



Transitions

A Publication of New York Chiropractic College

January/February 2014



PUBLIC HEALTH



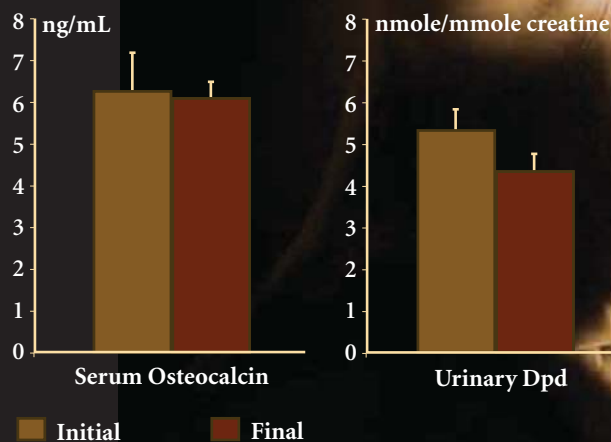
New Research in Bone Regrowth

Calcifood[®], Ostrophin PMG[®], and Cataplex[®] D, used together, were found to decrease urinary deoxyypyridinoline (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

 Standard Process[®]



Inside This Issue

**Editor/Vice President of
Institutional Advancement**

Peter Van Tyle

Advisor/Designer

Peggy Van Kirk

Alumni Relations

Diane Zink

Content Coordinator

Kathy Hadley

Cover

Amanda Van Tassel

Contributing Staff

Vicki Baroodly

Harmony Bell

Danielle Dupell

Garrett Hussion

Lauren Kronowitz

Savannah Martinez

Brendan McCann

Bryan Schuerlein

President's Message.....4
President's Council..... 6-7
Corporate Sponsors/ Annual Fund Donors 7-9
Series Articles..... 10-19
Alumni Spotlight.....21
Student Spotlight 22-23
Commencement.....25
Annual Fund Gift Options.....26
News Briefs..... 27-32
An Example of Excellence..... 34-35
What's News.....36

The name of New York Chiropractic College's official publication, *Transitions*, was the inspiration of Dr. Larry Connors who, in 1974, issued a four-page newsletter whose title embodied the College's relocation from Manhattan to Long Island. The campus' subsequent move to Seneca Falls inaugurated the tagline "Tradition in Transition" – a catchphrase that, to this day, continues to capture NYCC's ideal blend of rich tradition and enduring progress.

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 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.

President's Message

NYCC to Participate in New VA Chiropractic Residency Program

I am delighted that New York Chiropractic College will soon be participating in the Department of Veterans Affairs' new full-time, year-round, paid chiropractic residency program slated to begin in July where residents will engage in a variety of scholarly activities and carry out clinical educational rotations in primary care, medical and surgical specialties, mental health and rehabilitation disciplines. In addition, the residencies enable the College to continue providing our chiropractic students with uniquely rewarding clinical opportunities by interacting with the residents.

Our graduates establish practices within communities plagued with all manner of health issues. Accordingly, this issue

of *Transitions* focuses on public health and underscores chiropractic's important role in informing members of the public about the wide array of proactive health measures they may undertake to promote healing and stave off disease, as well as of risk factors that negatively impact health and wellbeing and thereby contribute to the alarming incidence of obesity, childhood diabetes, heart disease and cancer. Chiropractors play an essential role within their respective communities in matters of public health. As such, *Transitions* elicits valuable information from a number of public health "experts" regarding this most pertinent topic.



Frank J. Nicchi, DC, MS
President

SAVE THE DATE

Homecoming Weekend
July 18-20, 2014



APPLY NOW:

Chiropractic VA Residency Programs are Hiring

The Department of Veterans Affairs is taking applications until February 21 for its new residency programs slated to begin July 2014.

Included are two centers in upstate New York with a focus on integrated clinical practice:

1. Canandaigua VA Medical Center, Canandaigua, N.Y.
2. VA Western New York Healthcare System, Buffalo, N.Y.

Further information and applications are available at the following link:

www.nycc.edu/news/newsitem.asp?id=221



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.

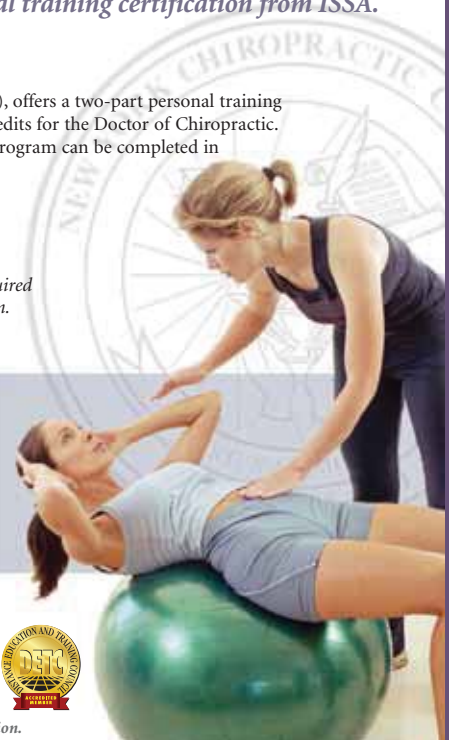
Join us in New York and many other states, nationwide!

Visit ISSAonline.edu/fitness-seminars/ or call 800.892.4772 for NYCC-approved seminars near you!

Call **800.892.4772** and ask about Chiropractic CEUs or visit ISSAonline.edu today. Mention trn1401



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



Dynatronics • Hausmann • MedFit Systems • ErgoStyle Tables • Sciffit

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 • Lumbar 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!

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

Dynatronics • Hausmann • MedFit Systems • ErgoStyle Tables • Sciffit

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)



NEW YORK CHIROPRACTIC COLLEGE

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

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

\$5,000 to \$7,500

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

\$2,500 to \$4,999

Dr. Glenn '94 &

Dr. Christine '94 Foss

Riverdale, NJ

Future Health/Dr. Steven Kraus

Carroll, IA

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

Rockville, MD

Dr. & Mrs. Philip T. Santiago '78

Lake Hiawatha, NJ

\$1,500 to \$2,499

Dr. & Mrs. G. Lansing Blackshaw*

Belfast, ME

Mr. & Mrs. Timothy Brown*

Providence, RI

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. Karen Erickson '88*

New York, NY

Dr. Susan Blair Fries '05

Vero Beach, FL

Dr. Sylvie Heyman '89* &

Mr. David Heyman

New York, NY

Mr. & Mrs. Robert E. Kernan, Jr.*

Seneca Falls, NY

Dr. Frank S. Lizzio '80*

Parkchester, NY

Mr. & Mrs. Walter McCarthy*

Sandy Hook, CT

Dr. & Mrs. George B. McClelland*

Christiansburg, VA

Drs. George & Teresa Ngo '72

Garfield, NJ

Mr. and Mrs. John Palmucci*

Timonium, MD

Drs. Marc & Emily Persson '04

Swarthmore, PA

Dr. & Mrs. James P. Powell*

Canton, OH

Dr. & Mrs. Roy H. Siegel '77

New York, NY

\$1,000 to \$1,499

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

Bond, Schoeneck & King, PLLC

Syracuse, NY

Mr. Eugene B. Bradshaw

Seneca Falls, NY

C. H. Insurance

Syracuse, NY

Chartwells

Seneca Falls, NY

Dr. Eric Chu '02

Hong Kong

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. & Mrs. Stephen T. Eble '81

Mount Kisco, NY

Dr. Mark Feldman '84

Morphett Vale, SA Australia

Dr. Margaret M. Finn '92

Rochester, NY

Foot Levelers, Inc.

Roanoke, VA

Drs. Bruce L. '82 & Barbara '83 Friedman

Jericho, NY

Dr. Lawrence Goodstein '98

Seakonk, MA

Dr. Gregory R. Gumberich '77

Lake Worth, FL

Harlan Health Products

Pelham, NY

Drs. Charles & Faith Hemsey

Montville, NJ

Dr. Vincent A. Justino '98

New York, NY

Dr. Joseph J. Lombino '84

Monroe, NY

Dr. Kevin Lynch '94

Hazlet, NJ

Dr. Wendy Maneri & Family '99

Auburn, NY

Dr. Ronald G. Manoni '81

Danbury, CT

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

Bellrose, 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. & Mrs. Valerio Pasqua

Placida, FL

Dr. Julie Plezbert

Ithaca, NY

Prime, Buchholz & Associates, Inc.

Portsmouth, NH

Mrs. Karen Quest

Auburn, NY

Rolph Benefits Advisors

Pittsford, NY

Ms. Catherine Richardson*

Syracuse, NY

Dr. Barry Rizzo '98

Toms River, NJ

Dr. Michael J. Rodriguez '78

Ormond Beach, FL

Mr. & Mrs. Brien Rogers

In Memory of Margaret & Kenneth Rogers

Romulus, NY

Dr. Rick Rosa '96 & Dr. Dina

Tagliareni-Rosa '97

Alexandria, VA

Seneca Meadows, Inc.

Waterloo, NY

Dr. Jeffrey N. Shebovsky '91

Orlando, FL

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

Dr. Peter J. Szakacs '78

The Villages, FL

Mrs. Robert Tarnow

Naples, FL

Mr. Peter Van Tyle

Seneca Falls, NY

Dr. & Mrs. Thomas R. Ventimiglia '80

Woodhaven, NY

Drs. Andrew & Andrea Williamson '00

Mount Airy, MD

Wilson Press

Seneca Falls, NY

Dr. Wayne M. Winnick '81

New York, NY

Mr. & Mrs. Richard B. Worden

Seneca Falls, NY

CORPORATE SPONSORS

Most Select

Standard Process Inc.

Platinum

Douglas Laboratories

Foot Levelers, Inc.

Future Health

Multi Radiance Medical

NCMIC

Gold

Performance Health (Biofreeze/Thera-Band)

Seneca Meadows, Inc.

Silver

Blue Poppy Enterprises, Inc.

Harlan Health Products

Lloyd Table Company

ANNUAL FUND

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. Marc A. Dupuis '03

Dr. Steven J. Lavitan '76

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

Ms. Mary Jo Maydew

Dr. Michael Mestan

Mrs. Patti Mestan

Dr. Ron Mestan

Dr. Frank* '78 & Carol Nicchi

Dr. Marc Persson '04

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

Drs. Rick '96 & Dina '97 Rosa

Dr. Ronald E. Safko '81

Dr. David Seaman '86

Dr. & Mrs. Gilbert Trad '62

Dr. Lillian M. Ford Scholarship

Dr. Sue E. Aery

Ms. Ilona Ahlgren

Dr. Deborah Barr

Dr. Christine A. Bellomo '01

Dr. Kathleen Bente-O'Donell '92

Dr. Lisa K. Bloom '90

Dr. Susan Bradley '94

Dr. Catherine Bruckner '93

Class of November 2012 (OC)

Class of November 2013 (OC)

Class of November 2014 (OC)

Mr. & Mrs. Earnest Clemens

Dr. Lucia Colletti '94

Ms. Christine Corrigan

Mr. Steven Corte

Dr. Matthew C. Cote '80

The Cottages at Lakewood Meadows

Ms. Maryanne Cuevas

Dr. & Mrs. John L. DeCicco '82

Mr. Thomas J. Donahue

Dr. Beth Donohue

Ms. Donna Dunchak

Dr. Jonathon Todd Egan '06

Ms. Susan Eginton

Mr. & Mrs. Robert Enserro

Drs. Michael '01 & Karen '01 Estramonte

Dr. Margaret M. Finn '92

Mr. & Mrs. Steven Foster

Dr. Gerald Gould '00

Ms. Jewel E. Hara

Dr. Laura Harrington '99

Dr. Sylvie G. Heyman '89

Dr. & Mrs. Herbert Holden

Mr. Carl Jagos

Mr. & Mrs. Robert Jerome

Ms. Sonia V. Joubert

Dr. Kevin Kemner '93

Mr. & Mrs. Richard Lampeter

Dr. Leonard N. Marino '92

Dr. Debra May '85

Mrs. Nedra Miller

Ms. Nancy Moyer

Mr. & Mrs. Byron Myers

Dr. Jason G. Napuli '03 &

Dr. Kristina L. Petrocco-Napuli '03

Dr. Frank '78* & Carol Nicchi

Ms. Nancy Nielsen

Mr. & Mrs. Dave Oliver

Dr. & Mrs. Kenneth W. Padgett

Drs. Marc & Emily Persson '04

Dr. Julie Plezbert

Ms. Deborah Purcell

Ms. Susan Reis

Dr. Catherine Rizzo

Dr. & Mrs. John Rosa '92

Dr. Margaret H. Savitzky '94

Ms. Eileen Scannapieco

(Continued on next page)

Dr. Lillian M. Ford Scholarship*(Continued)*

Dr. Amy L. Schleicher
 Ms. Stephanie Schuster
 Tom & Suzanne Schwind
 Mr. & Mrs. Matt Seever
 Dr. Melissa T. Shapkin '89
 Ms. Patricia Snell
 Dr. Chad D. Warshel
 Dr. Keith A. Wells

Dr. Lillian M. Ford Memorial

Mrs. Victoria Baroody
 Mrs. Marie Caraccilo
 Ms. Kathy Colella
 Dr. & Mrs. Brian '86 & Christine Cunningham
 Mrs. Diane C. Dixon
 Ms. Darlene Easton
 Mr. & Mrs. John & Laura Feligno
 Drs. Charles & Faith Hemsey
 Dr. Lloyd Kupferman '81
 Dr. John LaFalce '06
 Ms. Melodie Loughney
 Dr. & Mrs. Michael Mestan
 NYCC Faculty Senate
 Mrs. Susan D. Pittenger
 Mr. & Mrs. Donald & Laurie Reynolds
 Mr. Darrin L. Rooker
 Dr. Veronica Wicks '88

Father Richard Murphy Memorial

Marie Caraccilo
 Patty Close
 Dr. & Mrs. Brian '86 & Christine Cunningham
 Dr. Beth Donohue
 Dr. Margaret M. Finn
 Sylvie G. Heyman '89
 Cheryl Hosford
 International Bonsai Inc.
 Joan Lynch
 Dr. Michael Mestan
 Dr. Frank '78 & Carol Nicchi
 Susan D. Pittenger
 Mr. & Mrs. Donald & Laurie Reynolds
 Dr. John P. Rosa
 Diane Zink

Walkway of Honor Brick*(Purchases to date)***\$100**

Mr. Candido Adorno
 Dr. Gil Allen
 Dr. Samuel J. Amari '77

Mr. Sean Anglim
 Dr. & Mrs. J. H. Atland
 Dr. Ellen Bialo '83
 Dr. James Bianco '98**
 Dr. & Mrs. G. Lansing Blackshaw*
 Dr. Vincent J. Brechbill
 Dr. Justin Calhoun '97
 Dr. Richard E.** & Mrs. Marjorie Carnival
 Dr. Rosemarie Cartagine '88
 Dr. Jeffrey J. Cianchetti '96
 Class of 2008, DC
 Class of July 2011, DC
 In Memory of Norman Clayton
 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. Jonathan L. Donner '97
 Dr. Robert F. DuBois '78
 Dr. Marc A. Dupuis '03
 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
 Dr. Robert Jacoby '59
 Dr. Lois W. Joseph '85
 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
 Greg & Joan Lynch
 Dr. Vincent Malba '00
 Dr. Victoria Malchar '81
 Dr. Carol Ann Malizia '89
 Dr. Sarah Mantell '09
 Dr. Michael McKeown '06
 Ms. Patricia Merkle
 Dr. Michael Mestan & Family
 Dr. Ron & Patti Mestan
 Dr. Laura B. Murphy '90
 NYCC Enrollment Management Staff
 Dr. Serge Nerli '83*
 Dr. Frank* & Carol Nicchi
 Dr. Edward O'Brien '98
 Dr. & Mrs. David Odiarne
 Dr. Jay A. Okin '63
 Dr. & Mrs. Kenneth W. Padgett
 Dr. Dean A. Perlman '87
 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. Amy L. Schleicher
 Dr. Jay H. Schwartz '81
 Dr. David Seaman '86
 Dr. Raymond A. Semente '83
 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
 Dr. Mitchell Lee Vance '08
 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

Dr. G. Lansing Blackshaw
Dr. David I. Graber '85
Dr. Ronald E. Safko '81
Mrs. Patricia C. Tarnow

\$100-\$499

Dr. Samuel J. Amari '77
Dr. Ellen Bialo '83
Dr. G. Lansing Blackshaw
Dr. Anthony Criscuolo '85
Dr. David Deglau '98
Dr. Jonathon Todd Egan '06
Drs. Adam '87 & Irene '86 Fidel
Dr. Denise Franzese '91
Dr. Charles Goshorn '88
Dr. David Graber '85
Dr. Gregory Gumberich '77
Ms. Jill Henry
Dr. Arthur H. Klein
Ms. Joan Lynch
Dr. Christopher A. Marchese '93
Dr. Leonard Marino '92
Dr. Serge Nerli '83
Dr. Frank J. Nicchi '78
Dr. Sachin B. Patel '04
Dr. Brian M. Rebori '05
Dr. Phil Riche '62
Dr. Rodney Rishel '00
Dr. David A. Swanekamp '86
Dr. Brad M. Todaro '04
Dr. Gregory Triandafilou '83
Dr. Thomas Tumbarello '81
Dr. Michael P. Verga '90

Under \$100

Nicole K. Andrade-Devoe
Michael J. Bartell
Mr. & Mrs. Michael & Kim Buda
Ann M. Doggett '89
Dr. Sloane D. Eusebio '99
Gerald A. Gould
Dr. Michael A. Housman '80
Dr. Maximilien Ingold '02
Dr. Dennis C. Mann '89
Ms. Christine McDermott
Dr. Michael Mestan
Dr. Joseph R. Mirto '79
Dr. Serge Nerli
Dr. Frank '78* & Carol Nicchi
Dr. Eric S. Obadia '89
Dr. Kenneth W. Padgett
Dr. David F. Petters
Dr. Walter F. Priestly '87
Dr. Brian M. Rebori '05
Dr. Lois Ann Schaub '86
Dr. Gilbert E. Trad '62

Facilities Donation

National Board of Chiropractic Examiners

Research Equipment

Nimmo Educational Foundation

Library Publication Donation

The Masters Circle, Inc.

Don and Kay Allen International Scholarship

Abe Allen
Marion D. Cipolaro
Ken Mitchell

Wendy Fein Scholarship

Dr. Bud H. Fein

Sosnik Scholarship

James M. Green

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 Rebenklu '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. Donald S. Allen
Dr. William & Florence Crowther
Dr. Jack DiBenedetto
Dr. Wendy Fein '77
Dr. Lillian M. Ford '85
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.

Public Health – and its Personal Consequences

It's a fast-paced world! Yet legions of American couch potatoes summon neither the energy nor the inclination to stem their consumption of pizza, Big Macs, and microwave popcorn. Children, the latest fodder for advertisers who tout hamburgers, chocolate bars, and soda pop, are herded, along with their bulging waistlines, into doctors' waiting rooms to learn they're beset with diabetes and that they can anticipate a lifetime of heart issues.



Youngsters who once prowled neighborhoods on the lookout for pick-up ball games now settle in for an Xbox afternoon. Dinner tables once brimming with fresh foods have become “TV” tables sporting cheesy fries. America’s progeny left to their own devices deride public service announcements that urge gamers and TV viewers to get up and stretch. The public’s health is deteriorating precipitously and it’s time to make some changes.

Public Health

“Public health” means many things to many people. It speaks to disease prevention, to prolonging the lives of families and to entire communities through promotion of healthy lifestyles, disease research, injury-prevention, and education. “Wellness,” it turns out, derives from a wellspring of choices; fortunately, good choices may be learned. Parents who exercise often, who make healthy food choices, wind up arming their children

to do the same. In fact, “public health” may be viewed as the extrapolation of individual choices.

The “Fertilization” of Public Health

Of all things, it was filth that teased out aspects we’ve come to associate with public health. People came to see early on that polluted water and improper waste management tied-in closely with disease.

Continued on page 13

ATTENTION

ALL DOCTORS OF CHIROPRACTIC

New York Chiropractic College Postgraduate now offers
WEBINARS!!!*

**RECEIVE C.E. CREDITS
RIGHT FROM YOUR
HOME OR OFFICE!**

**1 C.E. Webinar:
12pm - 1pm**

**2 C.E. Webinar:
12pm - 2pm**

*For assistance call a
PG Team Member at
800.434.3955 (ext. 132).*

***New York State Board for Chiropractic has ruled live Webinars are not considered "distance learning." Therefore, there is NO LIMIT to the number of C.E. credits acquired through this format!**



Webinar Categories and Topics

- Documentation, Ethics and Patient Communication (Cat. 1)
- Nutrition: Advancing the Health, Wellness, and Wellbeing of the Patient
- Evidence Informed Spine Care
- Chiropractic Principles of Practice
- Practice Guidelines, Sports Issues
- And Many More Clinically Relevant Topics

Please check with your state board for regulations concerning online distance education.



**NEW YORK
CHIROPRACTIC
COLLEGE**

Postgraduate and Continuing Education Department
70 Division Avenue
Levittown, NY 11756

**To register for a Webinar go to:
www.nyccpostgrad.com
Click on "NYCC Webinars"**

COLD. HARD. FACTS.

CLINICAL STUDIES SHOW BIOFREEZE® BEATS ICE COLD

COLD FACT:
Biofreeze reduced neck pain nearly twice as much as ice.¹

COLD FACT:
Biofreeze reduced muscle soreness 63% more than ice.²

COLD FACT:
Arthritic knee pain reduced 27 - 37% with Biofreeze.³

COLD FACT:
Low back pain was 75% better with Biofreeze.⁴

Twelve studies in the past five years demonstrate Biofreeze's efficacy.

Only Biofreeze has this much evidence to support the professionals who use and recommend it.

Don't take our word for it. See over thirty study abstracts at www.biofreeze.com/facts.



biofreeze.com | 800.246.3733 | Like ice, only better

 **BIOFREEZE**
COLD THERAPY PAIN RELIEF

¹Bishop B et al. 2011. Effects of Biofreeze vs. ice on acute, non-complicated neck pain (Abstract) *Clinical Chiropractic* 14(4):153-54

²Johar P. et al 2012. A comparison of topical menthol to ice on pain, evoked tetanic and voluntary force during delayed onset muscle soreness. *Int J Sports Phys Ther.* 2012 Jun;7(3):314-22.

³Brosky JA et al. 2012. Effect of 3.5% menthol gel on knee pain and functioning in patients with knee osteoarthritis (Abstract) *J Orthop Sports Phys Ther* 42(1):A106-7

⁴Zhang J et al. 2008. Effects of Biofreeze and chiropractic adjustments on acute low back pain: a pilot study *J Chiropractic Med* 7:59-65

Biofreeze is a registered trademark of The Hygenic Corporation. Unauthorized use is strictly prohibited. ©2012 The Hygenic Corporation. All rights reserved. PO5763 REV1



Human and animal waste presented man with an early public health challenge. Animal feces accumulated on city streets as horses and oxen moved people and goods about. In the early Middle Ages the people of Paris took to dumping their chamber pots into the streets ultimately adversely affecting the drinking water they got from the river Seine. Wastewater openly pooled and seeped into fields or unpaved streets thereafter filtering through the soil and back into the Seine. By the end of World War I, Paris had built over 50 square kilometers of sewage fields but even these were no longer sufficient to protect the Seine. Today we bear witness to gigantic sanitation systems - one of the world's largest situated in Los Angeles boasting more than 6,600 miles of sewers and serving a population of more than four million people!

Religions also played their part, regulating behaviors associated with cleanliness, with food consumption and with alcohol. In doing so, they helped to stem diseases plaguing the public. Before prayer, Muslims took either a full bath or washed hands, they rinsed the mouth and nose, washed arms up to the elbows, cleansed the face, head, ears and beard, and the feet up to and including the ankle. Similar hygienic attention was mandated after sexual activity, upon completion

of a woman's menstrual period or post-partum bleeding, urination, defecation, breaking wind, eating camel meat, falling asleep while lying down, losing consciousness, or touching the genital area. Moses, for his part, emphasized the quick burial of all human excrement and blood outside the camp and the immediate burial of all dead animals and humans. Sovereign governments also had their regulations and policies to deal with health issues suffered by the public at large. Early quarantine acts kept vessels from unloading where the public's health was threatened. Diseases among the poor were studied and public health departments ultimately established.

Enter Chiropractic

Chiropractic is well positioned to assist the public's health requirements through active community participation, policy development and health promotion. In fact, fundamental goals of chiropractic echo those of public health – protect, promote, and restore health. Not only do private practitioners focus on individual patients, but also donate their services to local clinics, participate in local health fairs, and contribute to commu-

nity events such as child and infant safety campaigns (helmets and car seats) and other health related charities. According to the American Chiropractic Association (ACA), chiropractors can help patients while increasing their own credibility and integrating into the healthcare mainstream by focusing on the commonalities between chiropractic and public health.

Associate Professor, Jonathan T. Egan, DC, (NYCC '06), NYCC Chief of Staff of Campus Health Centers, agrees that chiropractors should involve themselves in public health and in doing so, he said, "Don't trumpet the profession," he cautions, "but rather, go and serve, and our expertise and backgrounds will become valued as we contribute. Work from altruism, not self-promotion." There are three stages to public health according to Egan. The primary prevents incidence, stopping problems before they happen. Workplace ergonomics interventions are an excellent example in preventing repetitive motion injuries. Secondary lowers the prevalence of problems by treating existing conditions and making them go away, as through education and treatment for smoking cessation. Tertiary prevention

Continued on page 14

"Chiropractic is well positioned to assist the public's health requirements through active community participation, policy development and health promotion."

reduces morbidity associated with unresolvable conditions, such as working with MS patients to improve quality of life.

NYCC Adjunct Professor Paul E. Dougherty, DC, previously chaired the Chiropractic Health Care (CHC) Section of the American Public Health Association (APHA). The CHC collaborates with the overall organization's efforts to provide

Center also urges efforts and educational initiatives that promote overall health among members of the public at large, suggesting as well that chiropractors have an important role to play in the prevention and management of obesity and disease.

A “Bad Food” Love Affair

A public health epidemic associated with poor nutrition should come as no surprise to those who live in a country whose average citizen eats thirty-three pounds of cheese (triple what they ate in 1970) and seventy pounds of sugar (twenty-two teaspoons

company documentation placate pleasure centers of consumers' brains and boost both sales and consumption, and expresses grave concerns that such practices are creating a generation of pre-teen illnesses previously seen only in the very elderly.

Public Health at NYCC

Though fundamental to the tenets of chiropractic, chiropractic's role in promoting public health was not well-defined early on. There was a need for increased focus within chiropractic colleges to provide explicit instruction in exercise, diet, and chiropractic's role in community health. David S. Aberant, associate professor in basic sciences at NYCC, notes how in the 1970s and 80s public health classes were mainly concerned with diseases health agencies felt were important, and not particularly relevant to chiropractic. Subjects taught during the initial stages included information on chemicals and processes used to treat public water and sewage, dairy product treatment, arthropod control, air pollution, food safety, immunizations, STD's and associated state requirements and diseases. Professor Aberant was part of a group of instructors who developed a course for public health and instruction within chiropractic colleges in conjunction with Yale University's School of Public Health and its association with Healthy People 2010 - shifting emphasis to health promotion and wellness rather than mere recitation of federal and state public health regulations.

More recently, chiropractic colleges, NYCC among them, introduced pertinent public health

“Every time a chiropractor favorably influences a patient's lifestyle, the public at large benefits.”

valuable health-related knowledge to the public. The CHC authored a resolution that was subsequently endorsed by the APHA discussing musculoskeletal pathology as a significant public health problem. According to the recent manuscript, chronic lower back pain (CLBP) is a significant cause for “years lived with disability.” Associate Professor, Gerald L. Stevens, DC, (NYCC '01) of NYCC's Depew Health

per day), 8,500 milligrams of salt a day (double the recommended amount and little of which is shaken from table shakers). The result? One in three adults, and one in five kids, is obese. Twenty-six million Americans have diabetes. These facts are introduced in *Salt, Sugar, Fat*, a best-selling book by Pulitzer Prize-winning *New York Times* investigative reporter Michael Moss who tells of an American food industry that is adding chemicals to our processed foods (some of which are addictive) with the express purpose of getting people to buy and eat more of their products. He claims the food additives as revealed by insider



coursework into their curriculum. Veronica Mittak, DHEd, an associate professor in NYCC's Basic Sciences department, tells of a course she teaches at NYCC that addresses chiropractic-relevant issues of public health in the fourth trimester: "Public Health and Wellness" and modeled on initiatives embodied in *Healthy People 2020*. NYCC students also learn about chronic disease, heart disease, diabetes and cancer. "The public health and wellness course demonstrates how poor lifestyle choices and behaviors made early in life directly impact the health of Americans throughout their lifespans and how these choices contribute to the poorer quality of life that await the majority," said Dr. Mittak. Consistent with public health principles, she and Dr. Egan implemented cleaning policies at NYCC for the chiropractic tables in NYCC's clinics using Cavicide and face paper is discarded and replaced after every visit.

Her students study sociology, epidemiology and psychology in addition to chiropractic and allopathic medicine so as to better understand patient populations. Instruction also includes maternal and infant care, oral health, obesity, nutrition, physical activity, mental health, injury and violence, environmental quality, immunization, and responsible sexual behaviors. Race, gender, age, sexual orientation, socioeconomic status, education, and geographic locations all impact the health of all Americans, Mittak explained. "Students learn that they will act as portal of entry providers and will be responsible for the whole person - disseminating health information to various



private, public and government agencies, while serving as patient advocates."

NYCC Faculty Members Set the Example

As Chair of the Seneca County Board of Health, NYCC's Dr. Egan urges natural healthcare practitioners to determine how best to work with policy makers and well-intentioned healthcare providers so as to furnish unified, supportive, health-promoting, vigorous and vital health system and healthy communities to the patients. Chiropractors may reach out to the public through nutritional counseling and support. Egan says nutrition and physical activity are the "medicine" modern society needs; chiropractors should serve as excellent examples promoting posi-

tive lifestyles among their patients. Every time a chiropractor favorably influences a patient's lifestyle, the public at large benefits.

Intervention

"When something goes wrong we expect our doctor to give us a pill and make it better," noted NYCC's Dave Aberant. Perhaps, though, the magic pill should take the form of a chiropractor's lifestyle recommendation. Evidence reveals that discussion with one's healthcare provider is, for example,

Continued on page 19

"Egan says nutrition and physical activity are the 'medicine' modern society needs; chiropractors should serve as excellent examples promoting positive lifestyles among their patients."

New York Chiropractic College



Clinical Anatomy Teaching Fellow

The program is a three-year, full-time program devoted to the discipline of teaching anatomical sciences in clinical settings. It includes academic, pedagogical, and scholarly components. The program leads to a Master of Science degree in Clinical Anatomy. The graduate of the program will have expertise and experience to teach clinical anatomy in a variety of educational and healthcare settings.

Interested individuals should contact Karen M. Gana, PhD, Director, MSCA Program, to inquire further about the requirements for the program at kgana@nycc.edu or (315) 568-3184.

Visit our website for an application and further information about the program at:

http://www.nycc.edu/AcademicPrograms_MSCAprogram.htm

Candidates must submit an application to:

New York Chiropractic College
Office of Human Resources
2360 State Route 89
Seneca Falls, NY 13148
cmcdermott@nycc.edu

NYCC is an equal opportunity employer.



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

Considering EHR/practice management software...

Is it really possible for EHR software to be both easy *and* affordable? Yes! *See it for yourself!*

➤ **Join a webinar today to see a Future Health eConnect demo.** It's the only EHR/practice management software for DCs that's built using the latest technology. What does that mean for you?

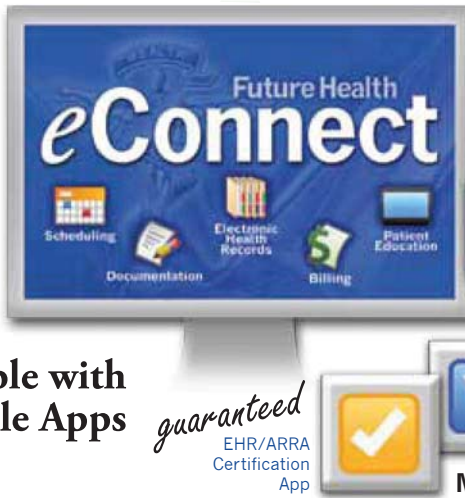
- **Pay only for the functionality you want**
Customize with smartphone-like Apps
- **Lower hardware expense**
No server or IT person required
- **Access records virtually anywhere**
In the office, at home & in the field
- **Familiar Microsoft look & feel**
Intuitive & easy to use



...customizable with affordable Apps

guaranteed
EHR/ARRA Certification App

All the basics ^{FREE} ...



- **Free services**
Free upgrades, free support & free training
- **Plans as low as \$24.95 a month**
Includes data storage, security & backup



More than 25 Apps now available!

The easiest and fastest-growing EHR/practice management software for DCs

Important ARRA Deadline Approaching
Act NOW to avoid surrendering up to \$18,000 in 2011 incentives (up to \$44,000 total)

Future Health eConnect—
See it for yourself!

Join us for a no-obligation eConnect demo.
Register at www.FutureHealthSoftware.com/webinar.
You'll see ...

- How new technology makes eConnect easy to use
- How to create a Compliant Note in 30 seconds or less
- How the ARRA incentive works ... and if it's worth it for you
- How eConnect can help intuitively manage your clinic workflow

www.FutureHealthSoftware.com/webinar



Smartphone users—Scan code so you can sign up for a demo.



Toll Free 1-888-434-7347 • www.FHeConnect.com/1019

©2011 Future Health



In a Class by Itself

MR4 LaserStim™* helps clinicians quickly locate areas needing treatment and automatically gives the proper dose of **Super Pulsed Laser Therapy**.

How smart is that?

For information or in-clinic demo, call (800) 373-0955.

*LaserStim has 25,000 mW of power offering the highest photon density with the lowest thermal effect



info@MultiRadiancance.com
www.MultiRadiancance.com



Super Pulsed Laser Therapy

PROUD
PLATINUM
SPONSOR
OF NYCC

 **Multi Radiancance
Medical**

an important factor in one's decision to quit smoking—the leading preventable cause of death in America.

Encourage patients to use the stairs rather than the elevator. Park in the back of the parking lot and get in a few extra steps. Counsel workplace ergonomics, safer sports practices, and early recognition of mental health issues.

Public Health and the Aging: “The Silver Tsunami”

Americans over age 60 are fast approaching their retirement years and hope to enjoy them. They will present maladies arising from causes that include poor choices, infectious disease, and sexually-transmitted disease. As a group they are an increasingly powerful voice in government as their numbers aggregate - possessing one of the most powerful lobbying forces on Capitol Hill: the American Association of Retired Persons.

Caring for the nation's aging population is “huge,” said Egan. The elderly need help with fall prevention and often deal with polypharmacy – one's use of multiple medications. There are bone and joint health issues as well as loss of strength, mobility and independence. “Sometimes picking up a few degrees of range of motion can be the difference between dependence and independence,” he explained. As their numbers increase, there simply will not be sufficient numbers of practitioners in traditional healthcare to meet their needs, and chiropractic and natural healthcare will be needed due to the sheer volume of patients. They



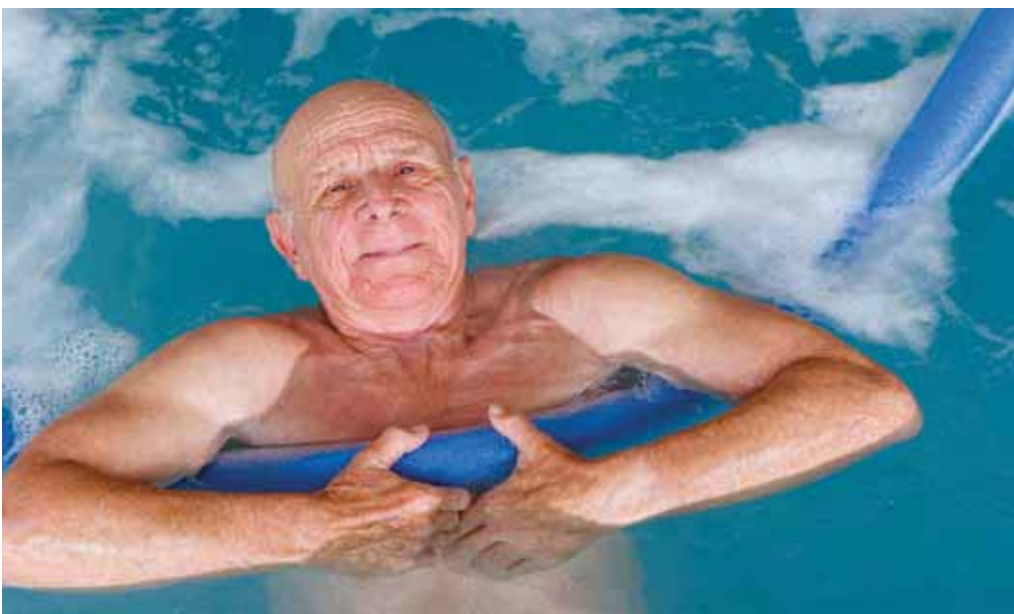
need the human touch.

Tell it to the People

Public health relies upon a decidedly educational component. Accordingly, NYCC's Depew clinic interns perform rotations at the Michael Hall Student Health Center at the University of Buffalo where students give presentations on health topics. Dr. Dougherty holds annual talks on fall prevention and John D. LaFalce, DC (NYCC '06), an instructor at NYCC's clinic in Levittown, N.Y., assists students' efforts to empower patients in becoming active participants in their healthcare through informative

coaching. He recommended setting SMART (Specific, Measurable, Attainable, Relevant, Time-bound) goals and assisting patients in performance of their activities of daily living. He also participates in senior health fairs several times a year, speaking to seniors about living with arthritis and fall prevention strategies - avoid area rugs and add railings to stairways, showers and tubs and toilets – as well as work station ergonomics.

Dr. Mittak highlighted groups such as military personnel, victims of crime and abuse (sexual, child, domestic, and elder) and those with comorbidities such as developmental disabilities or chronic conditions. The US supports a very diverse population. Chiropractors must become culturally competent. “It's not a ‘one size fits all’ paradigm,” explained Mittak. While patients may not have the capacity to achieve what is *best* for them, any change for the better, no matter how incremental, is health promotion. In the end, addressing the health needs of the many - even one patient at a time - significantly impacts the health needs of the whole.





NYCC's *Legacy Circle*

"Advancing Chiropractic - One Student at a Time"

Refer a Student and We'll Save You a Place

Students will be asked what chiropractor was their "primary influence for attending NYCC." Doctors who refer three students who enroll, will get a brick inscribed with their name and placed within our new Legacy Circle in front of the Kenneth W. Padgett Administration Building.*

Show your support by encouraging students to attend the world's premier chiropractic college... and earn yourself a lasting place on campus.

*Recognition will also be in NYCC's *Transitions* magazine, on NYCC's Facebook page, and in NYCC's Spinal Column newsletter.



Alumni Spotlight

Kenneth “Barrett” Parker, DC (NYCC '04)

Barrett Parker loved sports, especially football. His dad was the assistant coach of a Pop Warner team in Bradford, Mass., and his two older brothers played, so he began playing as early as he could - in fourth grade.

Throughout his active childhood he remained injury free, until his first season of football. He injured a rib on a tackle and was recommended to the local chiropractor. During his freshman year in high school, he grew quickly and his neck muscles could not support the new height. The result was “chronic burners.” This diagnosis threatened to sideline him permanently. One doctor went so far as to say he wasn’t “built for the game.” Unwilling to accept such a fate, especially with both brothers now playing college football, he insisted on a second orthopedic opinion. This time he was told that development of the supporting muscles was needed. Over time, chiropractic, athletic training, and some extra strengthening of the neck muscles greatly aided his recovery. By the end of his freshman year he was back with the team and played out the rest of his high school career without injury. He later walked-on at Syracuse University as a tight-end. This, he says, was his first real experience with integrated care.

NYCC

Parker realized that defining a career path would require education beyond his Bachelor of Science in Exercise Physiology from SU. His love of sports and lifelong desire for a career in healthcare eventually steered him toward chiropractic. He chose New York Chiropractic College for its outstanding reputation for evidence-based educational standards and for its location. He was not disappointed.

Expectations at NYCC were high, and



Kenneth “Barrett” Parker, DC (’04)

the education of extremely high-caliber. “The environment, level of instruction, resources and opportunities at NYCC were incredible,” Dr. Parker recalls. NYCC prepared him for real-world experiences, and he believes all chiropractic education could be greatly enhanced through clinical internship programs such as the ones he experienced in Rochester and at the National Naval Medical Center (now the Walter Reed National Military Medical Center) in Bethesda, Md.

“I came [to NYCC] to find my career and left with some of the best memories and best friends of my life,” he shared recently. He is grateful for the relationships forged with classmates, teachers and support staff at NYCC, and for their continued support over the years.

In Practice

Following graduation from NYCC in 2004, Parker purchased a small practice in Syracuse, where his wife, Tracy - whom he had met while at SU - was already settled in a teaching position. As his experience and confidence grew, he watched his practice grow steadily through both word of mouth and physician-based referrals.

In his general-care practice - recently renamed Allied Spine and Sports Chiropractic, LLC - Parker treats patients of all ages for low-back pain, sprains, strains and running injuries, as well as a wide variety of athletes and sports teams.

Early in his career, Parker volunteered to treat some of the local high school teams and the Syracuse Chargers men’s rugby team, which helped him to learn rehab and treatment for numerous contact injuries, open wounds and joint injuries. He carved out a niche for himself, honed in on biomechanics, regeneration skills, and recovery techniques that applied both to athletes and the general public. Recognizing that his skill set was incomplete, he became a Certified Chiropractic Sports Physician (CCSP) and learned a variety of soft-tissue treatments and therapies. His diligence and interactions with other healthcare professionals ultimately led to an invitation to provide chiropractic services for the PGA tour at Turning Stone, the Syracuse Chiefs baseball team. He presently provides chiropractic treatment and sports performance enhancement at Syracuse University Athletics Department. “Practice is a constant learning environment, studying biomechanics of all the different sports as well as their common injury set and rehabilitative progressions.”

Advice

In order to become a specialist, Parker deems it important to learn the lexicon of the particular field. “Each specialty has its own language, and it is critical to learn the ins and outs of each of these environments,” he explains. “Know what you need to know, before you need to know it,” he urges.

Continued on page 28

Student Spotlight

Nicholas Joseph Maio and His “Tough Row to Hoe” (Sixth-trimester Doctor of Chiropractic)

Nick Maio attended 14 different schools in 12 years. “And then I turned 12!” he quips.

NYCC’s affable student leader revealed how his current circumstance emerged from a no-holds-barred tussle with life itself. Occupying a succession of quarters up and down the eastern seaboard with his mother and Navy stepfather, he was eventually sent to live with his father (a Philadelphia chiropractor). He’d attended a string of public and parochial schools, one of which had him longest (grades nine through eleven) only to see him quit.

Service to His Country

Lost, Nick bounced around from Philly to Virginia, managed to complete his GED and, at age 23, joined the Army National Guard of Virginia as a medic where he learned everything from emergency medicine to selected emergency surgical procedures and found himself enthralled with the skin-grafting procedures he witnessed on a burn patient at the base hospital.

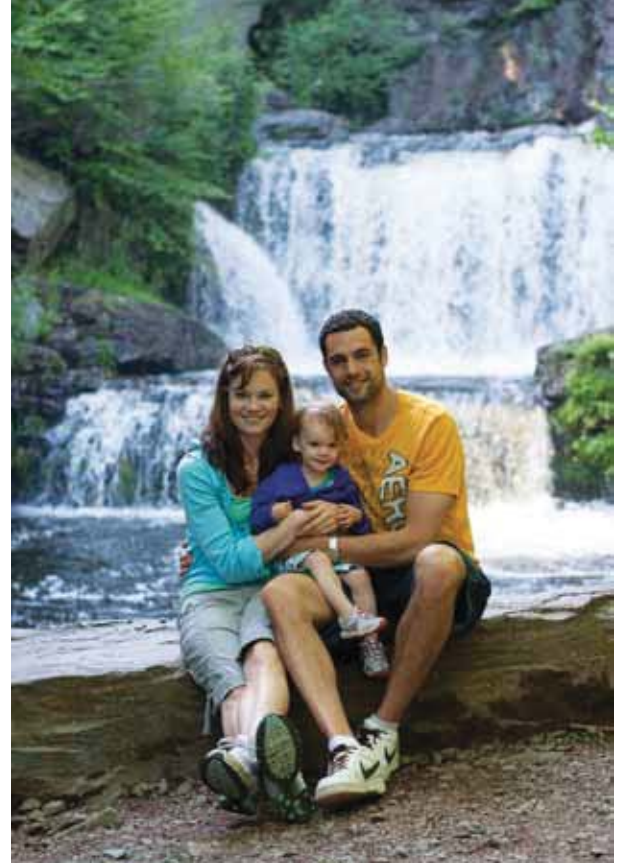
The mid 2000’s saw him stationed at a prison camp in southern Iraq, handling sick-call on base for all the troops, and was one of two medics caring for approximately 200 detainee transfers and 45 soldiers during escort trips to Baghdad. He admitted to having witnessed some “gruesome stuff”

as he and his fellow soldiers hunkered down and bore temperatures approaching 150 degrees and the ubiquitous improvised explosive device (IEDs): “It felt like being in an oven with a hair dryer blowing on you. It was bad!”

He says his time with the Iraqi people was enlightening: “They were beautiful, simple, sharing, self-sustaining and very resilient. These people had been cut off from water and supplies by Saddam Hussein,” he explained. “They were fighting for what they truly believed in!” He observed significant detachment in many of his fellow soldiers who, for coping purposes or an assortment of other reasons, cloaked themselves with sentiments “if it’s not us it’s bad.” “These people were willing to die for their cause and all we wanted was to know if we were ever going home,” Nick said. Feeling a profound kinship with the Iraqi children, he asked his sister to mail him some coloring books. To his dismay, when they arrived, the kids took no interest in coloring. “They had lost their childhood,” he added sadly.

Invisible Wounds

After his unit returned home and disbanded, Nick too felt detached. Nomadic, he wandered about aimlessly, briefly lifted when he learned his new unit was again mobilizing for another Iraq tour of duty, and again devastated at the loss of two close friends. Reeling,



Jen, Maddie and Nicholas Maio

he sought help from the Veterans Administration in Coatesville, Pa., for post-traumatic stress disorder (PTSD). The company of other vets consoled him – he found he was not alone in his feelings. Opting for a holistic approach he resisted taking medications and ultimately emerged from the VA restored, somewhat.

A New Beginning

Following honorable military discharge, Nick got an apartment, took a job in a hospital emergency room, commenced nursing courses and got married. His father suggested he consider attending New York Chiropractic College, lauding its science-based curriculum and strong nutritional instruction.

His father suggested he consider attending New York Chiropractic College, lauding its science-based curriculum and strong nutritional instruction.

The couple, accompanied by Nick's dad, attended an open house at NYCC in October 2010, and Nick fell in love with the campus. The next year, age 32, he moved to Seneca Falls with Jen and their one-month-old daughter, Madelyn Rose (Maddie).

A New Interest

Nick is now an enthused and mightily motivated NYCC student! He served as vice president of his class during his first three trimesters, as the SGA executive president for several trimesters, and helped reshape the Student Government Association (SGA) into a problem-solving, community-oriented body. Nick attended the National Chiropractic Leadership Conference (NCLC) in Washington, DC, traveled to the American Chiropractic Association (ACA) leadership conference at the Standard Process headquarters in Palmyra, Wis., participates in NYCC's student chapter of the American Chiropractic Association (SACA) and serves as its Military Affairs Committee National Chair.

In an effort to leave the College better than he found it, and mindful of the needs of both the active military and veteran students, Nick and fellow student Thomas Miller helped organize a veterans' club on campus to provide support for and VA resources to any students who need them. The compassionate concept caught on, drawing students, faculty and staff members to the club's first meeting and a presentation by veteran



Nick Maio with Iraqi children (and lamb!) during his deployment to Iraq.

Dr. Kristina Petrocco-Napuli.

Looking Toward the Future

Happily living in Cayuga, N.Y., with their three rabbits, Nick, Jen and Maddie enjoy the outdoors,

particularly rock-climbing. Following graduation March, 2015, Nick excitedly anticipates working with his dad in the family practice at Southampton, Pa.

NYCC Graduates: Get Prepared for The iPad Challenge

Win an iPad for Yourself and for Your Student Representative!!

Over the winter months, you should receive a student call and/or email inviting you to participate.

Why Participate?

The Alumni Office strives to maintain an active, up-to-date database of all graduates. We began The iPad Challenge as an incentive to:

- Collect as many websites as possible;
- Identify alumni who are interested in networking with current students; and
- Get you to mark your calendar for Homecoming Weekend (July 18-20, 2014).
- And, of course, to win an iPad for your student representative and yourself!



How Do You Win?

It's as easy as 1-2-3!

1. Log on to the Alumni Connection portal.
2. Complete the "Update and Enter" form including the name of your student representative.
3. Submit.



Winners will be announced during Homecoming 2014!

You do not have to be present to win, but we encourage you to take part in this wonderful annual event.

Direct any other inquiries to Sue Ruzicka, Alumni Coordinator, at sruzicka@nycc.edu or call 1-800-234-NYCC, extension 3687.

NYCC Students Energized to Raise Health Consciousness

By Brendan McCann, fifth trimester DC student

Every individual healthcare experience combines to create the sum total which is public health, so it takes a lot of energy and a little risk to make a meaningful change. And students are showing just that initiative right now: taking gambles, changing priorities, and generally handling challenge and discomfort in efforts to find a better way.

For example, there's the student outlining plans for a documentary about chiropractic education, or those students who know congressional health aides by name as they set up lobbying appointments for the National Chiropractic Legislative Conference at the end of February. Then there are the student-led technique clubs and special interest groups, banding together to educate each other beyond the scope of classes, at school or on their own time. We've even seen a small group of students introducing a running club to downtown Seneca Falls following reports that NYCC's own Seneca County placed number one for obesity in New York.

The list goes on. And this phenomenon is not unique to NYCC, but occurs

at other chiropractic colleges as well. Students have vision, passion for the path they have chosen, belief in their own ability to improve the public's health status, and a sincere love of people. Though making time is not easy, these are powerful forces in the drive to improve public health.

Leading the Way

Though perhaps not their intention, NYCC's students set a precedent that resonates with those outside the classroom. Such self-initiated undertakings can come from even those in well-established roles. Recent graduates have the opportunity to find unique patient populations, specialties, and modes of healthcare delivery. Doctors can participate in professional associations - whether chiropractic, public health, policy, or otherwise - and can

give back to the institutions that educated them so that new graduates are even better than themselves. Administrators in doctors' offices and colleges can look beyond traditional job descriptions, bringing energy and vision for the simple sake of improving lives.

Call it the energy of youth, call it optimistic naiveté. But you have to call it good. It is only individual initiative that can change the world, and following the lead of today's chiropractic students promises to change public health for the better.

Brendan McCann is a fifth trimester Doctor of Chiropractic student at NYCC, and publishes the blog Hands In Training: Perspectives of a Student of Chiropractic. This article is adapted from an October 24, 2013 post, available in full at <http://handsintraining.wordpress.com>.

We've even seen a small group of students introducing a running club to downtown Seneca Falls following reports that NYCC's own Seneca County placed number one for obesity in New York.



Commencement

December 2013 NYCC Commencement Exercises

On Saturday, December 7, 2013, at 10:00 am, New York Chiropractic College held commencement exercises in the Standard Process Health and Fitness Center conferring degrees to 101 Doctors of Chiropractic. The event also marked the first commencement wherein 24 graduates of NYCC's Bachelor of Professional Studies program were recognized.

Selecting Your Path

Congressman Thomas W. Reed II, delivered the commencement address while Student Government Association President Nicholas Maio served as the student body speaker. Drawing upon revelatory moments in his life, Congressman Reed urged the graduates to “never give up” and to take appropriate risks. “Don’t take the easy path, don’t cut corners, but rather take the long term path – the right path - and you will be successful,” he counseled.

An attorney and former mayor of the City of Corning, Congressman Reed was elected in November 2010 to represent



Congressman Thomas W. Reed II

New York's 29th district and was re-elected in January 2011 to serve a two year term in the new 23rd district gaining a reputation fighting for job creation and communicating with his constituents. Reed was appointed to the Ways and Means Committee and serves on the Human Resources, Oversight, and Select Revenue Measures subcommittees.

The invocation and benediction were given by the Reverend Dr. Allison Stokes, author, frequent lecturer and founding director of the Women's Interfaith Institute in Seneca Falls, N.Y. She holds academic degrees from the University of North Carolina at Chapel Hill, Harvard Divinity School, and Yale.



*Student Government Association President
Nicholas Maio*



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 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)

No, not at this time, however, I will continue to refer prospective students to NYCC.

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: <input type="checkbox"/> Check (made payable to NYCC) <input type="checkbox"/> VISA <input type="checkbox"/> Master Card <input type="checkbox"/> Discover <input type="checkbox"/> American Express	
Credit Card # _____	Expiration Date _____



TO MAKE A GIFT BY PHONE/FAX
OR FOR MORE INFORMATION:
1-800-234-6922 (Ext. 3282)
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: Amanda VanTassel
2360 State Route 89
Seneca Falls, NY 13148

News Briefs

News from the New York State Board for Chiropractic

The New York State Board for Chiropractic recently discussed telephone consults. Specifically, what are the implications if a DC in New York providing, say, consulting services were to give advice to people residing in other states? It is recommended that in addition to having a license in New York, the DC should also be licensed in the state where his advice is received. Each state has oversight and regulates the licensed professionals treating, advising, and monitoring its residents. From a liability stand point, the requirement speaks for itself.

Questions From the Field

Throughout the course of the year the Board fields many questions from DCs both within and outside New York State. A recent question was, "Is ultrasonic vascular testing within the scope of DCs practicing in New York State?" In making a differential diagnosis, it is essential that relevant cardiovascular issues be recognized and properly considered. An example would be neurogenic claudication versus vascular claudication. The use of ultrasonic vascular screening may help to determine if the patient needs to be sent out for further vascular testing. Therefore, the Board feels that ultrasonic vascular screening is a beneficial tool and within the scope of chiropractic in

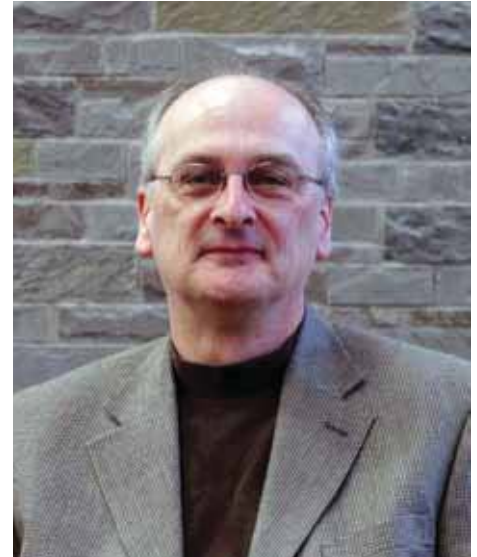
New York when used in appropriate cases. DCs using this modality should be proficient in its use.

Incoming Members

The Board is happy to announce the addition of three new Board members. They are: Sherry Downie, PhD, who earned her PhD in cell biology and anatomy from New York Medical College. She has been involved in many levels of education and is a professor in the departments of Anatomy and Structural Biology and Physical Medicine and Rehabilitation at the Albert Einstein College of Medicine; James Hyland, DC, a 1998 graduate of New York Chiropractic College and a 2006 graduate of the Finger Lakes School of Acupuncture and Oriental Medicine who practices in Kenmore, N.Y., and teaches at Erie Community College, Niagara County Community College and the New York Institute of Massage; Sonali Lal, MD, graduate of Kasturba Medical College in Manipal, India, and presently a practicing physiatrist in Manhattan.

Thank You for Your Service

The Board would also like to recognize the service of three members who will be leaving its ranks this year and who, combined, represent over 30 years of service to the State of New York, to



*Scott Kilmer, DC,
Chairman of the New York State
Board for Chiropractic*

the Board and to the public it serves: Stephen Eble, DC, Todd R. Olson, PhD, and Jay Okin, DC. Their contributions to the profession have been numerous and greatly appreciated. Thank you and we wish you all the best.

If you have any questions for the Board, please don't hesitate to contact us. The NYSBC can be reached by telephone at 1-518-474-3817 ext. 190, or by mail at State Board for Chiropractic, 89 Washington Ave., 2nd Floor, West Wing, Albany, NY 12234. Our email address is chirobd@mail.nysed.gov.

News Briefs

John Demetros, DC, ('09 NYCC) “Tips Off” Incoming Students

Dr. Demetros opened his remarks to the assembled students about to embark on their chiropractic education with, “Ask yourself, ‘Why am I here? What do I need to take away from this experience?’” He followed with encouragement to observe and question their faculty: “The faculty are your first mentors. They want you to leave fully prepared to face the challenges of this profession.”



Dr. John Demetros

Currently a clinician at the campus Student Health Clinic, Demetros recalled availing himself of the many opportunities the College offered him, including internship experience at the Walter Reed National Military Medical Center in Bethesda, Maryland (formerly the National Naval Medical Center), the Veteran’s Affairs

Medical Centers in Bath, Rochester and Canandaigua, N.Y., Monroe Community Hospital, St. Joseph’s Neighborhood Center and the Seneca Falls Health Centers at NYCC. Salutatorian of his class and named Student of the Year in 2009, other achievements

included receipt of the Lorrain Welch Memorial Award for leadership, the Distinguished Service Award for community service, and membership in the Phi Chi Omega Honor Society. Demetros holds chiropractic licenses in both New York and Pennsylvania.

More Tips

“You are not alone in this experience. The people in this room will be your closest support as you begin your career. So help each other,” he encouraged. He offered hope, mentioning that with time management and settling in, life gets easier as they progress through the program.

He urged the students to network with faculty and staff, to form connections with alumni and chiropractors around the country, and to involve themselves in community activities: “Chiropractic is a service profession, and being involved with different community service organizations is both fulfilling and a way to become well known in the community you serve.”

Kenneth “Barrett” Parker, DC ('04)

Continued from page 21

Chiropractic has provided Dr. Parker with great personal fulfillment. “Being able to help people with our hands has incredible influence and reward. Having someone enter our office with severe pain and leave feeling significantly better is powerful,” he explains. Chiropractors, he says, possess a great responsibility to share this skill and serve their communities.

He demonstrates his belief in the vital importance of supporting chiropractic’s professional organizations, through his membership in the American Chiropractic Association, the American Board of Chiropractic Sports Physicians, the North American Spine Society, and the New York State Chiropractic Association. “These organizations are the voice

and political power that is necessary to not only better our profession, but even more importantly, protect it.” “At this time in healthcare, we as chiropractors have a unique opportunity to gain cultural authority in the conservative musculoskeletal care. By building upon our educational standards and maintaining ethical and professional principles, we can gain larger shares of the healthcare market to ensure the health of our profession.”

Dr. Parker resides in Jamesville, N.Y., with his wife of 10 years and their three children. They enjoy outdoor activities and spending time with their extended families.

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

News Briefs

Michelle Grasek, LAc, NYCC '10, Appointed to Alumni Relations Advisory Council

Congratulations to Michelle Grasek, the newest member of NYCC's Alumni Relations Advisory Council!

A native of Romulus, N.Y., Michelle graduated with honors from the Finger Lakes School of Acupuncture and Oriental Medicine of New York Chiropractic College, receiving a Distinguished Service Award. In 2007, she graduated summa cum laude from Le Moyne College in Syracuse, N.Y. Michelle currently owns a private practice in Rochester, N.Y., and is credentialed to practice acupuncture at Monroe Community Hospital. She

is one of only four acupuncturists in New York State to be a "preferred provider" of the Mei Zen style of cosmetic acupuncture and her business was featured on the cover of *Rochester Magazine's* January 2012 "Fountain of Youth" issue. Michelle has traveled to both China and England to further her understanding of acupuncture and has also ventured to Peru, providing free acupuncture to underserved areas with the charity Project Buena Vista.



Michelle Grasek, LAc, MSAOM

New York Chiropractic College



Clinical Research Faculty

Serve as a faculty member whose primary responsibilities include conducting clinical research, maintaining an active and independent research program in Epidemiology, and providing clinical research expertise to the NYCC campus community.

Visit our website for further information about the position at:

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

Please send a cover letter and resume to:

New York Chiropractic College
Office of Human Resources
2360 State Route 89
Seneca Falls, NY 13148

You can also e-mail your cover letter/resume to:

cmcdermott@nycc.edu

NYCC is an equal opportunity employer.

Wobenzym® PS

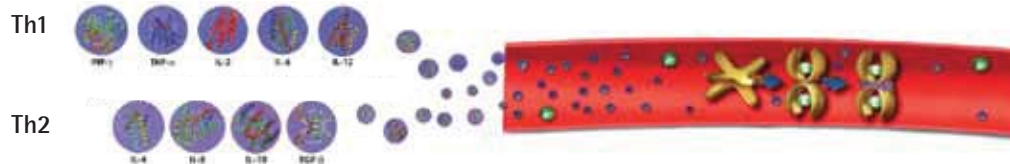
A Professional Strength Dietary Supplement

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

News Briefs



*Mr. Kent Greenawalt and
Dr. Frank Nicchi*

President Nicchi Receives The Dr. Monte Greenawalt Award for Chiropractic Excellence at Parker Seminars in Las Vegas

Citing New York Chiropractic College President Dr. Frank J. Nicchi's leadership and his significant contributions to chiropractic education, Foot Levelers Chairman and CEO, Kent Greenawalt, presents him The Dr. Monte Greenawalt Award for Chiropractic Excellence "For Outstanding Dedication & Service to the Chiropractic Profession" at Parker Seminars' Las Vegas event.

NYCC's Dean to be Acupuncture Council Vice President

At its Fall 2013 meeting, held in Salem, Mass., the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) elected FLSAOM Dean Jason Wright as Vice President.

The Council's primary mission is to advance acupuncture and Oriental medicine by promoting educational excellence in the field. Its membership consists of 54 acupuncture schools with either full accreditation or accreditation candidacy status with the Accreditation Commission for Acupuncture and Oriental Medicine.

The membership of the Council meets twice each year for dialogue and



Dean Jason Wright

planning around the major issues affecting AOM education and the AOM profession.

Dean Wright has served as an At-Large member of the Executive Committee of the CCAOM since 2010, is the chair of the Council's Herb Committee, and serves as the liaison between the CCAOM and the national professional organization, the American Association of Acupuncture and Oriental Medicine.

Murphy Appointed Levittown Health Center Administrator

Melissa Murphy is the Levittown Health Center's new Health Center Administrator. Originally from Smithtown, Long Island, Ms. Murphy is a 2004 graduate of the University of Delaware where she completed a Bachelor of Arts in Political Science in 2004 and earned her Master of Public Administration degree with a concentration in healthcare policy and administration in 2006. She began her career at Catholic Health Services of Long Island (the second largest

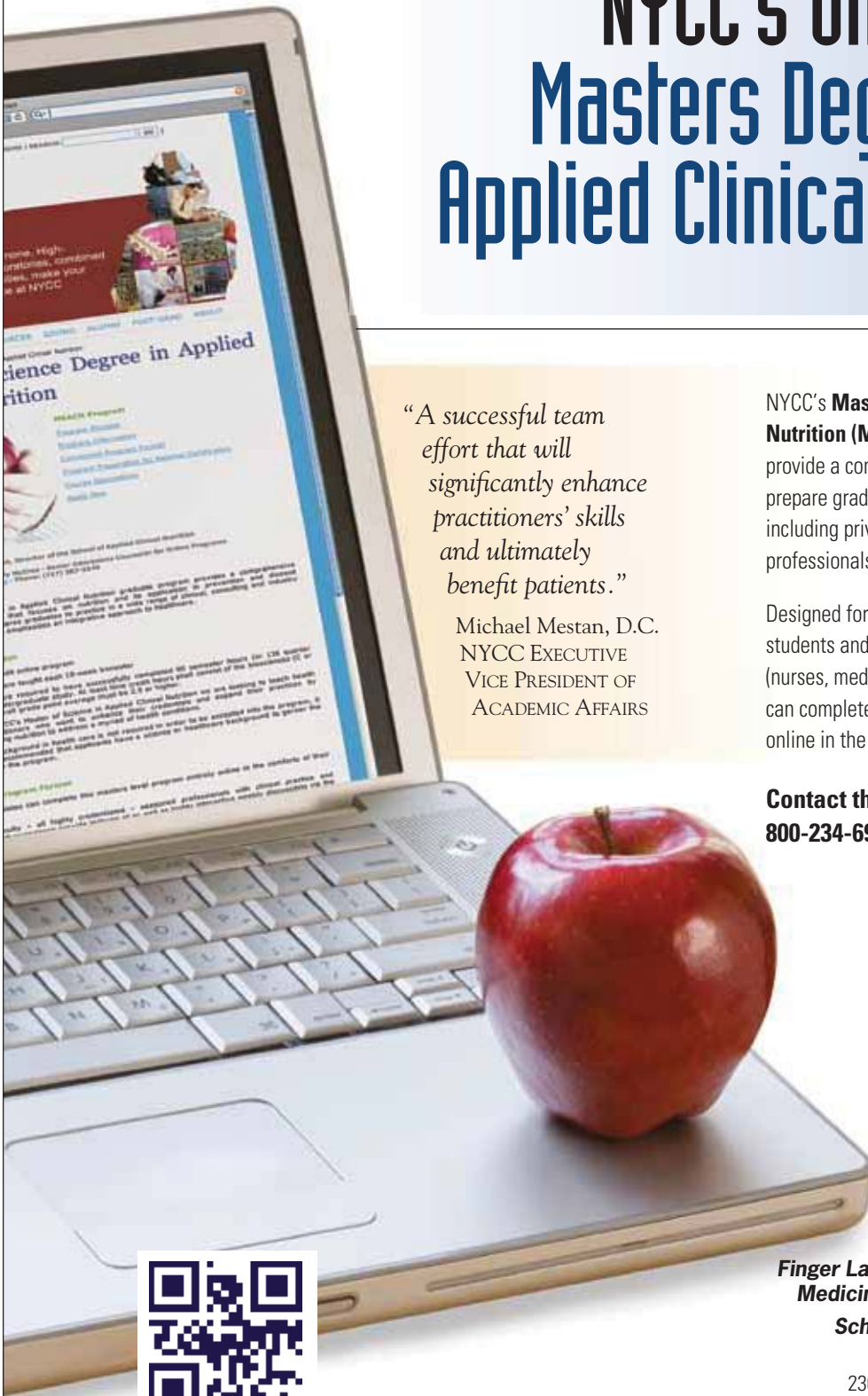
health network on Long Island) in project management and, most recently, in administration.

A fitness enthusiast, Ms. Murphy enjoys circuit training, practices yoga, follows football – particularly the New York Giants – and spends time with her rescued Lab/pit bull mix, Gracie. She also enjoys traveling and tries to visit a major U.S. city every year.



Ms. Melissa Murphy

NYCC's 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



An Example of Excellence

We would like to recognize the following NYCC alumnae/i for their dedication to excellence in chiropractic education through their encouragement of qualified students to pursue a Doctor of Chiropractic degree.

New York Chiropractic College Alumni

Dr. Michael Allgeier, '06
Chicago, IL

Dr. Adam Blair, '10
Ajax, ON

Dr. Paul Boston, '07
Indiana, PA

Dr. Robert Bravar, '96
Westbury, NY

Dr. Nate Callear, '04
Milan, PA

Dr. Guy Carbone, '90
Wethersfield, CT

Dr. Vincent Catanzaro, '85
Staten Island, NY

Dr. Robert Chickara, '01
Freehold, NJ

Dr. Patrick Connors, '12
Lafin, PA

Dr. Matthew Cote, '80
Depew, NY

Dr. Nicole Curtin, '11
Buffalo, NY

Dr. Philip Didomenico, '00
Pittsburgh, PA

Dr. Ryan Duncan, '10
Wooster, OH

Dr. Katherine Farrell, '10
Circleville, OH

Dr. James Forster, '85
Dix Hills, NY

Dr. Mike Genovese, '90
North Babylon, NY

Dr. Sean Grady, '10
Towson, MD

Dr. Isaac Greeley, '02
Vandergrift, PA

Dr. Kyle Grice, '97
Toronto, ON

Dr. Aaron Haydu, '00
Kingston, PA

Dr. Craig Hediger, '81
Wasilla, AK

Dr. Craig Henzler, '96
Fredericksburg, VA

Dr. Moses Jevicky, '07
Greensburg, PA

Dr. Ali Jradi, '04
London, ON

Dr. Dawn Klose, '98
Denville, NJ

Dr. Norman Krause, '02
Camp Hill, PA

Dr. Richard Kuhns III, '00
Fayetteville, NC

Dr. Brian Lowry, '00
Waterloo, NY

Dr. Eric Luper, '95
Albany, NY

Dr. John Mannion, '83
New Hyde Park, NY

Dr. Daniel Marino, '08
Rochester, NY

Dr. Nevin Markel, '08
Glen Burnie, MD

Dr. Christopher Marzano, '06
New Tripoli, PA

Dr. Joe Mascaro, '84
Groton, CT

Dr. Larry McCracken, '99
Richland, PA

Dr. Michael Murphy, '11
Bethel, CT

Dr. Ryan Nadeau, '08
Rochester, NY

Dr. Rashaad Nauth-Ali, '12
Brampton, ON

Dr. Denise Nicastro, '90
Corning, NY

Dr. Keith Nussbaum, '89
Albany, NY 12159

Dr. Michael O'Connor, '82
Clifton Spring, NY

Dr. Previn Panwar, '04
Mississauga, ON

Dr. Joseph Papalia, '01
Centereach, NY

Dr. James Phipps, '10
Lockport, NY

Dr. Walter Priestley, '87
Farmingdale, NY

Dr. David Redding, '92
Lima, NY

Dr. Mike Reinhardt, '99
Webster, NY

Dr. Lucas Resig, '03
Shinglehouse, PA

Dr. Nathan Riddle, '07
Webster, NY

Dr. John Rosa, '92
Rockville, MD

Dr. Jeff Schnapper, '89
Bardonia, NY



An Example of Excellence

New York Chiropractic College Alumni *(continued)*

Dr. Joe Seeman, '90
Fords, NJ

Dr. Mike Vorozilchak, '06
Geneva, NY

Dr. Albert Wolyniec, '72
Ridgewood, NJ

Dr. Frederick Storer, '78
Palm Beach Gardens, FL

Dr. Marissa Wallie, '00
Annapolis, MD

Dr. Michael Zdilla, '03
Belle Vernon, PA

Dr. Anthony Tartamosa, '96
York, PA

Dr. Mike Watson, '13
Kingston, ON

We would like to recognize the following individuals for their dedication to excellence in chiropractic education through their encouragement of qualified students to pursue a Doctor of Chiropractic degree.

Friends of New York Chiropractic College

Dr. William Aukerman
Greensburg, PA

Dr. Russel Dunlop
Somerville, NJ

Dr. Stephen Paravati
New Hartford, NY

Dr. Aaron Balmer
Peterborough, ON

Dr. Adam Galasso
Manville, NJ

Dr. Davd Rankin
Oakville, ON

Dr. Berj Bardekjan
Toronto, ON

Dr. Eugene Goldberg
Pittsburgh, PA

Dr. Dana Shafer
Greensburg, PA

Dr. Thomas Becker
Lemoyne, PA

Dr. Mark Grazen
Elma, NY

Dr. Ted Sippos
Wasilla, AK

Dr. Robert Block
Ballston Spa, NY

Dr. Susan Groetz
Chittenango, NY

Dr. Kristin Soehl
Lafayette, NJ

Dr. Sharon Buerker
Schenectady, NY

Dr. Michael Guerriere
Baldwin, NY

Dr. C. Thomas Swick
Cazanovia, NY

Dr. Marcella Burkhard
Canandaigua, NY

Dr. Kris Larson
Wasilla, AK

Dr. Michael Tancredi
Broomall, PA

Dr. Daniel Carrier
Front Royal, VA

Dr. Douglas MacPherson
Weirton, WV

Dr. Diane Travis-Phillipson
North Bay, ON

Dr. Adrien Catonia
Morrisville, NY

Dr. Dennis McKolosky
Johnstown, PA

Dr. Perry Walk-Weiss
Bound Brook, NJ

Dr. David Cerniglia
Scotia, NY

Dr. Caitlin Morrisroe
Portland, ME

Dr. Thomas Wright
Canandaigua, NY

Dr. Mark Craft
Ellenville, NY

Dr. William Musser
Mentor, OH

Dr. Eugene Deminico
Pittston, PA

Dr. Kevin Owens
York, PA

Class of 1960

Charles L. Lowe, DC, of Brooklyn, N.Y., recently passed away. He graduated from NYCC in 1960 to follow in his father's footsteps. Dr. Lowe was also a part of the NYCC faculty from 1961 to 1966 while the school was still in Manhattan. Dr. Lowe was a quiet, proud man who stood up for his profession at all times. As far as he was concerned, chiropractic was the only way to good health. He conveyed that message to his thousands of patients both in Brooklyn, N.Y., and Barbados, W.I.

Class of 1988

Donald R. Murphy, DC, DACAN, has just published his second book, *"Clinical Reasoning in Spine Pain Volume I: Primary Management of Low Back Disorders."* It is available on

Amazon.com. He is working on the Volume II which will cover cervical disorders and is due out later this year. Also, Dr. Murphy has helped create a new training program leading to a certificate as a Primary Spine Practitioner. Details can be found at: www.primaryspineprovder.com.

Class of 1998

Sherry Anne Lints, DC, of Utica, N.Y., has worked as a chiropractor to various singers and musicians and is now working on her third CD in Nashville, Tenn. She recently released her first music video for a song she wrote that can be viewed on www.sherryanne.com and Youtube under "I only know to Pray." She can be reached by email at drsals@lins@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.

Name _____ Graduation Month/Year _____

Name While at NYCC _____

Office Address _____

Office Phone No. _____

E-mail Address _____

My News: _____

Want to **STOP** a Malpractice Claim?

Our Claims Advice Hotline May Stop a Claim in its Tracks

At NCMIC, our Claims Advice Hotline staff has managed just about every type of allegation. They know chiropractic malpractice better than anyone and use this knowledge to confidentially guide doctors through potential claims situations.

*Thousands of D.C.s have averted a claim after calling the Hotline.** Stopping claims before they start is just one more way “We Take Care of Our Own.®”

**Call 1-800-769-2000, ext. 3133,
to find out more.**

 **NCMIC**
We Take Care of Our Own
www.ncmic.com

*Based on the claims data of NCMIC and its family of malpractice insurance companies since inception.
We Take Care of Our Own is a registered service mark of NCMIC Group, Inc. and NCMIC Risk Retention Group, Inc.

©2013 NCMIC NFL 3520-2

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.

"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**



**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

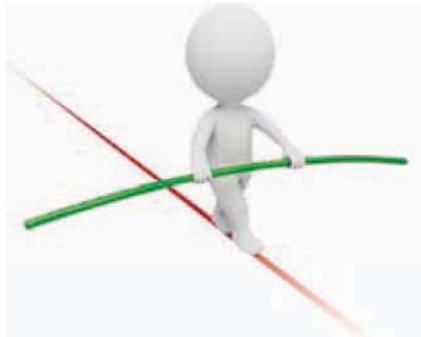


Millions of Patients 34 Peer-Reviewed Articles

No other custom orthotic is engineered quite like a Stabilizing Orthotic. Introduced 60 years ago, the intelligent design stabilizes the three arches of the foot, providing a natural balance of **flexibility** and **stability** for the **whole body**, not just the foot. No wonder 81.8% of chiropractors in the U.S. said they prescribe orthotics for their patients.¹



Stabilizing Orthotics improved sporting performance such as driving the ball up to 15 yards farther.²



Stabilizing Orthotics improved balance (eyes open) and proprioception (eyes closed).³



Stabilizing Orthotics increased hip and pelvic joint ranges of motion.⁴



Clinical trial showed back pain relief by 44% and improved function by 38% in 6 weeks,⁵ when wearing Stabilizing Orthotics.



NEW inmotion
Stabilizing Orthotic



Stabilizing Orthotics significantly decreased blood pressure and improved Heart Rate Variability.⁶



Stabilizing Orthotics reduced knee injuries by 31%.⁷

Proprioceptive-friendly orthotics.

- Allows normal ranges of motion.
- Supports all three arches of the foot.
- Unique 10.2% increase in O₂ levels.

800.553.4860
FootLevelers.com

take the
FOOT LEVELERS
FREE 3 Patient Challenge

FootLevelers.com/3patients



©2012 Foot Levelers, Inc.

References for the published peer-reviewed scientific research papers:

1. National Board of Chiropractic Examiners. 2005.
2. Stude DE. JMPT 23 (3) April 2000
3. Stude DE. JMPT 1997; 20(9):590-601.
4. Stude DE. JMPT 2001; 24(4):279-287
5. Cambron, JA. JMPT May 2011 (Vol. 34, Issue 4, Pages 254-260)
6. Zhang, J. J of Chiropractic Medicine June 2007 6:2, 56-65
7. Jensen B. J Chiro Ed 2007; 21(1):109

The World's leading authority on individually designed Stabilizing Orthotics since 1952

Transitions



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

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



The Seneca Meadows Environmental Education Center

Advancing the environment in our community