Making a world of difference

Palmer’s Clinic Abroad Program brings chiropractic care to those in need
Winter/Spring 2008

Insights is published by Palmer College of Chiropractic’s Marketing and Public Relations Department.

Share your insights with us by mail at: Editor, Insights, Palmer College of Chiropractic, 1000 Brady Street, Davenport, IA 52803-5287, by phone at (563) 884-5662, by fax at (563) 884-5103, or by e-mail at marketing@palmer.edu.

Executive Director for Alumni Mickey Burt, D.C.

Executive Director for Marketing and Public Relations Darren Garrett, APR

Editor Keith Poehlman

Design/Layout Bobbi Mongeau

Editorial Adviser Lori Leipold

Contributors Chris Beaudry
Chuck Bustillos
Shannon Carter
Katie Hoyt
Ted Nikolla
Minda Powers-Douglas
Teri Ray
Mike Rekemeyer
Tim Richardson

Production Kim Kent

Questions about the College? Call toll-free at 1-800-PCC-ALUM (722-2586) or (563) 884-5000.

Palmer College of Chiropractic does not discriminate on the basis of race, color, sex, national origin, age or handicap in admission or access to programs or activities.

on the cover Davenport Campus student Mirjam (Schuchmann) Allen cares for a patient during the 2002 Clinic Abroad Trip to Nepal. Dr. Allen, ’02, now practices in Decatur, Ill. Above, grade school students in Fiji during a 2003 Clinic Abroad Trip.
In the previous issue of Insights, we invited our readers to complete an Alumni Profile to help the Alumni Office serve you better. The response has been amazing.

Currently we’re determining the best fit for those who’ve expressed an interest in lending their expertise to the new alumni association—whether as one of the association’s directors or in one of its advisory groups. If you haven’t yet completed an Alumni Profile form, I encourage you to fill one out by logging onto the Alumni section of www.palmer.edu and clicking on “Getting Involved.” To submit a form by mail, simply call (800) 722-2586, Ext. 3.

Input from these forms and the comments shared with the Alumni Office on our road trips allow us to stay tuned in to our alumni’s needs. Palmer’s Continuing Education cruise, for example, was developed to help alumni earn continuing education hours and have fun at the same time.

In the same way, Palmer’s Center for Business Development was created in response to the desire of recent graduates—and current students—to obtain important business skills. Join us March 28-29 in Lyceum Hall on the Davenport Campus as the Center holds its second Palmer Destination Success—A Journey From Within. The event also marks the opening of the Center’s new office on the Davenport Campus.

Giving our students the opportunity to gain the most advanced academic, clinical and business skills takes a lot of hard work. But it reminds me of a prospective student who recently asked me if the classes at Palmer were hard. “Absolutely,” I told him. “There’s a tremendous amount of information that you’re going to have to learn. People’s lives are in your hands.”

Perhaps no one understood that better than Dr. David Palmer. Following in the footsteps of his grandfather and father, David did the groundwork that would make it possible for Palmer College to become the first chiropractic college anywhere to gain academic accreditation. His quiet determination also allowed the discoveries made by D.D. and B.J. to gain the credibility they deserved and for chiropractic to enjoy even broader acceptance.

In this issue’s cover story, you’ll learn how Palmer College continues to extend the reach of chiropractic through its Clinic Abroad Program. Three times a year, the program allows Palmer students, alumni and faculty to bring free chiropractic care to people in the developing world who would not normally have access to it. As we prepare our students to become the best chiropractors in the world, it’s gratifying to see that with programs like Clinic Abroad, we’re educating many others on the benefits of chiropractic along the way.
After an illustrious 20-year legacy as chairman of the Palmer College of Chiropractic Board of Trustees, Ms. Vickie Palmer announced to Board members on Jan. 15, 2008, that she would officially conclude her tenure as chairman at the Feb. 1-2, 2008, Board meeting in San Jose, Calif. Ms. Palmer continues serving on the Board as a Board officer and member of the executive committee.

“I began considering this nearly seven years ago and consulted with many advisors, including my two sisters, during that time,” explained Ms. Palmer. “For many reasons, I’m confident that this is the right time to make a smooth transition. We’ve successfully completed our capital campaign and opened the Academic Health Center. I’m also very comfortable with the strength of the Board and the College administration. More importantly, the time is right for a practicing chiropractor to lead this College as it has become a true participant in the mainstream healthcare delivery system.”

As part of her announcement, Ms. Palmer submitted the nomination of Vice Chairman Trevor Ireland, D.C., Davenport ’70, as her successor. At the Board meeting,

Dr. Ireland received unanimous support and approval from all members and officially assumed chairman responsibilities on Feb. 2.

“He is an incredible individual and I’m certain he will do an excellent job,” added Ms. Palmer. “Dr. Ireland possesses all of the characteristics necessary to lead us on this journey.”

“I’ve trained my entire life to assume this position,” Dr. Ireland said of his new role. “It has been a privilege to have served with Vickie for all these years. As we enter this new era of chiropractic, I shall do my utmost to benefit Palmer College, pursue its mission, and protect and perpetuate its philosophy, science and art, and continue to honor the historic connection between Vickie Palmer and the College.”

Dr. Ireland, a magna cum laude graduate and a Board member since 1988, is founder of the Ireland Clinic of Chiropractic in Anchorage, Alaska, one of the largest chiropractic healthcare facilities in that state. During his distinguished 38-year career, he has been honored as a fellow of the International Chiropractors Association, the Palmer Academy of Chiropractic, the Palmer West Campus Academy of Chiropractic, and the International College of Chiropractors. Dr. Ireland was the youngest doctor ever to receive all four chiropractic fellowship honors. In addition, he co-founded the Alaska Chiropractic Society and is a past president of that organization.

With Dr. Ireland assuming the Board chairman position, Mr. Kent Fornay was elected vice chairman. Mr. Fornay, a prominent attorney in Des Moines, Iowa, has served on the Board since 1982, most recently as the Board secretary.

Ms. Palmer was named to the Palmer Board in 1978 and served as vice chairman from 1985 until her election to chairman in 1987. During that tenure, she has been instrumental in many significant accomplishments for the College. Those include opening of the Palmer Academic Health Center on the Davenport Campus; the growth, development and stabilization of Palmer’s West Campus; the establishment of the Florida Cam-
Dr. Meeker named Researcher of the Year

West Campus President William Meeker, D.C., M.P.H., has been named the George B. McClelland Researcher of the Year by the American Chiropractic Association (ACA). The award was announced Sept. 22 during the ACA’s 44th Annual Business Meeting in Washington, D.C., and recognizes excellence and achievement in research that expands the body of knowledge of chiropractic.

“Dr. Meeker has gone beyond fostering chiropractic growth and understanding through his tireless work in academic research positions,” said ACA President Glenn Manceaux, D.C. “He has devoted his entire career to enhancing the scientific capacities of chiropractic, and has successfully helped to insert the chiropractic paradigm into the public eye.”

Dr. Meeker has an extensive background in chiropractic research, initially serving as assistant professor in Palmer’s Division of Research on the West Campus from 1983 until 1986. He was named associate dean of research in 1986. After earning his master’s degree in Public Health from San Jose State University in 1988, he became dean of research at the West Campus the following year and served in that role until 1995.

At that time, Dr. Meeker was named director of the Palmer Center for Chiropractic Research (PCCR) on the Davenport Campus. From 2001 until assuming the presidency of the West Campus, he served as the College’s vice president for research.

“I am very pleased to receive this award from the ACA, especially because it is in the name of one of the great supporters of chiropractic research over the past three decades and more, George B. ‘Mac’ McClelland, D.C.,” said Dr. Meeker. “This award recognizes the positive impact that chiropractic scientists have on our profession’s future.”

As the recipient of this year’s Researcher of the Year Award, Dr. Meeker follows Christine Choate, D.C., the executive director for the PCCR, who received the award in 2006.

Outside of his duties at Palmer, Dr. Meeker has served multiple positions with the chiropractic section of the American Public Health Association, for which he was awarded its Distinguished Service Award in 1999.
Women’s Rugby club in fifth year of play

Above, Davenport Campus student Shannon Baird, top right, wins a line out in a game between the Davenport Women’s Rugby team and the County Will Morrigans of Joliet, Ill. Ms. Baird is being lifted by teammates Michelle Jeffrey and Suzy Zeigler.

Davenport Campus remembers Dr. Cacioppo

A memorial service was held on Friday, Nov. 30, for Anthony Cacioppo, D.C., M.S., DABCO, DIBCN, in the Gothic Room at Lyceum Hall. Family and friends from near and far joined Dr. Cacioppo’s Palmer family to celebrate his life and accomplishments.

Dr. Cacioppo’s wife, Eileen, shared stories of how they first met and how he loved to make her laugh by doing impersonations (including Elvis and an “Italian doing a Norwegian singing Roy Orbison”).

John Stites, D.C., Rock Island Clinic, also spoke about “the man I deeply admired” and talked of how influential he was to the clinic as well as detailed in his work. “We used to joke that he could see a dress code violation at 100 yards.”

Fellow colleagues and a former student also shared how he had inspired them and made a difference in their lives. Dr. Cacioppo graduated from Palmer in 1960 and served the College for 24 years. Most recently, he was the director of community clinics. He died Nov. 9 at the age of 69.

Memorial contributions may be made to the Davenport Campus Library or Clinics.

Davenport Clinic welcomes new and established patients

Palmer’s Davenport Clinic, which opened in the summer of 2007, is providing care to long-time patients who have been served by the Main Clinic as well as new patients seeking care in the facility. Located inside Pisciottano Hall in the Palmer Academic Health Center, the clinic provides the latest in chiropractic care with clinicians and their interns working together in an increasingly paperless environment.

Faculty Clinician Susan Larkin, D.C., Davenport ’82, left, assists student Katrina Neyer with an adjustment.
A special supplement to the journal *Spine*, published in January 2008, documents the results of a unique project, *The Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders*. This multidisciplinary, international task force, of which Palmer College is a member, was formed in 2000, and is led by Palmer alumnus Scott Haldeman, D.C., Ph.D., M.D., Davenport ’64. Committee members were based in nine countries and represented 14 different clinical and scientific disciplines.

In addition to a systematic review and analysis of the vast literature in this field as well as a best evidence synthesis, a collection of original research projects were conducted, “resulting in a number of intriguing and significant findings,” said Palmer’s Executive Director for Research Christine Goertz Choate, D.C., Ph.D. “One of these was a major new study on the risk of stroke following manipulation of the neck, which reinforces the safety of chiropractic care for people with neck pain.” Led by David Cassidy, D.C., Ph.D., and titled “Risk of Verteobasilar Stroke and Chiropractic Care, Results of a Population-based Case-Control and Case-Crossover Study,” this report concluded that patients are no more at risk of having a rare type of stroke after visiting a chiropractor than they are after visiting an M.D.

For more details on the task force report and its significant research findings, go to the Palmer website news page at www.palmer.edu/bonejointreport.

Bone and Joint Decade Task Force report on neck pain published

A television producer from MBC-TV in Seoul, Korea, and a recent Palmer graduate from Korea who practices in Atlanta visited the Davenport Campus Oct. 3-8. Their mission was to interview faculty, staff, students and patients for a documentary on posture and the biomechanics of the spine that was recently aired nationally in Korea. Producer Pan Jung Koo and consultant Young Choi, D.C., Davenport ’07, filmed in classrooms, the Academic Health Center, the Research Center and other parts of campus, and interviewed nearly 20 people.

“Currently, chiropractors in Korea are required to provide care under the supervision of a medical doctor,” said Dr. Choi. “It is my hope that this production will advance chiropractic in Korea as a scientific, credible and beneficial healthcare discipline.”

Media Relations Manager Lori Leipold coordinated the interview schedule and accompanied Dr. Choi and Mr. Koo during their visit. “Everyone at Palmer participated enthusiastically in this important project,” she said. “This production has the potential to positively impact the future of chiropractic in Korea for years to come.”

Davenport Campus in Korean documentary

*From left, intern Sangjun Baek, staff doctor Casey Crisp, D.C., Davenport ’97, and Pan Jung Koo, work together on a portion of a documentary Mr. Koo is producing for a Korean TV network.*
Florida Campus raises $14K for MS cause

Palmer's Florida Campus and Clinic recently sponsored and participated in the PGA Tour MS150 Bike Tour to benefit those with multiple sclerosis. The ride took place over a 160-mile course from Daytona Beach to St. Augustine, Fla., on Sept. 29 and 30. Palmer's 30-member team of students and faculty helped raise more than $14,000 for the event. All funds raised help people with MS in central Florida. Among the members of the Palmer team was a student who herself has multiple sclerosis.

In the weeks prior to the race, Florida Campus students Keith Johnston and Jeff Farrah conducted seminars on topics such as chiropractic and cycling, core strength training and nutrition. The Clinic also provided information and spinal screenings at the start and finish of the race.

Palmer receives new NIH grant

In September the College received official notice of a grant award from the National Institutes of Health (NIH), National Center for Complementary and Alternative Medicine. This is a one-year grant for $110,000, with an option of an additional three years for a total of approximately $750,000. It will aid in Palmer's ongoing efforts to further develop faculty, create a more evidence-based curriculum and expand research efforts throughout the College.

"Palmer is committed to providing the best education possible to future doctors of chiropractic," said Palmer's Executive Director for Research Christine Choate, D.C., Ph.D. "An important component of this process is to enhance our students' ability to think critically and to incorporate new knowledge about how to deliver high quality chiropractic care to patients."

Added Cynthia Long, Ph.D., a professor on Palmer's research faculty who along with Dr. Choate serves as co-principal investigator for this project, "We will start out by assessing attitudes and knowledge among faculty and students about evidence-based practice. This information will help us in developing training programs to assist faculty in incorporating research findings and evidence in courses throughout the curriculum."

West Campus and San Jose Chamber ‘Go Well!’ together

Palmer College joined Blue Cross, Kaiser Permanente, the Lucile Packard Children's Hospital and other prominent healthcare leaders in the Silicon Valley on Nov. 8 as major sponsors of the Go Well! summit, presented by the San Jose Chamber of Commerce.

Several dozen Silicon Valley healthcare professionals attended the event at the San Jose Marriott Hotel which was designed to provide local companies with information and resources to help reduce the estimated $180 million attributed to lost productivity and common health conditions.

In addition to meeting with representatives from various healthcare institutions and organizations, guests also had the opportunity to hear a panel presentation with the common theme of effective ways for companies to foster employee wellness programs.
Alumni ‘Look Inside’
West Campus
Homecoming 2007

Palmer College’s West Campus hosted its Homecoming 2007 program on Oct. 8-9, which gave more than 200 doctors and students a chance to “Look Inside” an array of facility enhancements and enjoy another exciting Homecoming experience.

“The energy level was high, the enthusiasm for chiropractic was high, and the prospects for flourishing at Palmer’s West Campus are very high,” said West Campus President William Meeker, D.C., M.P.H., West ’82. Homecoming 2007 was a particularly memorable event for Dr. Meeker, as it marked his first since being appointed president.

“This year’s theme (‘Look Inside’) was quite appropriate, as all the people with whom I spoke were impressed with facility enhancements to the West Campus, yet another example of the investment that Palmer College has made in California.”

Seminar speakers included John Davila, D.C., Davenport ’94; Peter Fysh, D.C.; Tom Hyde, D.C.; Lisa Killinger, D.C., Davenport ’83; Anthony Lisi, D.C., West ’96; Ian McLean, D.C., Davenport ’79; Dan Murphy, D.C.; and Maurice Pisciottano, D.C., Davenport ’89.

Approximately 40 people attended the prospective student event. In addition to traveling from within the state, PSE guests traveled from Canada, Indiana, Michigan, Washington—and Japan. “All in all, this was a very successful event,” said Julie Behn, West Campus enrollment director. “We doubled our prospective student attendance from last year. Also, those who attended the Prospective Student Event listed Palmer as their number one or number two choice of chiropractic colleges.”

Seminar speakers at Homecoming included Peter Fysh, D.C., above, whose session was titled “Adjusting the Pediatric Spine.”

Homecoming 2007 EXPO provided guests with an opportunity to learn about chiropractic products and services from representatives of more than one dozen companies.

The two-day event also featured a special breakfast to honor doctors who’ve participated in the field-training component of the West Campus Practice Development Quarter (PDQ) since the program was introduced in 1994. The PDQ program helps ease the students’ transition from graduate to doctor by featuring guest speakers on the various business aspects of practice management and providing a “field training” component to gain practical knowledge and “real world” experience.

This year’s Homecoming also included an entertaining array of social events, including Casino Night and the Gala Banquet. Held in the main ballroom of the Santa Clara Hyatt Regency, the dinner/dance concluded Homecoming 2007 and featured the soulful sounds of Silicon Vibe.

Class of 1982 attendees include, clockwise from upper left, Drs. David Love, Warren Oberholzer, Roy Halpern, Mike Wong, William Meeker, Cynthia Dutro and Melanie Joshua.

Director of Clinical Radiology Dr. Ian McLean, left, discusses recently purchased digital radiology technology with Director of Diagnosis Radiology Dr. Lisa Killinger, West Campus Dean of Academic Affairs Tom Souza, D.C.; and Palmer’s Assistant Chancellor Clay McDonald, D.C.
Dr. Wenger maintains practice and tradition for more than 50 years

For J. Calvin Wenger, D.C., his start in chiropractic began at home. His father, 1937 Palmer graduate S.G. Wenger, D.C., maintained a practice at the family’s house in which J. Calvin was raised. J. Calvin would follow in his father’s educational and career paths by earning his own chiropractic degree at Palmer in 1953.

After Dr. Wenger married his wife, Shirley, a year later, he began practicing chiropractic on Nov. 26, 1956. Last summer, on Aug. 30, he marked his 50th year at the practice his father—who passed away in 1993—opened in Lancaster, Pa.

Today, Wenger Chiropractic Group is the second oldest chiropractic clinic in Dr. Wenger’s county, with five other Palmer chiropractors and two dozen staff members.

While being committed to his patients, Dr. Wenger also has provided care and comfort to his community as an ordained minister. For 13 years he served as assistant pastor at the Lancaster Church of the Brethren.

In the midst of his busy schedule, Dr. Wenger has still managed to find time to give his support and service to his alma mater which Palmer College has acknowledged by naming him a Fellow of the Palmer Academy of Chiropractic in 1986.

He also has been an active President’s Club Member for 18 years and gave generously to the College’s recent capital campaign. Efforts such as these resulted in his name being listed on the Heritage Endowment Wall on the Davenport Campus. Once again he was upholding a family tradition since his father also earned the same distinction through his generosity to Palmer.

Dr. Monte Greenawalt, founder of Foot Levelers, dies

Honorary Palmer alumnus Monte H. Greenawalt, D.C., DABCO, passed away in Las Vegas on Wednesday, Dec. 26, 2007. He was 84.

A 1948 graduate of Lincoln Chiropractic College in Indianapolis, Dr. Greenawalt was renowned in the chiropractic profession as the founder of Foot Levelers, Inc., which has been a leading provider of custom-made Spinal Pelvic Stabilizers and other healthcare products for more than 55 years.

Dr. Greenawalt, his son, Kent Greenawalt, and Foot Levelers have been ardent supporters of chiropractic education. Their generous donations to Palmer College have supported many projects over the years, most recently the Palmer College of Chiropractic Academic Health Center. Dr. Monte Greenawalt was a Fellow of the Palmer Academy of Chiropractic and a long-time member of the President’s Club.

Dr. Greenawalt is survived by his wife, Ruth; a brother, Tom; two sisters, Saralee and Gayle; son Kent and two granddaughters.
Florida Campus graduates 47 doctors

Palmer College of Chiropractic’s Florida Campus graduated its sixth class on Friday, Sept. 21, at the News-Journal Center in Daytona Beach. Forty-seven students received their Doctor of Chiropractic degrees during the graduation convocation, which featured a commencement address by Florida Campus Assistant Professor John Lockenour, D.C., DABCO.

The class salutatorian was Benjamin E. Bowman, and the Clinical Excellence Award went to Kenneth Medley. Bowman graduated summa cum laude. Magna cum laude graduates included Katie M. Benson, Dolly A. Garnecki, Lindsey Mansuetto, Kathleen M. O’Neill, Brandon M. Osmon and David G. Suro. Cum laude graduates included Brian M. Bartholomew, Shannon C. Madre, Kenneth Medley, Alison M. Nida and Shaun N. Price.

Davenport Campus welcomes 136 new grads

Commencement ceremonies on Oct. 19 in Palmer College’s Lyceum Hall auditorium on the Davenport Campus, marked the graduation of 131 Doctor of Chiropractic and five Associate of Science in Chiropractic Technology degree recipients.

Jeffrey Mackey, D.C., a 1980 graduate of Palmer’s Davenport Campus, was the commencement speaker. He reminded the graduates that, “This is where chiropractic began and where it will continue to flourish from. I would ask you to give back to this institution. Send students to Palmer, become involved in the alumni association and come back for Homecoming.”

Awards were given to four valedictorians: Lacey Alexander, Peoria, Ill., Kristen Bentson and Scott Bentson, Staten Island, N.Y., who are husband and wife, and Brian Fitzpatrick, Nevada, Iowa. Brian Fitzpatrick received the Virgil V. Strang Philosophy Award as well as the John Connolly Memorial Award for scholarship and involvement in Palmer and community organizations. Kristen Bentson received the Clinical Excellence Award and the salutatorian was Jeffrey Hannah, Davenport. Faculty Clinician David Hannah, D.C., was the Awards Convocation speaker.

Commencement speaker Dr. Jeffrey Mackey inspired the crowd during the October 2007 graduation on the Davenport Campus.
Palmer Homecoming
2008—Our Time Is Now
Davenport Campus, Aug. 7-9

There’s no better time to come back to Palmer College than Homecoming weekend. As Palmer College alumni, colleagues and chiropractors, Our Time is Now to renew relationships and celebrate at The Fountainhead. This year you can earn up to 20 hours of continuing education; hear from new speakers and hot topics; reminisce at reunions with your classmates; sample the latest products and services in the EXPO; enjoy great food and good music; experience the past, present and future of chiropractic. Bring your office staff and family—we have programs for them too!

Event details available soon. Check out Homecoming’s new web pages at www.palmer.edu/homecoming and look for a complete event guide in the mail this spring.

28 West Campus students cross the stage

Twenty-eight graduates received their D.C. degrees during the West Campus commencement on Nov. 30 in the theater of the Santa Clara Convention Center. Sandy Bell and Kaela Hwang were valedictorian and salutatorian, respectively. In addition to Bell and Hwang, the other magna cum laude graduate included Adam Hendy. Tanya Dobrzanski, Conan Fisher, David Sisopha, Helen Tong and David Yawger graduated with cum laude honors.

Clinical Excellence awards were presented to Sna Lim for the Tasman Clinic and Robinson Le for the former Benton Clinic. Tony Kearns received the Student Fellow Award. Kaela Hwang received the Virgil V. Strang Award. Dobrzanski, Phillip Kotzan and Rachel Yan received awards for their years of service as Campus Guides. Dobrzanski and John White received special awards for serving as executive officers of the Associated Student Government.

Hendy, Cory Hewko and Kearns received awards for serving as executive officers of the Sports Council. Dr. Kelli Pearson, a 1982 West Campus alumna who was one of the first three chiropractors in the U.S. to earn an HMO appointment and have staff privileges at Group Health Cooperative, presented the commencement address.

Florida Campus honors 73 new alumni

Palmer College of Chiropractic’s Florida Campus, graduated its seventh class on Friday, Dec. 14, 2007, at the News-Journal Center in Daytona Beach.

Seventy-three students received their Doctor of Chiropractic degrees during the graduation convocation, which featured a commencement address by Florida Campus Assistant Professor John Lockenour, D.C., DABCO.

The class valedictorian was Matthew Frahm, and the salutatorian was Gregory Prenger. The Virgil V. Strang Philosophy Award was presented to Keith Johnson and the Clinical Excellence Award went to Jennifer Gorenflo.

Those receiving President’s Scholars Awards (students who have made the Dean’s List every quarter) included Melissa Ferranti, Matthew Frahm, Gregory Prenger, Jennifer Gorenflo and Jacob Hutzell.
John Huston received his Bachelors of Business Administration from Ft. Lauderdale College in 1965 and his Master of Business Administration at Armstrong College in Berkeley, Calif., in 1982. From 1967 to 1979, his responsibilities included admissions representative, director of admissions, and director of financial aid for two college systems in Iowa and Nebraska. In 1979, he became president of American Institute of Commerce (AIC), where he developed a single-career college in Iowa into a six-campus, regionally accredited, associate degree institution. AIC was one of the initial U.S. proprietary colleges to develop and offer full degree programs online with accreditation by the North Central Association Commission on Accreditation and School Improvement, and the Accrediting Council of Independent Colleges and Schools (ACICS). Since 1999, Mr. Huston has been president of Corporate Educational Resources, Inc., in Naples, Fla., which specializes in contact management services and other product development for education. He has been the president of the Iowa Association for Private Specialized Colleges and Schools, a member of the ACICS and on the Career College Association Board of Directors. He was appointed to the Palmer Board of Trustees in 2004.

Tell us what strengths you bring to the Board.

I have been involved in education during my entire 40-year career and believe that the combination of the positions I have held in three different educational institutions and my educational training allows me to bring a valuable perspective to the Palmer Board of Trustees. My career has permitted me to experience many of the same challenges that confront Palmer in its growth and operation. I have worked with balancing budgets, supporting accreditation and education programs issues, planned effective management teams and made changes when necessary. As a board, we need to balance our efforts on training the best chiropractors in the world in conjunction with sound business practices.

What issues in the chiropractic profession concern you the most?

There are several issues in chiropractic that should be addressed by its leaders and educational institutions. Specifically, I’d like to see all in the profession work together to help expand the utilization of chiropractic care. In turn, this would help attract new students and strengthen enrollment at all chiropractic colleges. Overall, I’m excited about the direction in which Palmer College is heading and the momentum it has in its efforts to address these areas.

What is your vision of the three campuses of Palmer College in 25 years?

My vision for the three campuses is that they will each be regional leaders in training, education and research. Palmer will host regular advanced chiropractic retreats for healthcare providers to experience the new knowledge discovered in our research facilities and taught in Palmer’s classrooms. I envision the College also hosting biannual international conferences to highlight the best of the best in chiropractic education and increase understanding of the importance of chiropractic care.

What have you enjoyed most about being a member of the Board?

My most enjoyable experiences have been attending professional meetings and retreats to hear from leaders in the profession. As a board member, I have become acquainted with renowned researchers and international leaders in chiropractic that provide training in multiple countries. While the Board of Trustees has a wide variety of talented and skilled members, we’re all united by a passion for Palmer.

Dr. Gary Palmer, ’76, and his wife, Kayla, office manager, have been joined in their practice by their daughter, Dr. Erin Palmer, ’06, in Kingfisher, Okla. Phone: (405) 375-5497.

Dr. Rodney Floyd, ’77, DeLand, Fla., has been hired on Palmer’s Florida Campus as a faculty clinician. Phone: (386) 736-2092, e-mail: rvfdoc@aol.com.

Dr. Greg Wademan, ’79, Edmonton, Alta., Canada, has retired from his clinical practice. E-mail: gwademan@shaw.ca.

Dr. Lawrence Grusky, ’80, Miami, Fla., has been the team chiropractor for the University of Miami for nine years. Phone: (305) 598-2005, e-mail: gruskymgr@bellsouth.net.

Dr. Robert Keeler, ’80, and his wife, Deborah, are proud to announce that their daughter, Alexandra, was named first-runner up in the 2008 Miss Wyoming USA Pageant in October 2007.

Dr. Kenneth Ritter, ’81, and his son, Dr. Joshua Ritter, West ’06, Fresno, Calif., recently celebrated their first year together in practice. Dr. Kenneth Ritter has been in practice for 26 years. Phone: (559) 432-3332, e-mail: ritterchiropractic@sbcglobal.net.

Dr. Tim Weir, ’81, Raleigh, N.C., did voice work and wrote the title song of the movie “Christmas Memories,” which recently aired on the CW television network. Phone: (919) 954-0050, e-mail: firstinhealth@aol.com.

Dr. William Pfeifer, ’82, Ketchikan, Alaska, was named chiropractor of the year by the Alaska Chiropractic Society (ACA). Dr. Pfeifer is the ACA district one governor. Phone: (907) 225-9090.

Dr. Bill Puglisi, ’82, recently became an ICA certified chiropractic wellness practitioner. Dr. Puglisi has relocated his office to 195 Rte. 46 West, Totowa, N.J. Phone: (973) 890-3960, e-mail: elitetwellness@hotmail.com.

Dr. Kenneth Carle, ’83, Sarasota, Fla., has opened a second clinic specializing in massage therapy. E-mail: disney@comcast.net.

Dr. Patrick Lorenz, ’83, and his wife, Donna, announced that their son, Kyle Lorenz, started the D.C. program at the Davenport Campus in October 2007. Phone: (608) 326-2737, e-mail: patlefeb16@mchsi.com.

Dr. Greg Pitman, ’84, moved his office to a new location at 8241 Cornell Rd., Ste. 220, Cincinnati, OH 45249.

Dr. Justin Scharas, ’84, obtained his Master of Acupuncture degree and opened an acupuncture practice at 15440 North 99th Ave., Sun City, AZ 85351. Phone: (623) 388-6994, e-mail: jms@acupuncture99.biz.

Dr. Janet Ruth Sosna, ’84, Singapore, moved her clinic to 180 Bencoolen St. #02-19, Singapore 189646, on May 1, 2007. She was elected President of the Asia Pacific Chiropractic Doctor’s Federation in July 2007. Dr. Sosna has been invited by the Prime Minister’s Office to become an ambassador for the Singapore Promises Campaign. Phone: (65) 6734-8584, e-mail: dr_sosna@pacific.net.sg.

Dr. Rob De Stefano, ’86, Lodi, N.J., is the team chiropractor for the New York Giants, winners of the 2008 Super Bowl. He appeared on ABCTV’s “The View” on Feb. 19, to talk about his work with the team.

Dr. Paul Wolfson, ’86, Plainwell, Mich., married his wife, Carole, on Dec. 18, 2005. Phone: (269) 685-9233, e-mail: drpaulwolf@sbcglobal.net.

Dr. David Anderson, ’87, Phoenix, Ariz., has been hired as the Vice President of Operations for Activator Methods International. Phone: (602) 885-4210, e-mail: danderson@activator.com.

Dr. Ed Galvin, ’88, and his wife, Mary Anne, Oswego, N.Y., had a daughter, Alexis Anne, on July 12, 2007. Dr. Galvin moved his office, Port City Chiropractic, P.C., to 11 Fourth Ave., Oswego, NY 13126. Phone: (315) 342-6151, e-mail: drgalvin@cnymail.com.

Dr. Monica Schnack, ’88, Normal, Ill., has been appointed second vice president of the Illinois Chiropractic Society. Phone: (309) 452-9097, e-mail: dmonica@insightbb.com.

Dr. John Crawford, ’89, Oglesboro, Ga., is the lead singer for the southern gospel group, Bond-Servants. The Bond-Servants are approaching their second number one song on Radioactive Airplay. E-mail: chirodale@aol.com.

Dr. Rebecca Noren, ’93, Lakewood, Colo., is the chairman of the board of the Colorado Chiropractic Association. Phone: (303) 984-1111, e-mail: noren23@msn.com.

Dr. Randy Schilsky, ’93, was recently elected vice president of the North Carolina Board of Chiropractic Examiners for a three-year term after being appointed to the board in March 2007 by North Carolina Governor Mike Easley. E-mail: schilskychiropractic@bizecrr.com.

Dr. Jeannie Allshouse Santoro, ’94, her husband, Jeffrey, and son, Joel, Pittsburgh, Pa., celebrated the adoption of their daughter Jocelyn Alexis, in June 2007, who was born in Virginia in June 2006. Phone: (412) 381-4422, e-mail: jeannie.santoro@verizon.net.
alumni adjustments

Brian Flournoy, D.C., Davenport ’94, right, completed the full Ironman Triathlon in Madison, Wis., on Sept. 9, 2007. For the event, Dr. Flournoy, who practices in Tulsa, Okla., swam 2.4 miles, biked 112 miles and ran 26.2 miles.

Dr. John Frazier, ’94, Trenton, Fla., has completed his diploma in chiropractic neurology. Phone: (352) 463-2221.

Dr. Sean Reif, ’94, Thornton, Colo., has served the Denver Highlanders Rugby Football Club. Phone: (303) 452-2678, e-mail: tfcchiro@earthlink.net.

Dr. Jason Cross, ’97, Sarasota, Fla., recently became the publisher of Natural Awakenings Healthy Living Magazine in Sarasota and Manatee counties. Dr. Cross maintains his practice in Sarasota, Fla. Phone: (941) 955-8686, e-mail: crosshealth@aol.com.

Dr. Gary Greve, ’97, Ephrata, Pa., has added a second associate chiropractor to his office, Elanco Chiropractic. The office celebrated its fifth anniversary with a community-wide open house in fall 2007. Dr. Greve and his wife, Jody, had a daughter, Hannah Marie, on Aug. 9, 2007. Phone: (717) 355-5000, e-mail: elanco@ptd.net.

Dr. John Nickelston, ’97, Hewitt, N.J., joined K-Laser USA as the senior vice president of Practice Development and Product Education. He trains doctors on how to integrate and market Class 4 laser therapy into their practices. Phone: (800) 595-7749, Ext. 2, website: www.k-laserusa.com.

Dr. James Sheneman, ’97, and his wife Michele, C.T. ’94, Clinton, Mich., had a daughter, Sophia Michele, on Aug. 5, 2005. Her birth was followed by that of another daughter, Lauren Michele, on June 11, 2007. Phone: (517) 465-4033, e-mail: chiro1@tc3.net.

Dr. John Goodfellow III, D.C., ’98, and his wife Sarah, Chicago, Ill., had a daughter, Emma Louise, on Nov. 24, 2007. Phone: (773) 237-5757, e-mail: john@drgoodfellow.com.

Dr. Chad Barber, ’99, and his wife, Heather, had a daughter, Dayten Kay, on June 6, 2007. Phone: (979) 921-0700, e-mail: wallercountychiro@sbglobal.net.

Dr. Durell DeCarlo, ’99, Farmington, Pa., had a son, Dominic, on March 20, 2006. Dr. DeCarlo continues to practice at Cenk Chiropractic in Pittsburgh, Pa. Phone: (412) 967-9767, e-mail: decarlochiro@yahoo.com.

Dr. Matthew fueling, ’99, and his wife, Trisha, had a son, Dawson Patrick, on Nov. 25, 2007. Phone: (319) 334-3214, e-mail: fuelchiro@indytel.com.

Dr. Shelley Hoover-Sheard, ’99, was married to Jeffrey Scott on July 17, 2007. Dr. Hoover-Sheard and her business partner, Dr. Ryan Probasco, ’99, recently relocated their practice, Chiropractic of North Denver, P.C., to a new office in Westminster, Colo. For the past six years, they have been the team chiropractors for the Denver Barbarians Rugby Football Club. Phone: (303) 429-0011.

Drs. Sara Panarello, ’99, and Mike Ryan, ’99, Lynn, Mass., had a daughter, Anna Regan, on Oct. 6, 2007. E-mail: info@ryanchiropractic.com and sara4gets@aol.com.

Drs. John Cross, ’97, and his wife, Stacie, San Diego, Calif., had a son on Oct. 1, 2006. Phone: (858) 866-6688, e-mail: drb@buechelchiropractic.com.

Dr. Rob Buechel, ’97, and his wife, Stacie, San Diego, Calif., had a son on Oct. 1, 2006. Phone: (858) 866-6688, e-mail: drb@buechelchiropractic.com.

Dr. Allen Bastecki, ’00, has joined ChiropracticUSA of Hawaii at 1347 Kapilolani Blvd., 3rd Floor, Honolulu, HI 96814. Phone: (859) 333-2706, e-mail: teamab5515@hotmail.com.

Dr. David Fontz, ’00, and Rhonda Dennisson Fontz, ’00, Pensacola, Fla., had a daughter, Hannah, on Nov. 2, 2006.

Dr. Thorin Gault, ’00, and his wife Beth, Cornwall, Ont., Canada, had a son, Lukas Bullock, on Sept. 22, 2007. Dr. Gault recently received Level 3 certification in Network Spinal Analysis. Phone: (613) 534-3827, e-mail: thorrdc@on.aibn.com.

Dr. Brian Henry, ’00, opened a new practice in Chandler, Ariz., in December 2006. Dr. Henry added his first associate in September 2007. Phone: (480) 726-2250, e-mail: dhrenny@correctchiro.com.

Drs. Scott and Dawn Hourigan, ’00, Spearfish, S.D., had a daughter, Victoria Grace, on June 3, 2007. E-mail: scottiah@allaboutpotential.com.

Dr. Nicole Lackner, ’00, opened Inner Spirit Chiropractic at 4809 North Sheridan Rd., Peoria, IL 61614. Phone: (309) 685-5777.


Drs. Kris and Tina (Dulfer) Peterson, ’00, Kenosha, Wis., had identical twin sons, Owen Michael and Brady William, on Sept. 27, 2007. Phone: (262) 653-0228, e-mail: dr_k_petersen@sbglobal.net.

Dr. Daniel VanFossen and Michele Keil-Van Fossen, ’00, Elk Grove Village, Ill., had triplets in July 2007. Phone: (847) 439-3954, e-mail: drdan242@comcast.net.

Drs. Norbert Benson II, ’01, and his wife, Christie Bryant, ’02, New York, adopted their daughter, Grace Elizabeth, in September 2007. Grace was born in February 2007, e-mail: nychiro@aol.com.

Dr. Christian Gedeon, D.C. ’01, had a son, Carson, on March 10, 2007. Phone: (740) 385-4141, e-mail: cgedeondc@msn.com.

Dr. Albert Graham, ’01, West Mifflin, Pa., had a son, Ryan Lane, on Aug. 23, 2007. Dr. Graham was voted the number one chiropractor in the South Hills of Pittsburgh. He opened Allegheny Chiropractic in 2002. Phone: (412) 650-1650.

Dr. Jennifer Jensen, ’01, and her husband, Michael, had a daughter, Naomi Sue, on Oct. 25, 2007. Phone: (319) 233-9355, e-mail: beewell@cfu.net.

Dr. Lucas Watterson, ’01, Morgantown, WV., was recently accepted into the National Speakers Association to speak on health, wellness and human motivation. Phone: (304) 292-7740, e-mail: nuccaww@aol.com.

2000

Drs. Kim and Corey Aprill, ’00, had a son, Colin Thomas, on June 15, 2007. Phone: (715) 536-9668, e-mail: aprillchiro@verizon.net.

Dr. Scott Auton, ’00, Franklin, Ind., opened his second office in 2005 in Edinburg, Ind. Phone: (317) 346-0799, e-mail: scotta@tls.net.

Dr. Scott and Dawn Hourigan, ’00, Spearfish, S.D., had a daughter, Victoria Grace, on June 3, 2007. E-mail: scottiah@allaboutpotential.com.
Dr. Christopher S. Brown, ’02, Quincy, Mass, opened Brown Family Chiropractic on Dec. 1, 2006. He then married his wife, Suzanne, on Dec. 30, 2006. Phone: (617) 328-0839, e-mail: brownrdc@yahoo.com.

Dr. Eric R. Hartman, ’02 Jenison, Mich., married Kimberly, a nurse practitioner, on Aug. 11, 2006. Phone: (616) 457-1168, e-mail: hartmandc@hotmail.com.

Dr. Promise Honeywell, ’02, recently opened Signature Chiropractic Center in LaCrosse, Wis., in December 2007. Phone: (608) 785-7778, e-mail: honeybee@doctor.com.

Dr. Dean Hulsing, ’02, and his wife, Amanda, Walnut, Ill., had a son, Landon, on May 16, 2007. Phone: (815) 379-2088.

Dr. Madeleine Reist Leder, ’02, opened Praxis Dr. M. Reist Leder at 4053 Basel, Solothurnerstrasse 15, Switzerland. E-mail: madeleine.reist@chirosuisse.ch.

Dr. Kristen Ude, ’02, opened Integrated Chiropractic Wellness in Austin, Texas. Dr. Ude has also completed certified clinical nutritionist training. Phone: (512) 970-8883, e-mail: udefox@hotmail.com.

Dr. David Charny, ’03, and Leah (Kuk) Carney, ’04, Mill Hall, Pa., had a daughter, Reese Anne, on July 25, 2007. Phone: (570) 893-1808, e-mail: chirocharney@yahoo.com.

Dr. Diane Hayes, ’03, and Chris Hayes, ’04, Crown Point, Ind., had a daughter, Caitlyn Aubrey, on May 4, 2007. E-mail: chirocouple@hotmail.com.

Drs. Brent Heyn, ’03 and Windy (Markland) Heyn, ’04, South Hero, Vt., had a daughter, Reese Anne, on June 20, 2007. Phone: (802) 372-5800, e-mail: dbretheren@yahoo.com or windydawnm@yahoo.com.

Drs. Amber (McLelland) Natusch, ’03, and Bryan Natusch, ’04, were married on Feb. 24, 2007. They recently opened Upper Valley Chiropractic at 107 S. Main St., W. Lebanon, NH 03274, Phone: (603) 298-7400, e-mail: uppervalleychiro@gmail.com.

Drs. Corey Penfold Toensig, ’03, and her husband, Nathan, Naperville, Ill., had a daughter, Faith Patrice, on March 27, 2007.

Dr. Matthew Ferris, ’04, and his wife, Ashley, Fishers, Ind., had a son, Levi Joshua, on Nov. 16, 2007. E-mail: mferissdc@gmail.com.

Drs. Jason, ’03, and Heather Wills, ’04, Clarkston, Mich., had a daughter, Olivia Grace, on Oct. 23, 2006. Phone: (248) 922-9888, e-mail: djason-wills@yahoo.com and heathermcdc@yahoo.com.

Drs. Sylvester and Beth Owusu, ’07, opened Bay Wellness Family Chiropractic LLC in November 2007. Phone: (207) 773-1300, e-mail: dangrimmdc@hotmail.com.

Dr. Jason Jared, ’07, Chicago, Ill., was married on Aug. 12, 2007. He opened Pro-Active Chiropractic and Physiotherapy on Nov. 1, 2007. Phone: (773) 426-4954, e-mail: jasonjared@yahoo.com.

Dr. Donald Walsh, ’07, New Smyrna Beach, Fla., had a son on Sept. 10, 2006. Dr. Walsh opened a new clinic on Aug. 1, 2007. Phone: (386) 423-2415, e-mail: dr.don@yourlifefitmehealth.com.

Drs. Neleigh Nantkes ’07, and Dan Weinert, ’96, Davenport, Iowa, were married on Oct. 13, 2007. E-mail: nantkes@yahoo.com.

Dr. Joseph Wojciechowski, ’02, opened Lifeback Chiropractic at 1011 Mitacek Ave, 3105 NBU, Prague, OK 74864. Phone: (405) 328-1201.
Made any “adjustments” lately? Keep your College and fellow alumni up-to-date with what’s going on in your life by filling out the following form and sending it to: Editor, Insights, Palmer College of Chiropractic, 1000 Brady Street, Davenport, IA 52803. Or e-mail your information to marketing@palmer.edu.

Name (please print)____________________________________ Campus________________ Class___________

Business or Home Address_______________________________________________________________________________________

City, State/Province_________________________________________ Country__________________ ZIP/Postal Code__________________

E-mail Address_________________________________________________________________________________________________

Work Phone________________________________ Home Phone________________________________________

Information (practice openings, address changes, births, marriages, appointments, current military service, honors, etc.)

_____________________________________________________________________________________________________________

_____________________________________________________________________________________________________________

_____________________________________________________________________________________________________________

_____________________________________________________________________________________________________________
The journey from being a student to becoming an actual doctor of chiropractic has certainly been an interesting ride. I think many recent grads will attest to the fact that the first year is pretty rough no matter what path you choose—associate, independent contractor renting out space, or buying a practice. Each position brings its share of good and bad. So I think the challenge is in finding the right fit for yourself.

Many of my classmates had a good idea of where they wanted to practice, and in which office they would be upon graduating. Some decided to continue working in their preceptor offices. Then there were others, like me, who weren’t completely sure of where they’d end up.

Throughout my tenure on Palmer’s West Campus, I got involved with a myriad of activities—partially to explore various opportunities, but also to broaden my experience with being in a chiropractic school. From National Legislative Conferences in D.C. and becoming president of the Campus Guides to my two years with the Associated Student Government, the days in school seemed to fly by. I was also fortunate enough to take part in Palmer’s Clinic Abroad Program, where 22 of us got to treat over 3,000 patients in just five days.

Each experience got me more and more energized and excited to be part of this growing profession. The only problem was that I wasn’t quite sure where or how to get started. So after graduation, I began revising my business plan from school to truly envision the practice I’d want to have in five years. I also joined a few doctors on a trip to Mexico, where we gave chiropractic care to the people of Piedras Negras. After talking to some of the seasoned chiropractors on the trip, I realized that I would need a fairly large patient base in order to make my plan successful. So then I began the arduous procedure of looking for an associate position. After a few months of going to numerous offices, I finally interviewed at an office where all the big pieces just fell into place.

My boss soon became my mentor, and she helped guide me and gave me ideas on different ways to network and to build a patient base. After three months of being her employee, she told me that she was hoping to sell the practice, and asked if I was interested. Wow! Barely a year out of school, and I was being handed an opportunity that many can only dream of. I told her that I would be honored, and within several months, I had become a business owner.

It has certainly been an interesting journey so far, but I am definitely thankful for all the wonderful experiences which have led to these exciting opportunities. For all the students taking the time to read this, I strongly encourage you to get involved in all types of clubs, attend seminars and talk to as many field doctors as you can. Classes are definitely challenging and demanding on their own, but if you can put in the time, it will definitely be worth your while. To all of the experienced doctors, I truly hope that you have the chance to become a mentor for a student or a recent graduate. You have a lot to teach, and the world will be a better place if you can share a part of yourselves with the rest of us.
Making a world of difference

Clinic Abroad offers Palmer students, faculty and alumni the trip of a lifetime

Since Palmer’s Clinic Abroad Program began providing free chiropractic care to underprivileged people around the world, its two-week trips have had a lasting impact—on the people receiving the care and those providing it.

“On the fourth day of seeing patients, one of the patients I had cared for the first day came back and told me that she had waited over six hours just to see me,” said a Palmer student who went on a 2004 Clinic Abroad trip to India. “At that moment, I realized the impact that our group was having on the community.”

Serving the underserved since 1994

The inspiration for Clinic Abroad came from two mission trips that took place more than a decade ago. In 1994, Moin Ansari, Ph.D., a professor on the Davenport Campus, took a group of students to India. He was followed in 1995, by Garry Krakos, D.C., Davenport ’79, who did mission work of his own in Haiti with then-student Leon Taylor—now Dr. Taylor, Davenport ’95—and a team of M.D.s and nurses.

Today, Palmer’s Clinic Abroad Program sponsors 12 to 15 trips a year to developing countries in which Palmer senior-level students, faculty and alumni deliver chiropractic care. Since Clinic Abroad began, other chiropractic colleges have developed similar programs.

“It provides students with an intense clinical experience in which they see many patients with a wide variety of conditions and have an opportunity to apply what they’ve been learning in the classroom and in the clinic,” said Julie Schrad, M.S., D.C., Davenport ’85. Dr. Schrad oversees the Clinic Abroad Program as associate dean of Clinical Education.

When students aren’t caring for patients, they’re getting to know more about the countries they’re visiting.

“Typically there are five to eight clinic days, interspersed with free time, cultural activities, sightseeing and travel days,” said Coordinator of the Clinic Abroad Program Lori Curry-Whitcomb, R.N., M.S. “There are also roundtable chiropractic discussions, clinic debriefings, moments of extreme joy, exhaustion and emotion too grand to describe. Somewhere in the process a student transforms into a doctor of chiropractic.”

Many students also gain new perspectives on their own standard of living as compared to those in other parts of the world.

“Just seeing the people in poverty on the streets was very intensely overwhelming for me,” said a student who took part in the June 2006 trip to India. “I actually had to turn my head away a few times because it was too much. ... You will never hear me complain about Davenport ever again.”
Clinic Abroad students also help the communities they serve by donating money and goods to local schools, orphanages and other groups in need of assistance.

Mapping out a Clinic Abroad trip

A primary factor for choosing a Clinic Abroad trip location is that it offers little in the way of health care to its residents. Then, in order for a location to be eligible for a visit, there must be someone in place at that location to take care of ground preparations before the group arrives.

“Many times a student or patient will have a connection to a country and contact the Clinic Abroad Office,” said Ms. Curry-Whitcomb. Brazil, for example, has been visited the most of any country because of the large number of Clinic Abroad contacts there.

Multiple trips have been made to Fiji, India, Madagascar, Morocco, Vietnam and the Caribbean island of Bequia in the St. Vincent Grenadines. Even Native American Indian reservations have been visited. The program avoids, however, any locations considered unsafe by the U.S. State Department.

Following their return home, students are asked to write a report about their experience, including its most memorable moments.

After a 2004 Clinic Abroad trip to Morocco, a student wrote, “I made amazing friends, people from Palmer who I had passed in the hall a million times but never knew who they were, and people from Morocco who were awesome and invited me back to visit them. The patients touched my heart in such a way that I didn’t want to leave.”

Placing the seed of chiropractic

“While we take these short-term trips to enhance student clinical education and bring chiropractic care to people in need,” said Dr. Schrad, “the bigger idea of the program is to ‘plant the seed’ of chiropractic in countries that have no chiropractic. We’ve had a patient from Nepal and a patient from Fiji become so interested in chiropractic after receiving care from our group that they’ve become Palmer students.”

Learning the benefits of Clinic Abroad first-hand

For 6th Trimester Davenport Campus student Anjlene “Angie” Prasad, the Clinic Abroad Program (CAP) was a life-changing experience, but not because she went on a CAP trip—CAP came to her.

She was only 16 when the Clinic Abroad Program visited her hometown of Labasa in Fiji. Without knowing what Palmer or chiropractic was, she was one of the many people who went to the clinic without having “the faintest idea as to the amazing results that chiropractic provided.”

After being a patient during Clinic Abroad trips to her native Fiji, Anjlene Prasad is currently enrolled at Palmer’s Davenport Campus.
Growing up in a third-world country did not allow for much knowledge of medical care, let alone chiropractic. Now that she had the opportunity, she asked as many questions of the visiting doctors and students as possible.

“I wonder whether they thought I was crazy asking so many questions?” she said. “I had seen so many things, like a child suffering from cerebral palsy, and wondered as to why it happened and if he could be helped in any way. When I started asking questions (of family and other local people), the only thing I was told was, ‘Oh, God just made him like that.’ And that was all.”

“And then I watched the interns from Palmer render the chiropractic care to such kids and saw them giggle and smile with gratitude after the adjustment,” said Ms. Prasad. “It made me smile [to think] how amazing and wonderful chiropractic is and gave me the reason to pursue a passion such as this.”

“It seems like just yesterday when I had the first opportunity to meet the team from Palmer at the clinic site in my hometown in Fiji,” said Prasad. “As a 16-year-old girl, I was full of curiosity of what chiropractic really was.”

She had never “stepped out of the comfort of her home,” let alone traveled to the U.S. before coming to Palmer. But from the moment she started at Palmer, Ms. Prasad knew she had made the right choice.

“I have learned a lot of things and still am learning,” she said. “I am grateful that God gave me such an opportunity, and I would do it again because it’s worth the sacrifice to experience the full deal of life.”

Does she plan to go on a CAP trip herself? “Yes!” she said. “I am planning to go to Fiji! I am excited because this time I will have the experience to be part of the team rather than just being a 16-year-old girl waiting to get my many questions answered.”

Ms. Prasad also plans to preceptor in Australia and practice there for a couple of years after graduation. Then she intends to go home and set up her own practice.

“If I can actually bring a smile to a child’s face with chiropractic care, then I think I have accomplished the real meaning of what chiropractic is all about,” she said. “There are many things that I want to do, and for that I think Palmer has been a great experience and I would recommend it to anyone.”

---

**Alumna finds Clinic Abroad rewarding as a student and a doctor**

As a clinic intern on Palmer’s Florida Campus, Cleya Williams, D.C., Florida ’06, participated in a Clinic Abroad Program (CAP) trip to Morocco in February and March 2006, where she found the guidance from the doctors to be very beneficial. “I had awesome clinic doctors that really assisted me and the other interns with adjusting and recommendations,” she said. “I was able to improve my adjusting as well as patient management skills.”

She repaid the favor by participating as a doctor of chiropractic in a CAP trip to Bahia, Brazil, in October 2007. “As a clinician who had been a student not too long before, I had an advantage because I knew what some of the interns lacked,” she said.

“I gained the respect of the interns by allowing them to show me what they could do and the things they had not perfected and took that as an opportunity to give them some beneficial pointers. I gained their respect by helping them and they were comfortable with asking me questions. In a week’s time I saw interns blossom into doctors ready to serve.”

As a student, Cleya Williams adjusted many patients during her 2006 Clinic Abroad trip to Morocco.
It wasn’t hard for William Corvino, D.C., West ’99, to decide to go on the 2006 Clinic Abroad trip to India. His wife, Theresa Whitney, D.C., West ’95, had participated in a Clinic Abroad trip to Brazil the year before. “Her stories and pictures piqued my interest, and I decided to apply to become a field doctor and teacher in the program,” he said.

Dr. Whitney, a part-time West Campus assistant professor, got involved with the program herself after being personally contacted by the Clinic Abroad Program (CAP) office. “I had been contemplating the idea of attending a CAP visit and this invitation was what I needed to take the leap,” said Dr. Whitney. “Am I ever glad I did!”

The couple, who share a practice in Sunnyvale, Calif., have since participated in their second Clinic Abroad trip together, this time to Madagascar, an island nation in the Indian Ocean off the southeastern coast of Africa.

“We love to travel, love the work we do, love to teach and love to experience new cultures,” said Dr. Whitney. “Who better to do this with than your good friend and spouse?”

As CAP clinicians, the couple facilitated students in their adjusting and clinical skill development while witnessing the positive affects their students’ care had on patients. Dr. Whitney, for example, recalled a patient in Brazil named Miguel. He initially presented with minimal shoulder movement when he met with intern Stacy Stadnick, who graduated from the Davenport Campus in 2006. Later, when the team was making a donation to a daycare center, Dr. Whitney saw Miguel again.

“It so happened that Miguel worked as a janitor at this facility and when he saw our bus arrive, he ran out with tears in his eyes, calling for Stacy, his arm freely moving in all ranges of motion,” said Dr. Whitney. “He wanted to thank Stacy for completely improving and changing his life.”

Dr. Corvino had observations of his own. “The children, sometimes with congenital conditions, are the ones that impact me the most,” he said. “The way their faces light up after an adjustment is always a treat to see.”

Along with stories of grateful patients, Drs. Whitney and Corvino have other fond memories of their trips.

“We travel with a fantastic group of students who are dedicated to their school and profession, and to humanitarianism,” said Dr. Whitney. “Our profession is being well-represented around the world through the efforts of these interns and CAP.”

The couple also has advice for other alumni who might be considering going on a Clinic Abroad trip.

“Be brave and give it a try!” said Dr. Whitney. “At first it may seem almost overwhelming with the responsibilities that are involved, but you are well prepared after taking the pre-departure sessions.”

Added Dr. Corvino, “Sacrificing the time away from your practice is worth every minute of the experience to help others less fortunate and to share chiropractic around the world.”

Interested in applying for or donating to a Clinic Abroad trip?

Contact Lori Curry-Whitcomb at lori.curry@palmer.edu.
Rugby alumni dedicate two rooms in AHC

The Olde Boys Rugby Endowment, currently at $363,585, is one of the five largest alumni endowments set up for Palmer. The rugby alumni are diligent about growing their endowment each year through contributions from an annual rugby-sponsored seminar, plus individual contributions.

During Homecoming 2007 on the Davenport Campus, rugby alumni celebrated the naming of two rooms in the Palmer College of Chiropractic Academic Health Center (AHC) in Pisciottano Hall. To do this, they raised more than $50,000 in support of Palmer’s capital campaign. The highlight of the Homecoming celebration was presenting two national championship plaques to then-Chairman of the Board of Trustees Vickie Palmer. During the presentation, members of the Olde Boys Rugby Club as well as current Palmer Rugby Club members serenaded Ms. Palmer with the Palmer Alma Mater.

This year’s annual Sunshine Tour Seminar was held in Deerfield Beach, Fla., Feb. 22-24. All proceeds were again donated to the rugby endowment.

Time to think about estate planning

If you spend all of your lifetime working and accumulating assets but don’t take the time to pre-plan for the distribution of these assets by writing a will or an estate plan, this may cause your estate to incur and pay more taxes—estate, inheritance and income—than is necessary, leaving less for family members and loved ones. Some experts have suggested that total tax rates might reach 80 percent or more, with approximately 50 percent in federal taxes, 25 percent in state taxes and possibly five to 15 percent in city taxes.

People cite several reasons why they haven’t created an estate plan from believing they’re not old enough or rich enough to simple procrastination. Perhaps the biggest reason people delay estate planning is because it reminds them of their mortality. However, estate planning can also be viewed as an opportunity to direct how and to whom your assets will be distributed.

Please consider creating or updating your estate plan today. Then be sure to discuss your wishes with a qualified financial planner or other competent advisor. Should you have questions about the language for naming Palmer College as one of your charitable beneficiaries, contact Senior Development Officer Lois Kundel toll-free at (800) 722-2586. At the prompts, press 3 and then 4. Or e-mail Lois at lois.kundel@palmer.edu.
Dr. Sherman devotes her career to future chiropractors

During the West Campus Homecoming in October, Palmer College’s Office of Development held the first annual Heritage Endowment Society event for that campus. The event recognized the society’s founding members and gave scholarship donors and recipients a chance to meet.

One founding member, keynote speaker Peggy Sherman, D.C., Davenport ’82, took advantage of the opportunity to talk with students Sarah Clark and Michael Pound who were this year’s recipients of the Dr. Peggy Sherman Endowed Scholarship fund.

Now retired, Dr. Sherman donated her salary during her 16-year tenure to establish a scholarship fund which annually awards scholarships to a pair of West Campus students who demonstrate enthusiasm for and participation in activities that promote the chiropractic profession on campus and within the community. In honor of her support, she has been made an honorary alumna of the West Campus.

Davenport Campus

1940
Dr. Flavia Van Dyke, ’47
Lake Stevens, Wash.

Dr. Gordon Bliss, ’48
Priest River, Idaho

Dr. Gene Darnold, ’48
Vincennes, Ind.

Dr. Joseph Stoll, ’48
Palm Harbor, Fla.

Dr. Robert Wolff, ’49
Barryville, N.Y.

1950
Dr. John “Jack” Damrow, ’50
Janesville, Wis.

Dr. Eugene Lutz, ’50
Lima, Ohio

Dr. John Campbell, ’51
Auburn, Ala.

Dr. George Dickerson, ’51
East Peoria, Ill.

Dr. Frank Ream, ’51
Amory, Miss.

Dr. Raymond Richmond, ’53
Salt Lake City, Utah

Dr. George Doss, ’56
Louisville, Ky.

Dr. Glenn Curry, ’59
Las Cruces, N.M.

Dr. Paul Spaulding, ’59
Kissimmee, Fla.

1960
Dr. Max Winkler, ’60
Black Hawk, S.D.

Dr. Donald Woodcock, ’60
Winter Haven, Fla.

Dr. Benjamin Luke, ’62
Miramichi, N.B., Canada

Dr. James Deese, ’65
Jonesboro, Ga.

Dr. Danile Gramzow, ’66
Clinton Township, Mich.

Dr. Rockie Burgess, ’67
Des Moines, Wash.

Dr. Paul Carroll, ’67
Keokuk, Iowa

Dr. Keith Peterson, ’68
Albuquerque, N.M.

1970
Dr. Stanley Solack, ’72
Clarks Summit, Pa.

1980
Dr. Kirsten Knudsen, ’84
Chicago, Ill.

Phyllis Walker, C.T., ’86
Muscatine, Iowa

Dr. Robert Mejia, Jr., ’89
Alpha, Ill.

1990
Dr. J. Mohr, ’92
Saxton, Pa.

West Campus

1980
Dr. Doug LaTour, ’84
Rome, Italy

1990
Dr. Gwen Summit, ’90
Healdsburg, Calif.

2000
Dr. Evaristo Gil, ’00
Madera, Calif.
Response of lumbar paraspinal muscles spindles is greater to spinal manipulative loading compared with slower loading under length control.

AUTHORS: Joel Pickar, D.C., Ph.D., Paul Sung, Ph.D., Yu-Ming Kang, Ph.D., and Weiqing Ge, Ph.D.

Overview

Spinal manipulation has long been used to treat patients with low back and neck pain. The most common form of this manipulation has been termed high-velocity low-amplitude, meaning the thrust is performed at a high-velocity but with little depth at the skin contact on the patient. Clinical skills in applying such a manipulation lies in the chiropractor's ability to control speed, length and force of the load as well as the direction in which the load is applied, and the contact point on which the load is applied. Control over its mechanical delivery is therefore then assumed to be related to its clinical effects. Biomechanical changes evoked by a manipulation are thought to have physiological consequences caused, at least in part, by changes in neural output from paraspinal tissues.

If the activation of neural pathways does contribute to the effects of a manipulation, it seems reasonable to anticipate that neural discharge might increase or decrease as the thrust duration approaches a threshold value. We hypothesized that the relationship between the duration of an HVLA thrust to a vertebrae and paraspinal muscle spindle discharge would be nonlinear. In addition, we anticipated that muscle spindle discharge would be more sensitive to larger amplitude thrusts.

Thus, we conducted a neurophysiological study of spinal manipulation using the lumbar spine of an animal model. We gave impulse thrusts to the spinous process of the L6 vertebra of deeply anesthetized animal models while recording nerve activity from the dorsal roots of muscle spindle afferent nerves innervating the lumbar paraspinal muscles. We used a feedback motor to deliver the impulse thrusts. The motor's drive arm was securely attached to the L6 spinous process via a forceps.

We found that as thrust duration became shorter, the discharge of the lumbar paraspinal muscle spindles increased in a particular fashion (curvilinear). A concave-up inflection occurred near the 100-ms duration, eliciting both a higher frequency discharge compared with the longer durations and a faster rate of change as thrust duration was shortened. This pattern was seen quite clearly in paraspinal afferent nerves with receptive fields both close and far from the midline. Paradoxically, spindle afferents were almost twice as sensitive to the 1-mm thrust compared with the 2-mm-amplitude thrust. This may be related to the small versus large signal range properties of muscle spindles.

We concluded that the results indicate that the duration and amplitude of a spinal manipulation elicit a pattern of discharge from paraspinal muscle spindles different from slower mechanical inputs. Clinically, this may be an important factor in the therapeutics benefit of manipulation.

(The full abstract of this study was published in The Spine Journal, Volume 7, Issue 5, September-October 2007, pages 583-595.)
2008

march

7-9 Iowa Chiropractic Society, Des Moines, Iowa
7-9 North Carolina Chiropractic Association, Pinehurst, N.C.
8 Men’s Rugby, Davenport Campus in SSI Whiskey 10’s Tournament, Chicago, Ill.
8-9 Heartland Convention and Expo, St. Louis, Mo.
14-16 International Chiropractic Association of California, Costa Mesa, Calif.
20 Florida Campus Graduation Convocation, News-Journal Center, Daytona Beach, Fla.
20 Florida Campus Graduation Convocation, News-Journal Center, Daytona Beach, Fla.
28-29 Palmer Destination Success: A Journey From Within, Lyceum Hall, Davenport Campus
29 Men’s Rugby, Davenport Campus in March Madness and Mayhem 2008 tournament, Wayne, Neb.

april

5 Men’s Rugby, Side A to play in Region 3 Crossovers, Location to be announced
5 Men’s Rugby, Side B to play in 2008 Gateway Ruggerfest, St. Louis, Mo.
19 Men’s Rugby, Davenport Campus v. St. Louis Ramblers, Davenport
19 Women’s Rugby, Davenport Campus v. Truman State University and Washington University, Kirksville, Mo.
26 Men’s Rugby, Davenport Campus in Region III Finals, Atlanta, Ga.
26-27 Kentucky Association of Chiropractors, Frankfort, Ky.
26-27 North Dakota Chiropractic Association, Bismarck, N.D.

may

2-4 Maine Chiropractic Association, Rockport, Maine
2-4 Men’s and Women’s Rugby, Davenport Campus in All-Iowa Rugby Tournament, Iowa Falls, Iowa
16-18 Montana Chiropractic Association, Helena, Mont.
17 Men’s Rugby, Davenport Campus in USA Rugby Sweet 16 tournament, Location to be announced
30 West Campus Graduation Convocation, Santa Clara Convention Center, Santa Clara, Calif.
31 CDI Symposium 2008, Davenport Campus

june

1 CDI Symposium 2008, Davenport Campus
6-8 Alabama State Chiropractic Association, Birmingham, Ala.
6-8 West Virginia Chiropractic Society, Morgantown, W.V.
13 Davenport Campus Graduation Convocation, Lyceum Hall, Davenport
13 Florida Campus Graduation Convocation, News-Journal Center, Daytona Beach, Fla.
21-22 Arizona Association of Chiropractic, Scottsdale, Ariz.

Upcoming Homecomings:

Davenport Campus, Aug. 7-9, 2008
West Campus, Oct. 10-12, 2008 (includes Sports Symposium)
Florida Campus, Feb. 19-21, 2009

For Development and Enrollment travel schedules, visit www.palmer.edu/calendar.aspx.

For Continuing Education programs, visit www.palmer.edu/ce.aspx.
Sign up for the future of your alumni association.

If you’re interested in a leadership role in the Palmer College of Chiropractic Alumni Association, now’s the time to fill out an Alumni Profile.

To complete an Alumni Profile, simply visit www.palmer.edu. Then go to the Alumni page and click on “Getting Involved.” You’ll find a link to the profile in the paragraph below.

Or have a profile mailed to you by calling (800) 722-2586, Ext. 3.