serenity of the campus. He particularly appreciated Dr. Rossi's approach to healing."

The two weight-trained together while attending the College. Several years following graduation, Ross was looking through a power-lifting magazine and was surprised to find VanAlstyne's name together with benching results. "I immediately called him. He told me about the type of training he was performing and the technique he used. NYCC's Unity Day was right around the corner and we made plans to meet up and train," said Ross. "From that day, we've been competitive with one another."

Powerlifting

Since the early '90s when both men began competing in powerlifting, each has frequently participated in competitions. VanAlstyne typically competes in full meets: squat, bench and deadlifts. Ross, who placates a prior back injury, competes only in the bench.

Ross employs "Metal Militia," a bench workout that involves warming up and techniques that use board presses, chains, bands or rack locks. VanAlstyne trains three to four times a week and his diet is heavy on red meat and protein supplements. "I no longer consume baked goods, pizza, candy or alcohol, except for a Friday night 'cheat meal,'" he explained. As he gets older, VanAlstyne now pays more attention to aspects associated with recovery and nutrition to achieve strength gains.

Participating in the 2010 International Powerlifting Associa-



Dr. Mark VanAlstyne

tion (IPA) National Powerlifting & Bench Press Championships in York, Pa., the pair cinched the top rankings in the bench press. In the 198-pound master's division, Ross ranked first with a lift of 580 pounds while VanAlstyne ranked second with a lift of 575 pounds.

Where Are They Now?

Dr. VanAlstyne owns a solo practice in Fayetteville, N.Y. where he combines physical therapy and chiropractic, emphasizing soft-tissue therapies that include active release and Graston. He treats a number of runners and triathletes. When not working and training you will find him with his wife, Lynn, and their three bulldogs.

Dr. Ross briefly worked as an associate and then as an assistant to an orthopedic surgeon, before opening his practice

near Atlantic City, N.J. in 2001 where he treats a diverse patient population and focuses on musculoskeletal conditions. A New Jersey native who attended Absegami High School, Ross helped train its wrestling team and treats many athletes throughout the community. He and his wife, Dorie, enjoy their three children: Madelyn, 5; Emily, 4; and Conner, 1.

Inspiration & Advice

VanAlstyne encourages students and new graduates to find their niche. "Don't be lazy - work hard and keep business expenses low," he says, attributing his work ethic and sense of self-confidence to his grandmother.

As for Dr. Ross, he warns against taking short cuts: "My dad always said if it were easy, *everyone* would be doing it."



"Like" Our Page on Facebook Today!

Stay connected to NYCC through Facebook! Check out our new page for the latest NYCC scoop - on campus, in the news, and with students and alums.

[www.facebook.com/
NewYorkChiropracticCollege](http://www.facebook.com/NewYorkChiropracticCollege)



NEW YORK
CHIROPRACTIC
COLLEGE

Finger Lakes School of Acupuncture & Oriental Medicine
School of Applied Clinical Nutrition



Recent Student Reflects on Assisting Injured Military

Things changed once this recent student, turned graduate, saw what chiropractic could do. With thoughts of becoming a dentist, Amanda Applegarth, DC, had entered Otterbein College, in Westerville, Ohio.

Why Chiropractic?

Amanda began work at the front desk of a local chiropractic office as a college student. She was amazed at chiropractic's transformative results with patients. I couldn't believe how people came in who could barely move or walk and a week later you'd never know anything had been wrong," she said. Having suffered migraines since age 13, Amanda decided to give chiropractic treatment a try. "I was taking medication that occasionally worked, but it made me useless for the entire day; nothing had been able to decrease the frequency. That all changed when I started to get adjusted!" she said.

She grew fond of the natural health-care approach and felt chiropractic was a perfect fit for her. Dr. James Schramm, a chiropractor where she worked, influenced her decision to enter the field. "Dr. Schramm did an excellent job educating me about chiropractic, how it worked, and how to decide if it was a good fit for me," she said.

NYCC

She earned her degree in life sciences and visited a variety of chiropractic colleges. She felt most "at home" at New York Chiropractic College. "The campus was beautiful, the facilities were nice and up-to-date, and everyone went above and beyond to help me," she said. "Plus, its



The 2011 Face of America Bike Ride traveled from Washington, DC, to Gettysburg, Penn. The two-day event honored injured U.S. military personnel and raised funds to help wounded warriors.

coursework was supported by sound science classes."

Her experience at NYCC has been nothing short of amazing: practicing adjustments to music in Dr. Lauretti's class, stirring debates during Dr. Wells' lectures. "I started out with a small group of classmates that, over the course of three years, has become my family away from home," she said.

Amanda describes her internship at the National Naval Medical Center in Bethesda, Md., as one of her best decisions. "This internship is truly unique - I work both in the chiropractic clinic and go on rotations throughout the hospital for a full day and two half-days each week," she said. Her work in the clinic brought

her as close to running her own office as she can imagine, allowing her to treat as many as 15 to 20 patients in one day while providing exposure to a variety of conditions. Great preparation for future practice!

Face of America Bike Ride - A Memorable Experience

Passionate about her work, Amanda enthusiastically accepted participation with a medical care team comprised of chiropractors, medical doctors, physical therapists, orthopedists and nurses - all assisting with a 2011 Face of America Bike Ride traveling from Washington, DC,

Continued on page 26

LLOYD TABLE:

AMERICAN MADE

WITH WORLD CLASS FEATURES

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



Put a new Lloyd table to work for you.

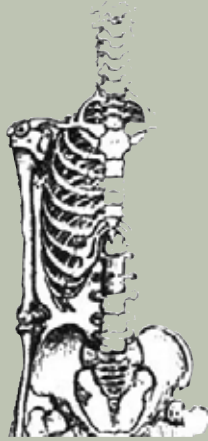
Call Toll Free: 1-800-553-7297
Phone: (319) 455-2110 - Fax: (319) 455-2166

E-Mail: sales@lloydtable.com
102-122 West Main Street - Lisbon, Iowa 52253-0899



Are you a health care professional desiring a comprehensive program that focuses on developing professional educators of applied clinical anatomy? 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!

MASTER OF SCIENCE IN CLINICAL ANATOMY AT NYCC



- Work with professionals from the State University of New York Upstate Medical University in Syracuse and the Albert Einstein College of Medicine of Yeshiva University in New York City
- Prepare under world-renowned faculty
- Complete course of study in two years at the Seneca Falls campus

The program is designed to fill the lack of professionals adequately trained to teach gross anatomy at advanced educational levels.

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

Student Spotlight - Amanda Applegarth

Continued from page 24

to Gettysburg, Penn. The two-day event honored injured U.S. military personnel and raised funds to help wounded warriors. Of the more than 400 riders in the race, 90 were amputees. Amanda and her team provided medical care during the event and, at day's end, she along with other chiropractors in the area, provided free chiropractic care to all the riders.

She was deeply affected on a personal level, having met some remarkable individuals along the way: "One of the Vietnam veterans told me that he was tearing up as he crossed the finish line because he was so over-

whelmed with the support and patriotism of everyone cheering him on," she recalled. Inspired by the camaraderie of the cyclists, Amanda plans to participate as a rider next year. Participation also had its practice benefits: "It's good to be taken out of your element so that you can see new things and learn new ways of treating and adjusting."

Inspiration & Advice

Amanda encourages current students to get involved! She credits her participation in the Student American Chiropractic Association (SACA) for her excellent experience in chiropractic college: "The

networking, opportunities, and friendships you will make are endless when you become involved!"

Future Plans

Two life-changing events for Amanda Applegarth include her recent graduation from NYCC in July 2011 and her wedding to high school sweetheart Lance Fisher.

Her ultimate goal is to open a practice that focuses on family and sports chiropractic. She is busy interviewing for associate positions in order to learn the business side of practice before going out on her own.

ONC-ATCB Certified to help you collect up to \$44,000.00.

Install NOW to be eligible for up to \$18,000.00 in 2012 incentives.*



Future Health version 2.0
eConnect and CVOS
CC-1112-888070-1

Customizable with smartphone-like Apps • Plans from \$24.95/mo, including data storage, backup & security
Intuitive, easy to use • Access records anywhere • Free training & support • Lower set-up expense

See it for yourself!

Sign up for a free demo now at www.FutureHealthSoftware.com/109.

For faster service call Toll Free 1-888-919-9919, ext 612. There's no cost and no obligation.



*Install by year end to qualify for 365 days' meaningful use beginning Jan 1, 2012 ... required to be eligible for up to \$18,000.00 in 2012 incentives. Read more at www.FHeConnect.com/1003

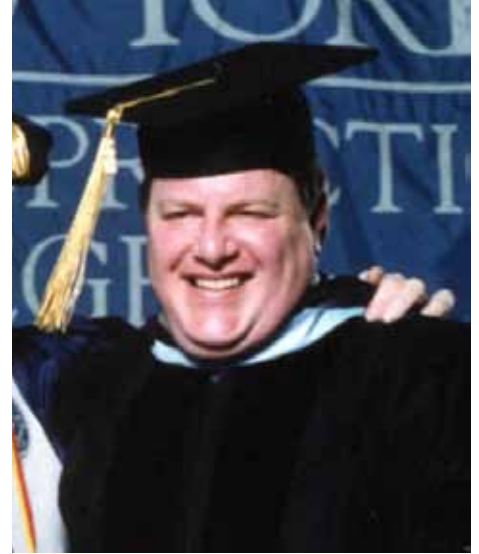
Copyright ©2011 Future Health. All rights reserved. The Future Health logo and the Future Health eConnect graphic are trademarks of Future Health.

In Memoriam

David P. Quinn, DC (NYCC '00)

David Quinn, DC, died suddenly July 12, 2011 survived by Catherine Altman Quinn, his wife of 28 years; a son, William; a brother, Douglas and sister, Maura Briseno, both of California. A prominent AK practitioner in Auburn, N.Y., Dr. Quinn, or “Quinney” as he was known to some, was a well-liked dedicated chiropractor who experienced exceptional results with his patients. Having served in the United States Navy, he retired as a decorated Lieutenant Commander in 1994.

Classmates may honor Dr. Quinn’s memory through the purchase of an engraved brick for the Walkway of Honor or a tree to be planted in the Memorial Garden on the NYCC campus in Seneca Falls (to be determined by the College) by sending contributions written out to “New York Chiropractic College” to Dr. Jacqueline Lupkin at PO Box 1143, Pottsville, PA, 17901. Please provide your contact information and include “Dr. David Quinn” in the memo section of your check.



Dr. David Quinn

David Hartstein, DC (NYCC '01)

NYCC mourns the tragic passing of alumnus Dr. David Hartstein, a respected chiropractor from Montauk (Long Island), N.Y., who died on June 17 at age 35.

Survived by his wife, Heather, and their three sons – Logan (5), Devon (3) and Shane (1) - Hartstein grew up in Farmingville, N.Y., at-



Dr. David Hartstein

tended New York Chiropractic College and opened a practice in East Hampton, N.Y., nearly 10 years ago. He also had a practice in Montauk. A devoted family man, he adored his children, was a loving son to his parents, and a supportive husband.



to the next level. TAKE CHIROPRACTIC

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

PERSONAL TRAINING Seminars

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



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

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

Seating is limited. Call today!

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

New York Chiropractic College

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

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

Join us in New York and many other states, nationwide!*

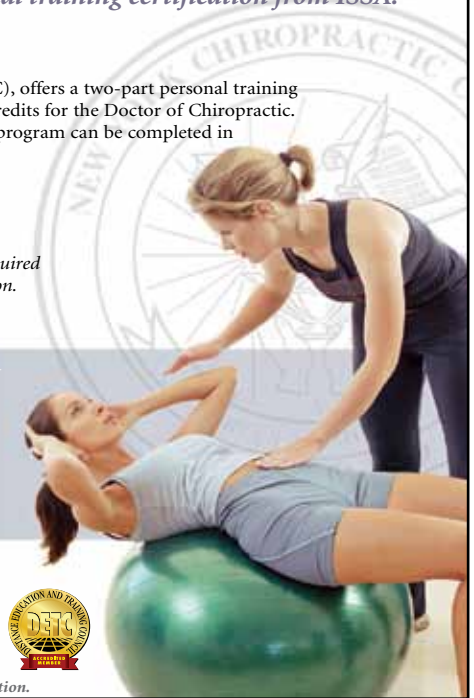
New York State
Nov. 5-6, Long Island

Massachusetts
Oct. 1-2, Boston

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

Call **800.892.4772** and ask about Chiropractic CEUs or visit ISSAtransitions.com today. Mention trn0711

Seminar dates subject to change. Visit ISSAonline.edu for current information.



Anatomical Gift Program

Play an important role in natural healthcare education and research.

Make an anatomical gift to New York Chiropractic College.

Call the New York Chiropractic College Anatomy Center to obtain donor forms: (315) 568-3196.

(Must be 18 years of age or older)



Dynatronics • Hausmann • MedFit Systems • ErgoStyle Tables • Sciffit • Chattanooga • Landice • Hill Tables • Multi Radiance Medical • Sciffit • Quantum • J-Tech

All The Products You Need... & The Personal Service You Deserve!

Ask For Details About Our 6 Month No Payment Financing

Laser Therapy • Vibration Therapy • Electric Stimulation • Ultrasound Therapy • Units • TENS Tables • Traction • Rehabilitation Equipment Evaluation Equipment • Supplies • Electrodes Pillows • LumboSacral Supports • Low Back Cushions • Cervical Collars • Paper Products • Lotions Gels • Kinesio Tape • Theraband • Hot Packs Cold Packs • Orthogel... and Much More!

Call Today For Our Fabulous Trade-in Promotion!

Harlan Health Products, Inc.
PO Box 8421, Pelham, NY 10803
www.HarlanHealth.com
(800) 345-1124

Dynatronics • Hausmann • MedFit Systems • ErgoStyle Tables • Sciffit • Chattanooga • Landice • Hill Tables • Multi Radiance Medical • Sciffit • Quantum • J-Tech

News Briefs

Kathy Dooley, DC, MSCA (NYCC '09), Tapped by Einstein and Cornell Medical Schools

Excited to develop her skills as well as receive a master's degree while helping teach courses in anatomy, Dr. Kathy Dooley became the very first fellow of New York Chiropractic College's Master of Science in Clinical Anatomy (MSCA) program. "I wanted to feel comfortable teaching in any anatomy lab in the country," she says. The program exceeded her expectations and fully prepared her to teach at the professional-school level. She has surpassed those goals, and now teaches anatomy in two countries. "I am so immensely grateful to the faculty and staff of NYCC. Without amazing mentors like Dr. Rob Walker, my life would not have been possible. I am extremely happy, and doors seem to be flying open due to my experience gained at NYCC in the MSCA program," she said.



Kathy Dooley, DC

New Opportunities

After graduation from NYCC, Dooley received five job offers. A 2007 graduate of Logan College of Chiropractic in St. Louis, Mo., she chose to return to Logan as an assistant professor leading gross anatomy and neuroanatomy lectures and laboratories. On trimester breaks, she has been acting as a visiting professor for St. George's Medical School in Grenada,

West Indies.

Although sorry to leave her position at Logan, she found herself wanting to focus more on practicing while still being able to teach. Dooley is excited to begin her duties as a teaching consultant (adjunct professor) at both Cornell Medical College and Einstein College of Medicine, where she will teach medical students in gross anatomy labs. "Teaching at the medical schools as adjunct better suits my current life goals," stated Dooley.

Dooley was introduced to Einstein College of Medicine through her NYCC externship for the MSCA program and

was invited for a second externship during her third year of fellowship. She was introduced to Cornell Medical College while working with colleagues who hold adjunct faculty positions at both colleges.

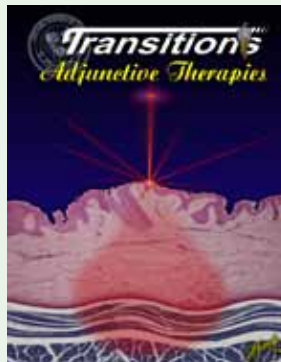
Future Plans

Dooley intends to further develop her teaching skills at the medical colleges while building a practice in chiropractic and acupuncture. She began her acupuncture master's at the Finger Lakes School of Acupuncture and Oriental Medicine of NYCC - a program she called "fantastic" - and plans to complete her master's course work in acupuncture in New York City, all while practicing and teaching. "I prefer to stay quite busy - it is how I thrive!" she explains.

Words of Encouragement

"I don't let anyone tell me that my goals are impossible," says Dooley. Having been told the medical community would not accept a chiropractor teaching at a medical school, she has now taught at several. "I think working at a medical school helps future medical doctors see chiropractors in a positive light, so I highly encourage all chiropractors to integrate with the medical community."

Transitions Magazine is "Going Green"



Please provide your e-mail address to jhenry@nycc.edu so you can begin receiving *Transitions* magazine digitally! Beginning with our next issue, anyone living outside the U.S. will receive *Transitions* digitally only.

Wobenzym® PS

A Professional Strength Dietary Supplement

The Power of Professional Strength



at your finger tips!

Highly Active Enzyme Formula for Balanced Immune Function



Wobenzym® PS is exclusively available to healthcare professionals.

Wobenzym® PS provides a highly active enzyme formula in enteric coated tablets. Clinically backed to support a healthy immune system, Wobenzym® PS supplies specific enzymes to the body to support immune function, joint, muscle and tendon structure, as well as normal wound healing.†

Contact us today: at 1-888-DOUGLAB
(1-888-368-4522) or 1-800-245-4440.
www.douglaslabs.com

600 Boyce Road • Pittsburgh, PA 15205, U.S.A.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Douglas Laboratories®

Raising the Standard for Nutrition and Wellness.™



www.wobenzym-usa.com

See all the technical data and clinical trials at...
www.douglaslabs.com/wobenzymps

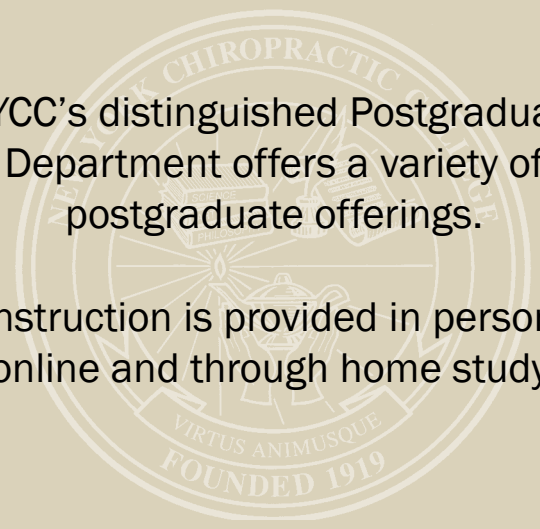
Not all Postgraduate Departments are Created Equal

There's a **very good** reason why the **very best** instructors choose New York Chiropractic College and why the **very best** students do as well!



NYCC's distinguished Postgraduate Department offers a variety of postgraduate offerings.

Instruction is provided in person, online and through home study.



Visit our Web site at: http://www.nycc.edu/PostGrad_home.htm or call 1-800-434-3955 for a complete listing of classroom, online, home study and teleseminars.

Relieved Patients "Give Back"

New York Chiropractic College . . .
Making a Difference in the Natural Healthcare Profession

Patients who benefit from your care may want to show their appreciation.

Suggest a donation to New York Chiropractic College to ensure that natural healthcare professions continue to grow.



*All gifts are recognized
and greatly appreciated!*



Call 800-234-6922 (Ext. 3151) for more information.

News Briefs

NYCC Trustee James Powell, DC, Dishes Up Tips About Standard Process' "Cleanse"

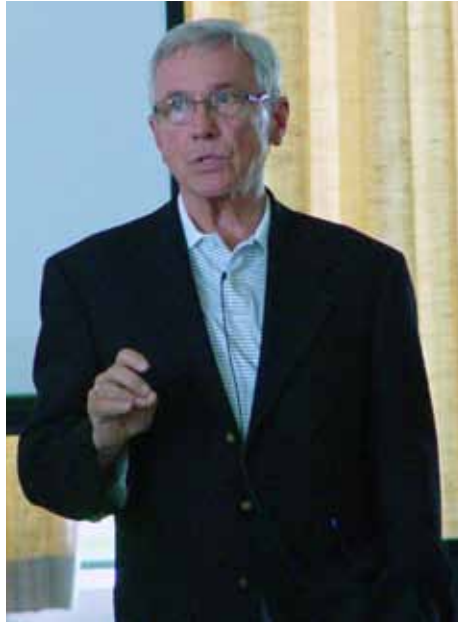
A light lunch of fruit and vegetables set the tone as more than 30 members of the NYCC community gathered to listen to NYCC Trustee James Powell, DC, DIBAK, speak at the first "Lunch and Learn" session for the College's Spring Cleanse Event. Many of those in attendance were participating in the Standard Process, Inc. 21 Day Purification Program facilitated by Erica Callahan, DC (NYCC 2007), a clinician at NYCC's Seneca Falls Health Center.

A 1970 graduate of National College of Chiropractic, Powell is a diplomate of the International Board of Applied Kinesiology and fellow of the International Council of Chiropractors. He is also certified in rehabilitative exercises by the University of Florida's College of Medicine and the Department of Health and Human Performance.

The Seven Essentials

In addition to operating his chiropractic office in Canton, Ohio, Dr. Powell conducts nutrition-based presentations geared toward outpatient clinics at chiropractic colleges. His practice emphasizes wellness by promoting "Seven Essentials":

- 1) "Structure Effects Function": The body functions optimally when in the most biomechanically advantageous position. This concept applies not only to activities such as lifting, sitting, and standing, but also to spinal alignment. Chiropractic's role is to ensure proper posture and nerve signaling through chiropractic adjustments.
- 2) "What You Eat and Drink": The body rebuilds and repairs using the food that is consumed. Real food and whole-food supple-



NYCC Trustee James Powell, DC, DIBAK

mentation provide what is necessary for the body's biological processes. Highly processed and modified foods not only lack the components needed by the body, but are treated as waste products which must be eliminated.

- 3) "Digest, Assimilate, and Eliminate": In order for food to be used properly in the body, it must be processed correctly. Problems such as food sensitivities and irritable bowel syndrome (IBS) adversely affect the utilization of food. Correcting these problems ensures the nutrition contained in food can be put to use.
- 4) "Balanced Hormone System": Hormones are the signaling system of the body. An imbalance can hinder the body from responding in an appropriate manner. Maintaining thyroid health and other components of

the endocrine system, through practices such as exercise, enables the hormone system to function as an asset rather than a liability.

- 5) "Exercise": One of the many benefits of regular exercise is a slowing of the effects of osteoporosis. Regular physical activity also promotes a healthy cardiovascular system, which helps combat the risk of heart disease and stroke;
- 6) "Stress Management": Numerous stresses are placed on our bodies on a daily basis, including physical, chemical, and emotional stress. The body can only deal with these stressors for a limited length of time before function becomes compromised. Removing stress from the body reduces the amount of energy required to adapt.
- 7) "Guarding Your Thoughts": One overlooked aspect of health is attitudinal. Negative thoughts, or "stinking thinking," adversely affect the body on a cellular and postural level, leading to diminished overall function.

Dr. Powell's presentation, titled "What is the Cause of Health?" focused on Essentials 2, 3, 4, and 6, all of which stress cleansing the body of toxins through diet modification, supplementation, and stress management. As the purification program at the College directly relates to these wellness attributes, Powell's talk was not only educational, but also motivational for those on the cleanse.

Continued on next page

News Briefs

NYCC Student Earns Conference Slot, Meets Dr. Andrew Weil



Zackery Conklin, 4th trimester chiropractic student

Fourth-trimester chiropractic student Zackery Conklin distinguished himself, as did three others who “earned” attendance at the San Francisco 2011 Nutrition and Health Conference hosted by the University of Arizona’s Integrative Medicine. Conklin submitted a paper that expressed his passion for wellness and human excellence and told of his involvement with myfatfact.com, a multi-integrative Web application that instructs about health on a personalized basis by

condensing health and nutrition research into concise text messages – a project he began a year and a half prior and plans to launch as a *free* service later in this year.

The three-day conference was attended by more than 900 people. Half were medical doctors and the rest were healthcare professionals who included dietitians, nurse practitioners, chiropractors, naturopaths and psychiatrists with an interest in holistic approaches to healthcare.

Conklin was honored to be a chiropractic student comfortably ensconced in an overwhelming MD world. “Almost all of the doctors I spoke to were open to chiropractic and had

questions that I was able to answer with confidence,” he said. Also present was one of his idols, Dr. Andrew Weil, founder of the Integrative Medicine Department and renowned author on natural health and healing. “Meeting him was extremely rewarding and worth the trip in and of itself,” he added.

“The mission behind myfatfacts.com is to elevate health and healthcare instruction for all Americans and to ultimately become a more health-conscious civilization,” he explained.



Dr. Andrew Weil (left)

NYCC Trustee James Powell, DC, Dishes Up Tips About Standard Process’ “Cleanse”

Continued from previous page

Weight Loss and Digestion

One of the additional benefits of the cleanse program is weight loss. Many of Powell’s own patients become interested in it as a method of natural weight loss, and he is happy to encourage vanity-motivated patients to embrace more healthy diets.

Powell emphasized the important role an active and healthy lifestyle plays in the body’s function and noted how body mass index (BMI) is a predictor for disease and stating, “Whenever there is a weight problem, there is

usually a digestion problem.”

A lot of what we eat cannot be processed by the body’s digestive system. The body tries to eliminate, store, or hide the unprocessed foods in fat tissues to protect the rest of the body, explained Powell. He likened this to the formation of a callous on an overused hand. The body responds to stressors in a variety of ways. Once the stressor is removed, in the case of the hand, the callous will eventually resolve.

Standard Process, Inc.

The Purification Program uses a Stan-

dard Process supplement called SP Cleanse to address toxicities. Other Standard Process supplements used in the 21 Day Purification Program included SP Complete, SP Green Food, and SP Whole Food for proper protein, ensure adequate antioxidants, and enable complete detoxification of food.

Additional “Lunch and Learn” events were held weekly throughout the duration of program.

RESEARCH • RELIABILITY • RESULTS

THE WORLD'S #1 INSTRUMENT ADJUSTING TECHNIQUE

Becoming an expert takes time, training and the right tools. Give us your time, and we'll deliver the training and the tools you need to master the Activator Method®.

Activator Methods Seminars The Path to Proficiency

Step 1: Basic

- Learn the Basic Scan Protocol at Activator Online (www.activatoronline.com)
- 30 days to complete the seminar
- Convenience and flexibility

Step 2: Intermediate

- Learn how to treat TMJ
- Relieve chronic sacro-iliac pain
- Address axis/atlas problems

Step 3: Advanced

New this fall!

- Learn to differentiate true carpal tunnel from other hand conditions
- Reduce overall inflammation in the body with multiple treatment methods



**ACTIVATOR
METHODS®**

INTERNATIONAL LTD.

RESEARCH • RELIABILITY • RESULTS

Questions? Call 1.800.598.0224

for information or to register by phone.

Register online at www.activator.com

FREE Activator research CD
with every paid registration!

Fall 2011 Intermediate and Advanced Seminars†

ST. LOUIS, MO
SEP 10-11

CHICAGO, IL
OCT 1-2

SAN JOSE, CA
OCT 8-9

DALLAS, TX
OCT 22-23

SEATTLE, WA
NOV 5-6

TORONTO, ON*
NOV 19-20

MINNEAPOLIS, MN
SEP 24-25

ATLANTA, GA*
OCT 8-9

PHOENIX, AZ
OCT 15-16

NEWARK, NJ
OCT 29-30

BOSTON, MA
NOV 12-13

ORANGE COUNTY, CA
DEC 3-4

*All levels - Basic, Intermediate and Advanced - are offered at this seminar. Basic is also offered through Activator Online. †All seminars provide up to 12 Continuing Education credits. co-sponsored by Palmer College of Chiropractic. Information is correct at time of printing and subject to change.

Activator and Activator Methods are registered trademarks of Activator Methods International, Ltd. in the United States and other countries. © Activator Methods International UK, Ltd.

Class of 1978

William J. Murphy, DC, has practiced for more than 30 years in Jupiter, Fla. He recently co-authored an article with neurosurgeons, Fred Cohen, MD and Mark Bernstein, MD. The article entitled, "Is Prophylactic Lumbar Discectomy Ever Indicated?" was published in the Canadian Journal of Neurological Sciences.

Class of 1982

Douglas George Kerstein, DC, of Goose Creek, S.C., passed away August 15, 2011, at the age of 56. Born in Queens, N.Y., Dr. Kerstein is survived by his wife, Nada Mattucci Kerstein; two sons, Chris and Michael; and two brothers, Donald (Chicago, Ill.) and Russell (Long Island, N.Y.).

Class of 1997

Ann Studer, DC, is pleased to announce the birth of her daughter, Vivian Ashling, who was born March 21st at home in a birthing pool and attended by a midwife. The birth was featured in Orange County's Dirt magazine. Ann is in the 13th year of her practice, Chiropractic LIFE Center, in Warwick, N.Y. She performs Network Spinal Analysis and is also a certified Life Coach helping practice members to release emotional energy related to their physical pain. Ann can be reached at: astuder@warwick.net.

Class of 1999

John A. Fuentes, DC, celebrated the 10th anniversary in his Clifford, Penn. office on June 12, 2011 by opening a satellite office (open Tuesdays and Thursdays) at 414 East Drinker Street, Dunmore, PA 18512. He can be

reached at the main office at 570-222-5070. This past March, John, with his family, joined Chiromission with about 35 chiropractors and students for his third mission to Puerto Plata in the Dominican Republic. He is planning on making his fourth trip this October. Visit chiromission.com for more information.

Class of 2001

Stephanie J. (Schooley) Chaney, DC, was recently elected to the position of president of the Maryland State Board of Chiropractic and Massage Therapy Examiners. Dr. Chaney has served on the Board for the past 5 years and has on several occasions participated as an examiner for the National Board of Examiners Part IV exams during this time. She and her husband, Thomas Chaney, DC ('01), own Living Health Chiropractic and Functional Medicine in Annapolis, Maryland, where, along with three other chiropractors, they not only practice a myriad of chiropractic techniques with an emphasis on CBP, but also run successful functional medicine programs targeted at reversing Type II Diabetes, reversing Neuropathy and attaining relief from many other physiological and endocrine imbalances. She can be reached at 410-507-9659 or drstephchaney@hotmail.com.

Class of 2006/2007

Jesse Elsholz, DC (NYCC '06), and Jennifer Elsholz, DC (NYCC '07), were married in May 2009 and just recently celebrated the birth of their first child, Hailey Maya Elsholz. She was born May 6, 2011 and weighed 7 lbs. 9 oz. and was 19.5 inches long. They are very excited and can be reached by e-mail at DrJenniferB@yahoo.com.

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: Vice President of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800; fax: 315-568-3153; or e-mail: pvantyle@nycc.edu.

Name _____

Name while at NYCC _____

Phone No. (Office) _____ Month/Year Graduation _____

Address (Office) _____

E-Mail Address _____

My News _____



NCMIC has been defending D.C.s for **34,387,200** minutes

We know what we're doing.

When you choose NCMIC, you'll have more than outstanding malpractice insurance. *You'll have access to over 64 years—34,387,200 minutes—of experience in defending Doctors of Chiropractic.*

**And, if you face a lawsuit, that expertise
could make all the difference.**

We've handled all kinds of chiropractic malpractice cases at NCMIC. This means we have a wealth of information, plans and strategies, as well as a national network of attorneys who specialize in healthcare malpractice.

You can be sure that the minute we take your call, we're ready to answer your questions, give you valuable advice and defend you to the fullest.

Don't trust your reputation to just anyone.



www.ncmic.com

14001 University Avenue • Clive • Iowa 50325

We Take Care of Our Own is a registered service mark of NCMIC Group, Inc.

©2011 NCMIC NFL 3166

*Learn more about NCMIC's Malpractice
Insurance Plan today.*

Call 1-800-769-2000, ext. 3133.

Introducing Our New Online Master of Science Degree in Human Anatomy and Physiology Instruction

NYCC's **Master of Science in Human Anatomy and Physiology Instruction (MSHAPI)** program is uniquely designed for those with a professional healthcare or advanced biology degree. The course of study builds on existing anatomy and physiology knowledge base, transforming the student into an exceptional A&P instructor for the undergraduate level of higher education.

This masters degree program is *offered online*, providing all the advantages of the online educational environment important to advanced learners. It has components that:

- Assure competency over the entire spectrum of undergraduate anatomy and physiology instruction
- Provide a sound foundation in instructional theory and practices
- Allow for a measure of specialization through selection of elective courses

Contact the Admissions Office at 800-234-6922 or visit us at www.nycc.edu.



**NEW YORK
CHIROPRACTIC
COLLEGE**

*Finger Lakes School of
Acupuncture & Oriental
Medicine of New York
Chiropractic College*

*School of Applied
Clinical Nutrition*

2360 Route 89 • Seneca Falls, NY 13148

"The MSHAPI approach is unique – it starts with a student already educated in A&P course content and builds on that foundation, creating a highly trained instructional specialist for the undergraduate A&P lecture room and laboratory."

Michael Mestan, D.C.

NYCC EXECUTIVE VICE PRESIDENT OF ACADEMIC AFFAIRS

Learn to
teach.
Teach to
transform.

**CLASSES
NOW
FORMING**

FOR 56 YEARS FOOT LEVELERS HAS SUPPORTED INDIVIDUAL RIGHTS



Each individual patient is unique. Their posture and spinal problems are all different. **They need different support.**

We are proud to support chiropractors who believe that Spinal Pelvic Stabilizers should be **custom-made for every patient**, one foot at a time.



Unique Support for the Individual.

Call 1.800.553.4860 today!

FootLevelers.com



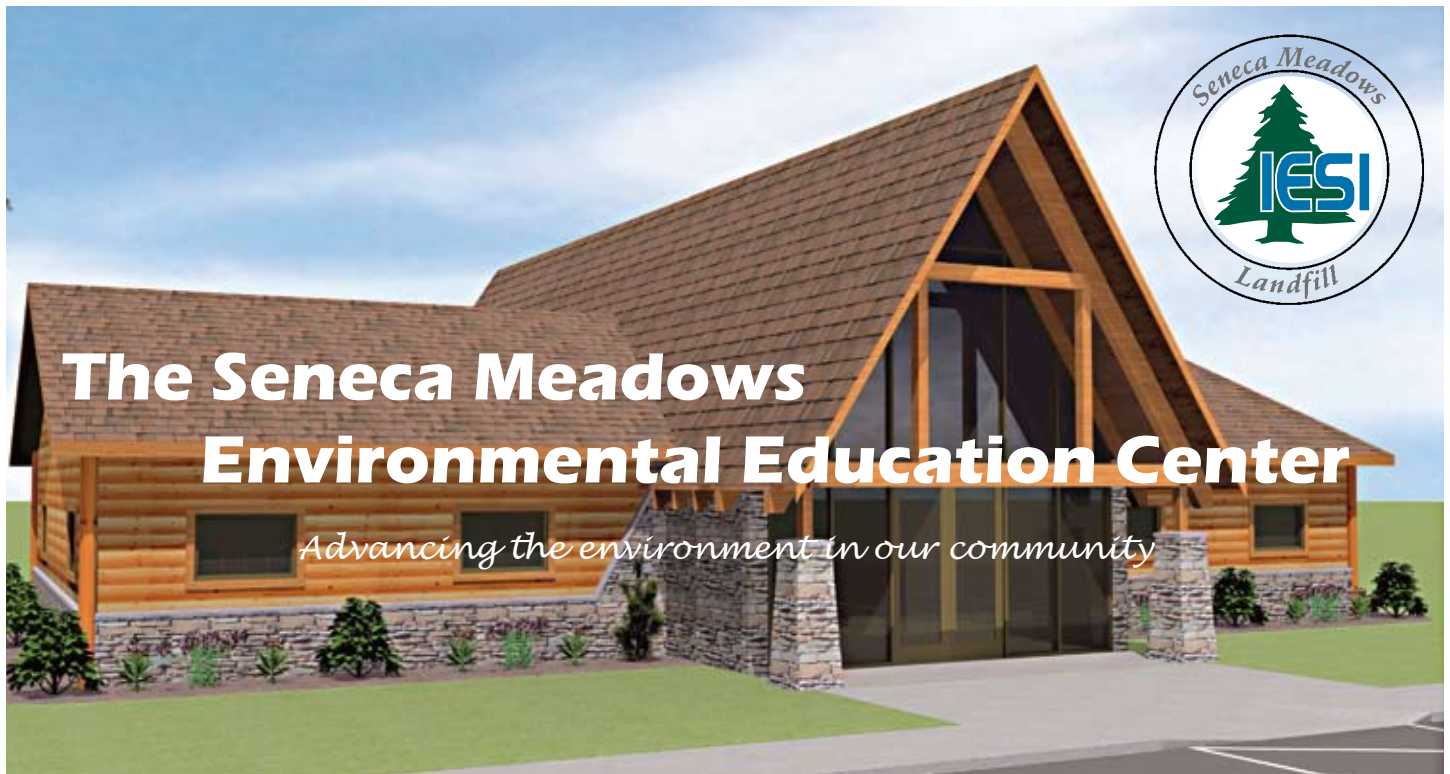
©2008 Foot Levelers, Inc.

Transitions



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

NON-PROFIT
ORGANIZATIIN
U.S. POSTAGE
PAID
Seneca Falls, NY
Permit No. 80



The Seneca Meadows Environmental Education Center

Advancing the environment in our community