Stepping up to the plate
Ways to help your patients eat well to stay well

Selecting the next chancellor  •  Palmer and healthcare reform
Fall 2009

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) 884-5416; by fax at (563) 884-5103, or by e-mail at marketing@palmer.edu.

Executive Director for Alumni
Mickey Burt, D.C.
Davenport ’73

Executive Director for Marketing and Public Relations
Darren Garrett, APR

Writer/Editor
Keith Poehlman

Designer
Bobbi Mongeau

Writers
Lori Leipold
Minda Powers-Douglas
Chuck Bustillos (West Campus)
Ted Nikolla (Florida Campus)

Photographer
Tim Richardson

Contributors
Teri Ray
Lori Byrd-Spencer
Shannon Carlee
Katie Hoyt
Mike Rekemeyer
Christine Beaudry

Operations Manager
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
Along with spelling out words we all should follow, the front cover photo illustrates the percentage of foods that should be consumed in a healthy meal—50 percent fruits, vegetables and whole grains, 25 percent protein and 25 percent starch.
As this issue of Insights went to press, the College announced that Vice Chancellor for Academic Affairs Dr. Dennis Marchiori had accepted the position of the chancellor of Palmer College of Chiropractic. The selection of Dr. Marchiori, which followed an extensive search to find the most qualified individual for the role, is something all Palmer graduates can be proud of. You’ll find details on the search process on the next page.

I think you’ll also be pleased to know that the presidents of each Palmer campus are now involved in an initiative to reconnect with their graduates by visiting with a handful of alumni in the towns and cities where they live. These casual meetings have given Drs. Kern, Martin and Meeker the chance to talk firsthand with alumni and find out some of their needs and concerns. As the presidents learn about what these graduates believe would help them with their own careers, the College can translate these ideas into programs that can better prepare future graduates for the world that awaits them once they receive their diplomas.

Helping alumni address some of the issues they face every day has been a driving force for all of us in the Alumni Office. That’s why we’re particularly proud of the new Palmer College/Staples Advantage program.

By signing up for the Advantage plan, you’ll receive the same discounts on Staples items that are available to Palmer College, leaving you with more money to put back into your business. Plus, four percent of each purchase you make will go toward Palmer College’s Annual Fund, which supports scholarships, research and campus improvements.

To register for the program, go to www.staplesadvantage.com/palmer. Once you see how simple it is to join, we think you’ll say, as they do in the Staples ads, “That was easy.”

The other day I received an e-mail from an alumnus who wanted to know how he could become a member of the alumni association so that he could be in the Advantage program. He also wanted to know what dues he’d have to pay to take advantage of the plan.

What he and other alumni with the same questions have been pleased to learn is that all Palmer alumni are automatically members of the alumni association and that no fees are charged for belonging or for any of its services.

Finally, I’d like to thank each and every one of you who completed the reply card on the Palmer College of Chiropractic Alumni Association mailer we sent out this summer. The response has been fantastic and an invaluable means of developing future programs.

insights

a message from Dr. Burt

Helping you is a “staple” part of your alumni association

1

on site

2

off campus

5

alumni

8

alumni adjustments

12

Q&A

15

feature

16

Stepping up to the plate

Ways to help your patients eat well to stay well

continuing ed

20

spinal column

21

development

22

in memoriam

23

research

24

calendar

25
Planning for the future
Selecting the next chancellor of Palmer

“Change does not change tradition. It strengthens it.”

—Prince Phillip, the Duke of Edinburgh

The change in administrative leadership that took place in December 2008 with the departure of Chancellor Larry Patten began a process that has spanned nearly a year and has resulted in identifying a new chancellor to lead Palmer College into the future.

With Mr. Patten’s retirement 12 months ago, the Palmer Board of Trustees asked Mr. William Wilke, a respected Quad-City area businessman and a member of the Palmer Board since 1998, to serve as interim chancellor until a search for a new chancellor could be conducted.

“The original candidate pool was narrowed to 27 to eight to three. From those three finalists, a single nominee was recommended by the Committee to the full Board at its late-October meeting.”

“As Insights went to press, the Board of Trustees announced the selection of Dennis Marchiori, D.C., Ph.D., DACBR (left), as chancellor of Palmer College. Look for a full profile in the next issue of Insights or visit www.palmer.edu for more information.
PCCR begins study on chiropractic and high blood pressure

A clinical research study with the potential for significant impact on the treatment of hypertension began in November at the clinic facility of the Palmer Center for Chiropractic Research (PCCR) on Palmer’s Davenport Campus. The new collaborative study on chiropractic and high blood pressure, called Chiropractic for Hypertension in Patients (CHiP), involves the PCCR, Mount Sinai Medical Center, Miami, Fl., and Trinity at Terrace Park Family Practice, Bettendorf, Iowa. The 165 participants from the Quad-City community must have high blood pressure and be between 21 and 75 years of age.

This new study is one of three projects that are part of a four-year, $2.8 million grant to the PCCR from the NIH National Center for Complementary and Alternative Medicine. Awarded to Principal Investigator and Vice Chancellor for Research and Health Policy Christine Goertz, D.C., Ph.D., last year, the grant established a multidisciplinary Developmental Center for Clinical and Translational Science in Chiropractic at Palmer College. Chiropractic treatments include NUCCA (National Upper Cervical Chiropractic Association) and Toggle Recoil.

“Although many medical treatments for diagnosed hypertension are available, only about 30 percent of the more than 50 million Americans with hypertension achieve blood pressure goals,” said Dr. Goertz. “Many patients report that they’re unable to tolerate medication side effects and find it difficult to sustain significant lifestyle changes. Thus, a non-pharmaceutical therapy that lowers blood pressure could become an attractive option to many patients and their physicians.”

Florida Campus Gold Sponsor of hospice fundraiser

The Eighth Annual 5K Run & Walk, held in Port Orange, on Sunday, Sept. 20, was a resounding success again this year with more than 800 runners and walkers participating. Proceeds from the annual event help fund the organization’s Family Caregiver Program. The program is designed to provide additional support to family caregivers including much needed respite care. More than 20 students, staff and family members represented Palmer’s Florida Campus in the event.

“The 5K Run and Walk has grown from 100 entrants to over 800 this year, remarkable growth in just a few short years,” said Johnnie Carrow-Nelson, event coordinator for Halifax Health Hospice of Volusia/Flagler. The generous support of organizations such as Palmer College allows us to help those who care for their dying loved ones. Thank you for your caring and kindness.”
Davenport Campus is up to the ‘Health Challenge’

More than 150 staff and faculty members on Palmer’s Davenport Campus took the challenge. Dr. Kern’s Health Challenge was the brainchild of Roger Hynes, D.C., Davenport ’98, Technique/History, who wanted to start a health program on campus for employees. President Donald Kern, D.C., was all for it—and his likeness was emblazoned on the back of the participants’ T-shirts.

Dr. Kern’s Health Challenge is the College’s latest health and wellness initiative, where teams of six logged fitness points each week with the goals of becoming more fit, losing weight and winning prizes. During lunch on Mondays, Wednesdays and Fridays it was a common sight to see Palmer walkers making their way to Vander Veer Park and back—while wearing their bright green Health Challenge shirts.

Lectures were another part of the program. Faculty members (including Dan Weinert, D.C.; Lisa Killinger, D.C.; and Lia Nightingale, Ph.D.) presented talks on nutrition, burning fat and exercise.

On Sept. 14, participants were invited to take part in a Palmer Play Day. Three events ran simultaneously, including: a tug of war, tricycle relay race and (big, pink, “fluffy”) volleyball. Nearly two-thirds of the Health Challenge participants played in the Alumni Auditorium that day, including Dr. Kern himself.

West Campus introduces new gym

The West Campus recently introduced a new on-campus gym, featuring state-of-the-art exercise machines, for all students and employees. Located in the former Associated Student Government (ASG) office area, the gym has treadmills, an elliptical, an exercise bike, a universal machine, full dumbbell set and a bench press set.

“Like many of the other facility-related projects of the past few years, the introduction of the new gym serves as yet another example of the College’s recognition of the value of on-campus exercise to a well-rounded student experience, which is in sync with the profession’s focus on health and wellness, as well as an integral part of the Palmer educational principles,” said West Campus Dean of Academic Affairs Thomas Souza, D.C.

“Past ASG President Kyle Alexander and his group of executive officers were instrumental in providing the initial motivation and support,” said Dr. Souza. “The incoming ASG team, led by new President JP Amonte, helped to advance the project in a smooth transition, and our Facilities team, directed by Scott Tonnesen, are to be commended for their assistance with the assembly and installation of the new equipment.”

West Campus students and employees are now keeping fit with a full array of equipment including the treadmills students Jessica Alexander and Quinn Will are using.

More than three dozen Davenport Campus employees matched their physical and mental skills during Play Day, in which teams of six or less competed against each other in anything from tug-of-war to volleyball. The challenge officially ended with a celebration in the Student Union on Oct. 22.
Strengthening chiropractic’s voice in health care

In June, Palmer began encouraging alumni, and their patients, as well as Palmer students and employees, to express their views on chiropractic’s role in health care by taking part in grass-roots congressional letter-writing campaigns organized by www.Chiro-Voice.org and www.AdjustTheVote.org. The College got the word out through letters, e-mails and Palmer publications.

At the student level, the letter-writing campaign has been promoted by the Student American Chiropractic Association (SACA) and Student International Chiropractors Association (SICA) chapters on Palmer’s campuses. On the Davenport Campus, SICA has sponsored a contest for the best letter submitted to President Obama, with prizes for the top three letters.

Dr. Goertz and Executive Director of Marketing and Public Relations Darren Garrett also set up meetings with U.S. legislators from Iowa. Dr. Goertz, Interim Chancellor William Wilke and Mr. Garrett met with Congressman Bruce Braley (D-Iowa) in August, and Dr. Goertz had a conference call with Jenelle Krishnamoorthy, Ph.D., the lead health adviser for Senator Tom Harkin (D-Iowa), in September. On Oct. 6, she spoke by phone with Senator Charles Grassley (R-Iowa).

Pallmer College also supports the work of the Foundation for Chiropractic Progress as they educate elected officials and the American public through national media outlets about the effectiveness, and affordability, of chiropractic care for a number of costly, debilitating conditions.

All of these efforts, along with those of alumni across the nation and their patients, should serve to remind our elected officials of the importance of chiropractic in providing effective, quality and affordable healthcare for Americans. With the reform efforts still evolving in Congress at press time, all eyes are on Washington, D.C., as legislators consider healthcare reform that will affect the lives and livelihoods of every American citizen.
PCCCR to collaborate on study of low back pain patients who see D.C.s and M.D.s

The U.S. Health Resources and Services Administration (HRSA) awarded a three-year grant for approximately $1.3 million to the Palmer Center for Chiropractic Research in September. The grant is funding a study called “Co-Management of Older Adults With Low Back Pain by Medical Doctors and Doctors of Chiropractic.”

Throughout the three-year project, Palmer researchers will be collaborating with those at the Genesis Quad Cities Family Medicine Residency Program; the College of Public Health at the University of Iowa; the University of Iowa Carver College of Medicine; the University of Iowa Center on Aging; and the College of Health Professions at Thomas Jefferson University, Philadelphia, Pa.

An estimated 70 to 85 percent of Americans suffer from back pain at some point in their lives, and it’s one of the most common reasons for medical physician visits. Approximately eight percent of U.S. adults see chiropractors each year, primarily for back pain. Patients are seeking care from both D.C.s and M.D.s, but there is little research on this topic.

“Currently, there are few examples and little scientific study of care coordination between M.D.s and D.C.s for low back pain, and nothing that specifically targets adults over the age of 65,” said Christine Goertz, D.C., Ph.D., Palmer’s vice chancellor for Research and Health Policy and principal investigator of the study. “Our study will begin to address this critical gap in the literature.”

Senior Games yield gold for West Campus students

Members of the West Campus Sports Council provided chiropractic sports care services to more than 800 competitors in the 2009 National Senior Games Aug. 1-15. The games are the largest multi-sport event in the world for seniors and drew more than 10,000 athletes to participate in the competition held primarily at Stanford University in Palo Alto, Calif., which was the primary location for the event.

The Sports Council worked as part of an integrative healthcare team with residents from the Stanford University Medical Center, who referred any conditions that were musculoskeletal in nature to the Palmer Sports Council tent.

“I can’t help feeling proud about our Sports Council’s recent experience working alongside other health providers at the National Senior Games,” said West Campus President William Meeker, D.C., M.P.H., West ’82. “This is truly a high level of visibility for Palmer College and for chiropractic in general, and it demonstrates the value that the organizers saw in making chiropractic care available to these amazing athletes.”

West Campus alumni who served as Sports Council clinicians during the two-week event included: Associate Clinical professor Pauline Anderson, D.C., ’90; Steve Capobianco, D.C., ’03; West Campus Professor and Sports Council Adviser Edward Feinberg, D.C., ’83; Tony Kearns, D.C., ’07; and West Campus professor Mehdi Moossavi, M.S., D.C., ’92. In addition, Taylor Rabbetz, D.C., ’00, was instrumental in helping to facilitate the opportunity for the Sports Council to serve as the event’s chiropractic provider.
Palmer, Daytona Cubs team up for fifth straight year

For five months of the year, Jackie Robinson Ballpark, home of the Daytona Cubs, is the place to be in the Daytona Beach area. Named after the pioneering Jackie Robinson, the ballpark doubles as a museum to the legendary ballplayer and is the site of his first professional baseball game. As the Florida State League affiliate of the Chicago Cubs, the team boasts the league’s best attendance and it’s safe to say that the surrounding community has embraced the ball club.

“I think we’re a great place for families to have fun at an affordable price,” said recently promoted Daytona Cubs General Manager Brady Ballard. “We’re also a great venue for businesses and organizations to partner with and expose area residents to their products and services.”

Palmer’s Florida Campus recently concluded its fifth straight year of partnering with the Cubs. Palmer sponsors the Cub’s Family Section, a no-alcohol seating area designed for families with young children. However, the relationship doesn’t end there. On a regular basis throughout the season, the Palmer College Clinics host a display table at the ballpark to educate the public about chiropractic and promote the availability of the Outpatient Clinic.

The College also has outings for Palmer students, employees and their families at the historic park located on scenic City Island. An added benefit is that Palmer College is featured in all print and electronic advertising at the ballpark. Also the annual “Palmer Paints the Towne” road race begins and ends at the ballpark located in the heart of Daytona Beach. Finally, Cubs players have the option of visiting the Clinic for complimentary chiropractic services.

“It’s an absolutely wonderful relationship where thousands of people get acquainted with Palmer College in an unbeatable setting,” said Marketing and Public Relations Communications Specialist Ted Nikolla.

CT Program meets Iowa Board of Chiropractic rules

Palmer College of Chiropractic’s Department of Undergraduate Studies has announced that the Associate of Science in Chiropractic Technology (A.S.C.T.) degree program has been recognized as meeting new Iowa physiotherapy legislative requirements. Per the Iowa Board of Chiropractic state requirement 645-43.12(2), effective July 1, 2009, chiropractors are required to keep on file proof of staff completion of requirements in training of active and passive physiotherapy.

Per this new regulation, Palmer College alumni of the A.S.C.T. program and Chiropractic Clinical Assistant (CCA) certificate holders have differing levels of competency depending on when they attended Palmer. Under the new requirements, chiropractic technologists who attended Palmer may meet the full requirements for passive and active instruction, and passive and active clinical experience.

To find out which requirements you or your staff person meet and to obtain written certification, please have the Palmer CT/CCA alumnus contact Annette VenHorst, Undergraduate Registrar, at (563) 884-5867 or annette.venhorst@palmer.edu.
Dr. Sportelli makes case for chiropractic’s cultural authority

Opening Day of Palmer Homecoming on the Davenport Campus was launched by Louis Sportelli, D.C., president of NCMIC Group, Inc., who gave an inspiring and thought-provoking keynote presentation. He made an impassioned plea for chiropractors to develop higher standards of professional behavior in order to establish chiropractic’s cultural authority, once and for all.

“Cultural authority is given to the profession by society,” he told the audience. “It’s a privilege and an individual responsibility. Thus far, chiropractic has begun to gain cultural authority through patient support and political lobbying. We need to do more in scholarship and research to truly establish cultural authority.”

Alumni and other attendees were treated to a presentation by Wall Street Journal columnist Jeffrey Zaslow on the second day of Homecoming. In his opening remarks he noted that he writes about the business of the heart for a publication known for writing about the business of business.

Mr. Zaslow is also the co-author of the current international best-seller, “The Last Lecture,” which is based on Carnegie Mellon University Professor Randy Pausch’s final class lecture.

When Mr. Zaslow began writing the book, Mr. Pausch was dying of pancreatic cancer and only had months to live. But he did not waste them feeling sorry for himself; he lived them to the fullest with his wife and three children. Even when he gave his famous last lecture at Carnegie Mellon, it was videotaped with the main purpose of it being played for his children when they grew older.

After learning about Mr. Pausch’s story, Mr. Zaslow spoke to him and knew he had to go see this lecture in person and cover his story for the newspaper. Not long after, he and Pausch decided to write the book together—with the caveat that the process not interfere with the precious time he had to spend with his family. Mr. Zaslow honored the request, and they spoke only on the phone while Mr. Pausch (using a headset) did his daily one-hour bike ride. Fifty-two biking hours later, they had a book.

“I’m always looking for a good story,” said Mr. Zaslow. He recalled being at Disney World, standing by Walt Disney’s statue and asking children who they thought the statue depicted. Answers ranged from “he lives with Mickey Mouse” to a child who said Mr. Disney died of a heart attack on Space Mountain.

To see Mr. Pausch’s final lecture, go to YouTube and type “Randy Pausch Last Lecture” in the “Search” field.

Jeffrey Zaslow speaks from the heart

“I’m always looking for a good story,” said Mr. Zaslow. He recalled being at Disney World, standing by Walt Disney’s statue and asking children who they thought the statue depicted. Answers ranged from “he lives with Mickey Mouse” to a child who said Mr. Disney died of a heart attack on Space Mountain.

To see Mr. Pausch’s final lecture, go to YouTube and type “Randy Pausch Last Lecture” in the “Search” field.
‘Biggest Loser’ trainer: ‘Be the Best You Can Be’

Bob Harper, a fitness trainer on NBC-TV’s “The Biggest Loser,” hit the Lyceum Auditorium stage in Vickie Anne Palmer Hall with contagious enthusiasm during Homecoming’s closing session. He shared a little about the show, his thoughts on living a healthy lifestyle, the benefits he has received from chiropractic care, and the difference between training everyday people who are overweight and already-fit celebrities.

“One thing I’ve learned from doing the show is that there is much more of an emotional connection to their weight,” said Harper of the contestants he works with. “I had to learn why it is that they do what they do and what their relationship to food was.”

The idea of instant gratification had to be removed as well as that of fad diets. There is so much information out there that is misleading, he noted.

“The focus needs to be on being the best you can be rather than focusing on the ideal of what they should be. Work with what you’ve got,” he said. “It is my job to help you decide that you are worth enough.”

During the Q&A portion, the big advocate of starting and maintaining an ongoing exercise regime was asked if he still sees a chiropractor regularly. Mr. Harper responded that once he felt better after seeing his chiropractor, he didn’t feel the need to go back. This led to a lot of good-natured ribbing from the audience, to which he laughed and said, “Touché! Okay, okay, I’ll go get adjusted!”

Ceremony honors nine new Fellows

This year’s Alumni Luncheon recognized alumni who had shown great devotion to chiropractic by inducting them into the Fellows of the Palmer Academy of Chiropractic.

The induction ceremony was a moving and inspiring part of the Alumni Luncheon. Davenport Campus President Donald Kern, D.C., presided, with then Vice Chancellor for Academics Dennis Marchiori, D.C., Ph.D., and Palmer Board of Trustees Chairman Trevor Ireland, D.C., also participating.

Above, Dr. Kern acknowledges seven of the nine new Fellows recognized that day. From left, Rolf Peters, D.C., Davenport ’58, M.C.Sc., FICC, FACC; Jerry Gerrard, D.C., Davenport ’72; Craig Gilbaugh, D.C., Davenport ’83, CCSP, DABC; Randy McCall, D.C., Davenport ’77; Kirk Steketee, D.C., ’86, LCP (Hon.) and Kari Swain, D.C., Davenport ’95, D.C., Ms. Mary Ann Zogg, Beth Zogg, D.C., and Lance Vanderloo, D.C., Davenport.

continued on page 10
Ceremony honors nine new Fellows, continued from page 9

Dr. Rolf accepted the Fellow award for his wife, Mary Ann Chance, D.C., Davenport ’59, FICC, FACC, while Ms. Zogg and Dr. Zogg accepted the honor for their father and grandfather, respectively, J. Clay Thompson, D.C., Davenport ’44.

“Membership as a Fellow in the Palmer Academy of Chiropractic is a distinct privilege and honor, and the men and women being inducted today are leaders in the profession and their communities, as well as supporters of Palmer College,” Dr. Kern said. “Their duty as Fellows is to promote the future of chiropractic, to engage in discussions of chiropractic’s role in society and to support Palmer College of Chiropractic in every way that they are able.”

Dr. Welsh appointed associate clinical instructor at USF

Susan Welsh, D.C., DACBSP, a 1980 graduate of Palmer’s Davenport Campus, has been appointed an associate clinical instructor at the University of South Florida (USF) in Tampa, Fla. She provides chiropractic care to patients at the USF Health Morsani Center for Advanced Healthcare, which is part of the USF Department of Orthopaedics & Sports Medicine.

Dr. Moreau rehabilitating Olympic hopefuls

William Moreau, D.C., DACBSP, Davenport ’81, has been named clinic manager for the U.S. Olympic sports medicine clinics in Colorado Springs, Colo., Chula Vista, Calif., and Lake Placid, N.Y. Some of the athletes he sees are preparing to compete in the 2010 Winter Olympic Games in Vancouver, B.C. “It’s a great job and a challenging opportunity,” Dr. Moreau said.

All three campuses welcome new graduates

West Campus June Graduation

Nine graduates received their Doctor of Chiropractic (D.C.) degrees at the West Campus Spring Quarter 2009 commencement on June 12. Kristopher Michael Birkeland, Tempe, Ariz., and Lindsay Alice Orth, Racine, Wis., were valedictorian and salutatorian, respectively. Mr. Birkeland also received the Clinical Excellence Award. Kevin Michael Meyer, Clarkson, Neb., received the Virgil V. Strang Philosophy Award, and Matthew Harris, Santa Barbara, Calif., received the Student Fellow Award. Thomas Hyde, D.C., presented the commencement address and was recognized for his contribution to chiropractic and the West Campus. The College also honored retiring West Campus Professor Dale Nansel, Ph.D., for his 19 years of service.

Davenport Campus June Graduation

Davenport Campus commencement ceremonies on Friday, June 13, marked the graduation of 106 Doctors of Chiropractic and four Associate of Science in Chiropractic Technology degree recipients. During her commencement speech, 1989 Davenport Campus graduate Laura Tanis, D.C., asked all alumni in attendance to stand up. She then told the graduates, “Palmer College and its alumni are here for you. And we are committed to helping you.”

Palmer’s Director of Student Academic Affairs Kevin Paustian, D.C., was given a Presidential Citation for his work as interim director of Technique for the College. Faculty member Roger Hynes, D.C., was the Honors Convocation speaker.

The three valedictorians were Matt Carl Craig, Spring Bay, Ill.; Charynn Renae Olsheski, Home, Pa.; and Daryn Joel Wiese, Spokane, Wash. Trevor Darnell, Kalamazoo, Mich., received the Virgil V. Strang Philosophy Award, and Amy Louise Mathis, Davenport, won the Clinical Excellence Award. The class salutatorian was Steven A. Nagel, Linton, N.D., and Kyle Gillett from Ohio was given the John Connolly Memorial Award for scholarship and involvement in Palmer and community organizations.
Florida Campus June Graduation

The Florida Campus graduated its thirteenth class on Friday, June 19, 2009, where 34 students received their Doctor of Chiropractic degrees during the graduation convocation, which featured a commencement address by Professor James La Rose, M.B.B.S., M.Med.

Student Government; Beau Pierce, Orcutt, Calif., for his service as a Campus Guide; and Anne Hosner, for her service as a Sports Council executive officer/events coordinator.

Terry Schroeder, D.C., West ’86, presented the commencement address. As a member of four U.S. Olympic water polo teams, Dr. Schroeder earned two silver medals, and another as coach of the 2008 U.S. men’s team at the 2008 Beijing Summer Olympic Games.

West Campus September Graduation

Fourteen West Campus graduates received their Doctor of Chiropractic degrees on Sept. 18. David De Mey, Sacramento, Calif., and Jennifer Murphy, Virginia Beach, Calif., graduated as valedictorian and salutatorian, respectively. Mr. De Mey also received the Clinical Excellence award, the Virgil V. Strang Philosophy Award and the Student Fellow Award.

Other award honorees included Maher Audeh, Edmonton, Alta., Canada, for his service as an executive officer of Associated Student Government; Beau Pierce, Orcutt, Calif., for his service as a Campus Guide; and Anne Hosner, for her service as a Sports Council executive officer/events coordinator.

Terry Schroeder, D.C., West ’86, presented the commencement address. As a member of four U.S. Olympic water polo teams, Dr. Schroeder earned two silver medals, and another as coach of the 2008 U.S. men’s team at the 2008 Beijing Summer Olympic Games.

Florida Campus June Graduation

The Florida Campus graduated its thirteenth class on Friday, June 19, 2009, where 34 students received their Doctor of Chiropractic degrees during the graduation convocation, which featured a commencement address by Professor James La Rose, M.B.B.S., M.Med.

Student Government; Beau Pierce, Orcutt, Calif., for his service as a Campus Guide; and Anne Hosner, for her service as a Sports Council executive officer/events coordinator.

Terry Schroeder, D.C., West ’86, presented the commencement address. As a member of four U.S. Olympic water polo teams, Dr. Schroeder earned two silver medals, and another as coach of the 2008 U.S. men’s team at the 2008 Beijing Summer Olympic Games.

West Campus September Graduation

Fourteen West Campus graduates received their Doctor of Chiropractic degrees on Sept. 18. David De Mey, Sacramento, Calif., and Jennifer Murphy, Virginia Beach, Calif., graduated as valedictorian and salutatorian, respectively. Mr. De Mey also received the Clinical Excellence award, the Virgil V. Strang Philosophy Award and the Student Fellow Award.

Other award honorees included Maher Audeh, Edmonton, Alta., Canada, for his service as an executive officer of Associated Student Government; Beau Pierce, Orcutt, Calif., for his service as a Campus Guide; and Anne Hosner, for her service as a Sports Council executive officer/events coordinator.

Terry Schroeder, D.C., West ’86, presented the commencement address. As a member of four U.S. Olympic water polo teams, Dr. Schroeder earned two silver medals, and another as coach of the 2008 U.S. men’s team at the 2008 Beijing Summer Olympic Games.

Florida Campus June Graduation

The Florida Campus graduated its thirteenth class on Friday, June 19, 2009, where 34 students received their Doctor of Chiropractic degrees during the graduation convocation, which featured a commencement address by Professor James La Rose, M.B.B.S., M.Med.

Student Government; Beau Pierce, Orcutt, Calif., for his service as a Campus Guide; and Anne Hosner, for her service as a Sports Council executive officer/events coordinator.

Terry Schroeder, D.C., West ’86, presented the commencement address. As a member of four U.S. Olympic water polo teams, Dr. Schroeder earned two silver medals, and another as coach of the 2008 U.S. men’s team at the 2008 Beijing Summer Olympic Games.

West Campus September Graduation

Fourteen West Campus graduates received their Doctor of Chiropractic degrees on Sept. 18. David De Mey, Sacramento, Calif., and Jennifer Murphy, Virginia Beach, Calif., graduated as valedictorian and salutatorian, respectively. Mr. De Mey also received the Clinical Excellence award, the Virgil V. Strang Philosophy Award and the Student Fellow Award.

Other award honorees included Maher Audeh, Edmonton, Alta., Canada, for his service as an executive officer of Associated Student Government; Beau Pierce, Orcutt, Calif., for his service as a Campus Guide; and Anne Hosner, for her service as a Sports Council executive officer/events coordinator.

Terry Schroeder, D.C., West ’86, presented the commencement address. As a member of four U.S. Olympic water polo teams, Dr. Schroeder earned two silver medals, and another as coach of the 2008 U.S. men’s team at the 2008 Beijing Summer Olympic Games.

Florida Campus June Graduation

The Florida Campus graduated its thirteenth class on Friday, June 19, 2009, where 34 students received their Doctor of Chiropractic degrees during the graduation convocation, which featured a commencement address by Professor James La Rose, M.B.B.S., M.Med.

Student Government; Beau Pierce, Orcutt, Calif., for his service as a Campus Guide; and Anne Hosner, for her service as a Sports Council executive officer/events coordinator.

Terry Schroeder, D.C., West ’86, presented the commencement address. As a member of four U.S. Olympic water polo teams, Dr. Schroeder earned two silver medals, and another as coach of the 2008 U.S. men’s team at the 2008 Beijing Summer Olympic Games.

West Campus September Graduation

Fourteen West Campus graduates received their Doctor of Chiropractic degrees on Sept. 18. David De Mey, Sacramento, Calif., and Jennifer Murphy, Virginia Beach, Calif., graduated as valedictorian and salutatorian, respectively. Mr. De Mey also received the Clinical Excellence award, the Virgil V. Strang Philosophy Award and the Student Fellow Award.

Other award honorees included Maher Audeh, Edmonton, Alta., Canada, for his service as an executive officer of Associated Student Government; Beau Pierce, Orcutt, Calif., for his service as a Campus Guide; and Anne Hosner, for her service as a Sports Council executive officer/events coordinator.

Terry Schroeder, D.C., West ’86, presented the commencement address. As a member of four U.S. Olympic water polo teams, Dr. Schroeder earned two silver medals, and another as coach of the 2008 U.S. men’s team at the 2008 Beijing Summer Olympic Games.
Dr. Richard Clark, ’58, Franklin, Pa., continues to practice chiropractic after 50 years in the profession. He now provides chiropractic care part time out of his home.

Dr. Donald Woodward, ’59, Bowling Green, Ky., recently wrote the book, “The History of Chiropractic in Kentucky,” which outlines chiropractic’s history in the U.S., early licensure legislation in Kentucky and the beginning of the Kentucky Chiropractic Society, whose Memorial Foundation funded the project. Phone: (270) 781-3679.

Dr. Stanley Casebere, ’66, Edgerton, Ohio, recently sold his practice and retired. E-mail: stansandy@verizon.net.

Dr. Larry Dail, ’66, has moved his practice, Dail Chiropractic Clinic, P.A., to 11134-C Broad River Rd., Irmo, SC 29063.

Dr. Doug Valentine, ’67, Cedar Rapids, Iowa, recently celebrated his 65th birthday and 30 years of marriage. Phone: (319) 366-4118, e-mail: drvhaley@aol.com.

Dr. James Hamtak, ’76, Carson City, Nev., and his wife, Maureen, became grandparents of Isabella Michele, on March 18, 2009, daughter of their son, James, and his wife, Chelsie. Phone: (775) 883-3113.

Dr. Bruce Jon Hagen, ’77, Sioux Falls, S.D., was recently named Chiropractor of the Year by the South Dakota Chiropractors Association (SDCA). He recently completed a nine-year stint on the SDCA Board where he served as president, vice president and past president. Phone: (605) 631-0113, e-mail: db dużejon@backspecialistsofmidwest.com.

Dr. Vernon Temple, ’77, Bellows Falls, Vt., was honored by the Federation of Chiropractic Licensing Boards with the 2009 George R. Arvison award for meritorious service. He is a Diplomate of the American Board of Chiropractic Orthopedists. Phone: (802) 463-9522, e-mail: vtemple@sover.net.

Dr. Dennis Richards, ’78, Tweed Heads, NSW, Australia, is currently the president of the Chiropractors’ Association of Australia and 2nd Vice President of the World Federation of Chiropractic. He also is a Fellow of the Australian College of Chiropractors. Phone: (61) 2 5536-5799, e-mail: dmrdc@bigpond.net.nl.

Dr. Steven R. Brown, ’79, has moved his practice, Brown Chiropractic Center, to 30 Lynoak Cove, Jackson, TN 38305. Phone: (731) 668-3399.

Dr. Edmund Doyle, ’79, Bayside, N.Y., was recently installed as chaplain for his city’s fire department. Phone: (718) 423-5001, e-mail: edmunddc@aol.com.

Dr. David Odiome, ’81, Auburn, N.Y., is the executive director of Institutional Quality and Assessment at New York Chiropractic College. Phone: (315) 568-3188, e-mail: droidiome@mac.com.

Dr. Brian Dawson, ’88, has published “Breaking The Profit Barrier – The Healthcare Practitioner’s Guide,” a book that aims to “assist the range of healthcare practitioners who are seasoned veterans in their business pursuits, so that they may obtain the business success that they desire and deserve.” The e-book version is available at www.briandawsonbooks.com.

Dr. Jeffrey Brunner, ’89, Aurora, Colo., was a team doctor for the San Francisco Golden Gate rugby team when it beat Life University’s Running Eagles at the Super League Rugby National Championship in May 2009. Phone: (303) 766-9626, e-mail: drjeffbrunner@msn.com.

Dr. Sarah Mesick, ’89, Davenport, Iowa, was honored at the Women in Business Today and Tomorrow luncheon held June 6, 2009, as the Contemporary Woman of Business for the establishment of the Mesick Family Chiropractic Clinic. Phone: (563) 344-0707.

Dr. Scott Corbin, ’84, Benicia, Calif., helped develop and now teaches a sports medicine course at Benicia High School in Benicia, Calif. Phone: (707) 748-1093, e-mail: scorbincd@aol.com.

Dr. Paul Morin, ’84, Auburn, Maine, was named the 2009 Chiropractor of the Year at the Maine Chiropractic Association’s spring convention. He also was elected District III director of the National Board of Chiropractic Examiners. Phone: (207) 784-8002, e-mail: pmorin2@roadrunner.com.

Dr. Diane Sherwood-Palmer, ’84, Seattle, Wash., recently became present-elect of the Washington State Chiropractic Association. At Palmer Homecoming 2009 on the Davenport Campus, she attended the 25-year reunion and her mother, Dr. Jeanette Sherwood, ’59, attended the 50-year reunion, in honor of their 25th and 50th anniversaries, respectively. Phone: (206) 310-5094, e-mail: info@palmerchiropracticseattle.com.

Dr. Rod Dahlinger, ’86, Monroe, Wash., and his wife, Gina, had their ninth child, Naomi Joylyn, on June 8, 2009. Phone: (360) 794-3376, e-mail: hfchiro@wwdb.org.

Dr. Victor Dolan, D.C., ’83, right, was one of 12 community leaders to be invited to meet with New York City Mayor Michael Bloomberg on Aug. 20, 2009, to discuss healthcare and its delivery to residents of Staten Island, N.Y. Dr. Dolan is the Health Committee chair of Staten Island Community Board 2.

Dr. Lisa Killinger, ’83, Davenport, Iowa, is pleased to announce that her daughter, Yasmeen Khan, D.C., graduated Feb. 27, 2009, from Palmer College, magna cum laude. Dr. Khan practices in Bettendorf, Iowa. Phone: (563) 884-5902, e-mail: lisa.killinger@palmer.edu.

Dr. Ken Brough, ’91, Ottawa, Ont., Canada, is on the board of directors of the Ontario Chiropractic Association and the Canadian Chiropractic Association, and chair of the Canadian Chiropractic Association Government Relations Committee. Phone: (613) 237-9000, e-mail: kbrugh@rogers.com.
Dr. Michael Chiaffitelli, ‘91, Oklahoma City, Okla., sadly reports the death of his 19 year old son, Landon. Phone: (405) 681-2273, mchiaf@aol.com.

Dr. Rodney Nagel, ‘91, Saginaw, Mich., has received the “Best of the Best” award from the Saginaw News 2009 Readers Choice Awards for one of the three clinics he owns and operates in the Saginaw area. Phone: (989) 771-2225, e-mail: prefdchiropractic@charterinternet.com.

Dr. Heather Norman, ‘91, Burlington, Ont., Canada, was recently elected to the board of directors of the Ontario Chiropractic Association. Phone: (905) 333-1104, e-mail: hnorman@ cogeco.ca.

Dr. Kevin Pursel, ‘92, Green Bay, Wis., was honored by the Back Pain Recognition Program for providing superior care to his patients suffering from low back pain. Phone: (920) 434-7393.

Dr. Jennifer Robison, ‘93, moved her office to 146 S. Elk, Casper, WY 82601. Dr. Robison and her husband, Brian Loose, have two sons, Jason and Christopher. Phone: (307) 237-2050, e-mail: jenloose@live.com.


Dr. Frank Jeffries, ‘95, Marquette, Mich., has developed the Jeffries Slant Board Adjusting Table, a new manual anterior adjusting table, which is intended to move segments that cannot be easily adjusted on standard tables. He has donated three of these tables to the Palmer Chiropractic Clinics on the Davenport Campus. Phone: (906) 226-7525.

Dr. Jennifer Trachte Murphy, ‘95, Pink Hill, N.C., and her husband, Hal, had a son, Grayson Lloyd, on July 30, 2009. Dr. Murphy also has started and is chairman of the North Carolina Chiropractic Association’s Pediatric Council. Phone: (252) 568-6400, e-mail: pchiro@embargmail.com.

Dr. Ayla Azad, ‘95, Ajax, Ont., Canada, currently serves on the Ontario Chiropractic Association Board of Directors. Phone: (905) 426-7690, e-mail: aaazad@totalrehab.net.

Dr. Joe Carew, ‘96, Columbia, S.C., was installed as the South Carolina Chiropractic Association secretary/treasurer. E-mail: drjosephcarewdc@isc.net.com.

Dr. Jeffery Stickel, ‘96, recently opened ADIO Chiropractic located at 2923 Ingersoll Ave., Des Moines, IA 50312. Phone: (515) 255-3021, e-mail: drstickel@aol.com.

Dr. Don MacDonald, ‘97, moved his clinic, South Side Chiropractic, to 7906B – 104th St., Edmonton, Alta., Canada T6E 4C8. Phone: (780) 439-3444, e-mail: drdon@shaw.ca.

Dr. Scott Poindexter, ‘98, Denver, Colo., has established the RuckHeads Tour Club to allow rugby players to travel to other countries to play or watch rugby. He is currently putting together a package for Palmer alumni, family and friends who want to attend Rugby World Cup 2011 in New Zealand. For more information, go to www.ruckheadstourclub.com. Phone: (303) 921-8643; e-mail: pontoyp@mchrcgby.com.

Dr. David Reiner, ‘98, opened a new practice at 300 East 8th St., Watsontown, Pa. Phone: (570) 538-1001, e-mail: docreiner@yahoo.com.

Dr. Kenya Gaskin, ‘99, moved her practice, Gaskin Chiropractic, to 21210 Clay St., Vicksburg, Miss. 39183, in September 2009. Phone: (601) 619-7122, e-mail: gfcchiro@gmail.com.

2000s

Dr. Christy Agrén, ‘00, Mobile, Ala., was recently named Young Chiropractor of the Year in Alabama. Phone: (251) 380-0477, e-mail: dragren@chiropracticlifecenter.com.

Dr. Christopher Lau, ‘00, Berlin, Wis., purchased Berlin Chiropractic Practice in June of 2009, and renamed it Lau Chiropractic and Wellness Center. Phone: (920) 361-9917, e-mail: Christopher.lau@lauchiro.com.

Dr. Michelle Mayer, ‘00, Creston, B.C., Canada, was married to Aldo Alia in August 2008. Dr. Mayer relocated her clinic, Core Chiropractic, to 1821 Canyon St., Creston, B.C. Phone: (250) 402-2044, e-mail: michelle.m2001@hotmail.com.

Drs. Erik Hudak, ‘03, and Heather (Schiefer) Hudak, ‘03, Saint Joseph, Mich., had a son, Evan Brady, on Nov. 3, 2008. Phone: (269) 983-5527, e-mail: hudakdc@yahoo.com.

Dr. Sloane Hunter, ‘03, Calgary, Alta., Canada, married Mitch Wegmann, on Aug. 2, 2008. They are expecting their first child in October 2009. Phone: (403) 243-0155, e-mail: sloane@c-1.com.

Dr. Seth Kouba, ‘03, recently purchased Spine Center and has merged it with his practice, Summit Family Chiropractic, in Lee’s Summit, Mo. Phone: (816) 246-4325, e-mail: dreskhh@sbcglobal.net.

Dr. Dr. Matthew Jesse, ‘04, and his wife Brandi, Wise, Va., had a son, Matthew Layne, on Jan. 7, 2009.

Dr. Jeffery Lybarger, ‘09, Moline, Ill., is the current National Subluxation and Research Championshio veteran Spencer “The King” Fisher and his team, Evolution. Phone: (309) 721-1787, e-mail: jlybarger@mchsi.com.

2010s

Dr. Jessee and Brandi also have a three-year-old daughter, Kathryn. Phone: (276) 679-2311, e-mail: djjessee@highlandswellness.com.

Drs. Bryan Mack, ‘04, and Melissa (Denciklau) Mack, ‘04, had a son, Tynus Raymond, on April 23, 2009. Phone: (602) 791-2281, e-mail: mackbryan@hotmail.com.

Dr. Dawn Huntsinger, ‘05, Mohnton, Pa., married Carl Staszak on June 28, 2009. Dr. Huntsinger also recently celebrated the one-year anniversary of opening her office, A Wellness from Within, LLC, located in Downingtown, Pa. Phone: (484) 597-4778, e-mail: office@liveweall-dc.com.

Dr. Jon Swanson, ‘06, opened Bee Cave Chiropractic & Acupuncture in August 2008, at 11805 FM 2244 #500, Bee Cave, TX 78738. Phone: (512) 263-2233, e-mail: drjon@beecavechiro.com.

Dr. Leah Thomsen, ‘07, and Lee Mainstrom, ‘06, were married on April 4, 2009. Both doctors own and operate Lifetime Chiropractic in Manchester, Iowa. Phone: (563) 927-9400, e-mail: drleahdc@yahoo.com.

Dr. Natalie Newman Muth, ‘08, married Dr. Carson Muth, ‘08, on Aug. 16, 2008. They opened Plains Chiropractic & Acupuncture at 3750 32nd Ave. S. Suite #103, Grand Forks, ND 58201, in May 2009, and had a daughter, Elia, on Aug. 15, 2009. Phone: (701) 775-1034, e-mail: dmataliethmuth@live.com.

Dr. Jeffrey Lybarger, ‘09, Moline, Ill., is the official chiropractor for ten-time Ultimate Fighting Championship veteran Spencer “The King” Fisher and his team, Evolution. Phone: (309) 721-1787, e-mail: jlybarger@mchsi.com.

WEST CAMPUS

1980s

Dr. Ed Feinberg, ’83, Santa Clara, Calif., recently became a member of the International Federation of Sports Chiropractic Education Committee. Phone: (408) 296-5800, e-mail: edward.feinberg@ palmer.edu.

Dr. Wayne Whalen, ’86, Santee, Calif., was recently named Fellow of the International College of Chiropractors. Phone: (619) 258-1144, e-mail: drw w halen@ aol.com.

Dr. Thomas Bloink, ’89, Los Gatos, Calif., recently wrote an article for the Journal of Vertebral Subluxation and Research. Dr. Bloink also spoke at the World Federation of Chiropractic Conference. Phone: (408) 395-8006, e-mail: ddrbloink@yahoo.com.

1990s

Dr. Meg Simans, ’90, Bremerton, Wash., recently opened a new “built-green” multi-disciplinary practice, Chiropractic Lifestyle Center. Phone: (360) 698-9262; e-mail: sdmeig@comcast.net.
Dr. Saul Luengas Castillo, ’94, Col. Carrizal, Qro, Mexico, has obtained his masters degree in sports science. He is the vice president of the Mexican Sports Council. Phone: 52-442 224-0711, e-mail: quirolue94@gmail.com.

2000s

Dr. Dave Beaudoin, ’00, Cloverdale, B.C., Canada, had a daughter, Ella, on May 1, 2009. Phone: (604) 575-7007, e-mail: dcdave@telus.net.

Dr. Tara Mahar Morris, ’00, Pleasanton, Calif., has earned a rotation at the Olympic Training Center. Phone (925) 484-2558; e-mail: drtaramar@ yahoo.com.

Dr. Mike Bos, ’01, Williams Lake, B.C., Canada, and his wife, Allison, had a daughter, Peyton, on Dec. 21, 2007. Phone: (250) 392-7717, e-mail: dmbos@shawcable.com.

Maia James, D.C., ’01, was recently elected President of the California Chiropractic Association. She is the second West Campus graduate to have achieved this position. Wayne Whalen, D.C., ’86, served in this role during the 1999-2000 term.

Dr. Rebecca Wilson, ’03, opened Integral Wellness and Pain Relief Clinic at 951 Edgewater Blvd., Ste. B, Foster City, CA 94404. Phone: (650) 212-1414, e-mail: drwilson@dhwilsodnc.com.

Dr. Ed Green, ’05, Moorpark, Calif., recently received his Certified Chiropractic Sports Physician certification and has been actively competing in the Scottish Heavy Athletics. He also is the treating chiropractor for the Scottish American Athletic Association. Phone: (805) 531-1188, e-mail: bfg59@aol.com.

Dr. Julie (Kruse) Hartman, ’06, was married to Evan Hartman, on July 11, 2009. Dr. Kruse practices at Worthington Chiropractic Center in Worthington, Ohio. E-mail: juliehartmandc@gmail.com.

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: 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.)

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Ervin Malcheff, D.C., graduated from Palmer College of Chiropractic’s Davenport Campus in 1969. While there, Dr. Malcheff was a John Connolly Memorial Award recipient, a class president, a Campus Guide, and founder and president of the first Toastmasters club on campus. He and his wife, Carol Malcheff, D.C., Davenport ’70, operate practices in Hillsdale and Jonesville, Mich. Dr. Malcheff is a member of the Michigan Association of Chiropractors. He also has been a member of the International Chiropractors Association, the American Chiropractic Association and the Michigan Political Action Committee. Active in his church and community service organizations, Dr. Malcheff became the first chiropractor to join the staff of the Hillsdale Community Health Center. He is a charter member of Palmer College’s Presidents Club, a founding member of the Heritage Endowment Society and a Fellow of the Palmer Academy of Chiropractic. Dr. Malcheff was appointed to the Palmer Board of Trustees in 2008.

What strengths do you bring to the Board?

My past experience, both professional and entrepreneurial, has helped me to better understand the many challenges D.C.s encounter. My wife of 50 years, Dr. Carol, and I have been in practice at the same location in Hillsdale, Mich., for 40 years. Seven years ago, we opened a second practice three miles away in Jonesville, Mich. In addition to myself, each office has two full-time Palmer D.C.s who have privileges in the local hospital.

What issues in the chiropractic profession or in education concern you most?

To continue our pre-eminence in chiropractic education, we must strive for improvement to keep pace with the changes and demands constantly placed on the delivery of health care.

Palmer grads may rest assured that they have acquired the best education available in the science, philosophy and art of chiropractic. Palmer is also at the forefront of chiropractic research, and has the premier center for business and development in which students can participate.

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

Because of the lightning fast changes in technology, it is anyone’s guess how information will be delivered a quarter century from now. Vision, innovation and imagination have forever been present at Palmer College. From our humble birth over a century ago, we have grown from a one-room school to three modern campuses.

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

I am honored to have been selected to sit on the Board of Trustees, and will do all I can for my alma mater, which has done so much for me. I have also enjoyed meeting and interacting with those board members who are not D.C.s. Their selfless contributions of wisdom and energy are exceeded only by their dedication to Palmer College.

What are your favorite memories of your time as a student at Palmer?

Our class thought of itself as being a part of the Palmer family. Dr. Dave was our beloved president, his lovely daughters, Bonnie, Jenny and Vickie, who were high school students at that time, were frequently on campus performing various duties. Dr. Agnes, along with her other talents, had a trained operatic voice and would, on occasion, entertain us with song. It is difficult for me to adequately describe the comfort it was to our student body that the family of the founder of our profession was with us.
Stepping up to the plate
Ways to help your patients eat well to stay well

This fall, The New York Times reported that a Delaware daycare center is doing its part to slow obesity in preschoolers by serving grilled chicken with fresh fruit for lunch.

October’s Archives of General Psychiatry featured a Spanish study where participants that followed a mostly Mediterranean diet were 30 percent less likely to develop depression than those eating a less strict diet over the same four-year period.

And “The Biggest Loser” is now in its eighth season.

When it comes to the latest information on nutrition and chiropractic, Palmer College is making headlines of its own. In fact, many of the experts in these two fields are Palmer faculty members, Palmer graduates or both. This article features just a sampling of those who have made the combination of chiropractic and nutrition their specialty.

Chiropractic and healthy eating go well together

Susan St. Claire, D.C., a West Campus professor and 1984 graduate, strongly believes that proper nutrition and chiropractic care complement each other. She is a board certified nutritionist and has written extensively on the benefits various nutrients provide our bodies. Most recently she wrote a chapter on nutrition for a public health textbook by former West Campus professor Michael Haneline, D.C.

“Eating well is one of the top ways to prevent disease and be healthy,” said Dr. St. Claire. “D.D. Palmer emphasized that toxic, unhealthy food can cause subluxations and make us sick.”

Since 1986, Davenport Campus Nutrition Professor Moin Ansari, Ph.D., and Physiology Professor Saeed Faruqui, M.S., Ph.D., have each played an integral role in the coordination of Palmer’s six Nutrition and Chiropractic Symposia. These events gathered chiropractors and other healthcare practitioners to share and exchange information on food and its nutrients.

Said Dr. Faruqui, “The precursors for the synthesis of neurotransmitters are nutrients, most of which come from our dietary intake of food. Removal of the subluxation by a chiropractor will have optimal effect if the patient has balanced nutrition.”

Nutrition: An important side item to offer

Along with recommending stretching techniques, giving advice on fitness programs and taking part in community activities, encouraging healthy eating has become one of the many ancillary services chiropractors use to support and augment the adjustments they perform.

“As chiropractors, we promote health and wellness,” said Davenport Campus Coordinator of Clinical Academics Nancy Kime, D.C. “It is very logical for us to promote all aspects of health, including healthy eating.”

Steven Silverman, D.C., Davenport ’95, a Davenport Campus associate professor, is currently pursuing a Master’s degree in nutrition and finds that it’s only natural that chiropractors
are big supporters of good nutrition. “Nutrition provides the body with the building blocks to heal and maintain health,” he said. “Without proper nutrition, a healthy state is not possible.”

The influence dietary choices have on the body’s inflammatory process has been a continuing theme for Florida Campus Part-time Instructor David Seaman, D.C., in class, at his practice and in the papers he has written. He recommends diets that largely consist of lean animal protein, vegetables, fruits, nuts and supplements as an alternative to anti-inflammatory drugs (NSAID). “This is because NSAIDs inhibit the enzyme that converts inflammatory dietary fatty acids into inflammatory prostaglandins,” he said.

For Steve Osterhout, D.C., Davenport ’04, an interest in learning about and doing research on nutrition began at the age of 12 when he developed diabetes. As an undergraduate student, he added appropriate supplements to his diet and noticed encouraging changes.

“My positive results motivated me to do further research and pay extra attention during my biochemistry courses at Palmer,” said the board certified clinical nutritionist, who does public health presentations and practices in Kalamazoo, Mich. “Since I personally experienced the benefits of appropriate nutrition I was eager to add it into my chiropractic protocol with patients.”

**Practice what you eat**

“Each and every one of us could do better, by avoiding fast foods and fatty foods,” said Casey Crisp, D.C., Davenport, ’97, who is a staff clinician in the Davenport Clinics. “The more you take care of yourself, the better you’ll be able to talk to your patients about ways they can improve their lives.”

He also shares the belief of other D.C.s we interviewed, that the only person who should bring up a patient’s weight is the patient.

“You have to work up to it, adding advice when that person’s diet comes up,” he said. “A lot of times, though, a patient with a weight problem who has tried many things to address it will say, ‘What else can I do?’ That helps open the door to a whole-health discussion.”

**How to add a daily serving of nutrition to your practice**

Davenport Campus Associate Professor and Clinician Henry Mueller, D.C., Davenport ’86, has written on a number of nutrition topics, such as how prenatal and infant nutrition is negatively affected by trans fat. He suggests that D.C.s starting a program to promote healthy eating should begin by recommending nutritional literature to their patients that’s in sync with chiropractic and holistic health.

Ron Boesch, D.C., Davenport ’91, the assistant director of the Academic Health Center on the Davenport Campus, encourages alumni to promote nutrition to non-patients as well through public events like health talks.

“You can make nutrition a part of a comprehensive health talk,” he said. “For example, a health talk about headaches could cover the common causes of headaches, such as subluxation, stress, neck muscle strain, toxins in the body and foods that may trigger them.”

Davenport Campus Biochemistry Instructor Lia Nightingale, Ph.D., who has written on and about a number of nutrition topics, suggests that any patient interested in developing a healthy nutrition plan should be urged to have realistic expectations.

“Get your patients to see the long-term benefits without focusing on the long road to get there,” she said. “Instead focus on short-term, easily attainable goals. Tell them, ‘This month try to eat one more serving of vegetables a day, then next month add another.’”

Soon, you’re likely to notice some benefits yourself.

Said Dr. Osterhout of his own efforts to guide his patients to eat healthfully, “Implementing nutrition into your practice is a great way to help patients achieve their wellness goals as well as create long-standing patient relationships.”
A taste of the latest nutrition research from Palmer faculty

**Nutrition and muscle protein synthesis: a descriptive review**
Davenport Campus Dean of Academic Programs
Dan J. Weinert, D.C., Davenport ’96

**SUMMARY:**
Since exercise causes muscle to break down and rebuilds protein in response to the stimulus, Dr. Weinert finds promise in new scientific evidence that can optimize the relationship between stimulus and response. It is his belief that the combined effect of protein consumption and exercise “promotes protein synthesis and may impact patient outcomes.”

Dr. Weinert stresses those individuals who participate in intensive exercise but avoid eating soon afterward, or consume less than 25 grams of good quality protein shortly after a workout in an attempt to be healthy, are actually doing the opposite.

He demonstrates this point by referring to a study where those people who received no nutrition for two hours after exercising experienced decreased lean body mass, while the group that consumed 10 grams of protein immediately after exercising increased their lean body mass.

**Nutrition for Asthma – The Evidence**
Florida Campus Part-time Instructor David Seaman, D.C.

**SUMMARY:**
A specialist on anti-inflammatory foods and supplements, and their positive effect on the musculoskeletal system, David Seaman, D.C., draws on decades of research that points to inflammation being the primary pathophysiology in asthma. To reduce inflammation and prevent asthma, he recommends eating a diet that consists primarily of vegetables, lean or omega-3 meats, chicken, fish, nuts and potatoes.

“The goal with this approach is to reduce the pro-inflammatory state, which then allows for normal tissue healing to occur,” he writes.

**Vitamin D**
Davenport Campus Biochemistry Instructor
Lia M. Nightingale, Ph.D.
*Case Correlations I & II*, Summer 2009 Course

**SUMMARY:**
In this presentation, Dr. Nightingale advocates adults eat foods that provide them with a total of 800 International Units of Vitamin D a day. She draws on recent studies that have found a correlation between Vitamin D deficiency and chronic low back pain, muscle pain and weakness, osteoporosis, depression, Alzheimer’s disease and several cancers.

To avoid Vitamin D deficiency, Dr. Nightingale recommends a diet containing salmon, milk fortified with Vitamin D, eggs and oatmeal. Because Vitamin D is fat-soluble, she recommends consuming 5 to 10 grams of fat, such as a glass of 2% milk, along with Vitamin D-containing foods or supplements for greater absorption.

---

**Key ingredients for promoting healthy eating in your practice**

- Incorporate proper nutrition into your health talks.
- Photocopy the list of healthy eating tips on the right and hand them out to your patients during their visits. Copies of the page also are available online at [www.palmer.edu/eatwell](http://www.palmer.edu/eatwell).
- Set out brochures that demonstrate the importance of a healthy diet.
- Consider pursuing a Diplomate in Nutrition. Information on this and other diplomates is available at [www.palmer.edu/ce](http://www.palmer.edu/ce).
Eat well to stay well
Craving a healthy diet? Try these easy nutrition tips.

50% fruits, veggies and whole grains.
- Fruits like apples, bananas, strawberries and raisins
- Veggies like romaine lettuce, spinach, broccoli and carrots
- Whole grains like brown rice, popcorn, whole wheat bread and oatmeal

25% starches
- Legumes like green beans
- Starchy foods like corn and potatoes

25% proteins
- Dairy, such as 1% milk, yogurt and Swiss cheese
- Meat and beans, such as lean cuts of red meat, chicken, salmon, kidney beans and almonds

GO NUTS! Choose almonds and walnuts—(they’re a good source of unsaturated fats)

What does one healthy serving look like?
- 3 ounces of lean meat = a deck of cards
- 2 ounces cheese = 4 dominoes
- 1 medium-size fruit = 1 baseball
- 1/2 cup cooked cereal = 1 baseball

Make sure that your meal will fit on a 9” plate.

The facts on fats. Read the label.

GOOD fats: Olive oil (monounsaturated fat); Corn oil and canola oil (polyunsaturated fat)

BAD fats: Butter, meat and coconut oil (saturated fat); Partially hydrogenated oil (trans fat)

DON’T FORGET FIBER ...
It helps you stay regular, makes you feel full sooner and lowers blood cholesterol. Fiber is found in fruits, vegetables, beans, peas, cereals (such as oats) and whole grains (such as brown rice, oatmeal and whole wheat bread.)

EAT LIGHT WHEN YOU EAT OUT
- Avoid cheese, mayonnaise, fattening appetizers and deserts high in calories
- Order your salad dressing on the side
- Don’t drink your calories—restaurant drinks can be very fattening

Hungry for more information? Ask your doctor or visit www.MyPyramid.gov

This guide has been provided by your chiropractor and Palmer College of Chiropractic
Sources: Lia Nightingale, Ph.D., Biochemistry, Palmer College of Chiropractic, Davenport Campus; and the U.S. Department of Agriculture.
The Internet has become popular as both a formal and informal educational resource. With more and more state chiropractic boards accepting online credit for relicensure hours, practitioners are swiftly discovering the value of avoiding travel and overnight expenses while enjoying the diversity in having a variety of course topics to choose from, literally at their fingertips.

“Clinicians are increasingly called upon to advise patients on health approaches not commonly taught in conventional medical or chiropractic training programs,” stated Laurie Mueller, D.C., senior director of Palmer’s Continuing Education Department.

“The feedback on these programs has been tremendous.”

How alumni acquire their CE credits is still a very personal choice. According to Dr. Mueller, many practitioners continue to prefer the venue and face-to-face social interaction that live seminars offer. “We believe that online and live venues both have some very unique things to offer the consumer, and we anticipate that most doctors will end up doing some of each,” she said.

Doctors interested in online learning can expect a wide variety of new course offerings starting Jan. 1, 2010, at www.PalmerOnline.com, including the CE Department’s new hybrid Orthopedics Diplomate program. Palmer also recommends high-quality coursework from its valued co-sponsorships with www.DConline.com and www.ActivatorOnline.com.

In May of 2009, the Palmer College Continuing Education Department entered into a co-sponsorship agreement with the Chopra Center for Wellbeing. Now chiropractors will be able to earn Continuing Education Units by attending the renowned “Journey into Healing” seminars led by Deepak Chopra, M.D.

“Clinicians are increasingly called upon to advise patients on health approaches not commonly taught in conventional medical or chiropractic training programs,” stated Laurie Mueller, D.C., senior director of Palmer’s Continuing Education Department.

“How alumni acquire their CE credits is still a very personal choice. According to Dr. Mueller, many practitioners continue to prefer the venue and face-to-face social interaction that live seminars offer.”

“Journey into Healing’ explores a theoretical framework that enables health providers to evaluate the appropriate role of complementary medicine. Topics covered include psychoneuroimmunology, stress management techniques, nutritional components of illness, evidence-based herbal medicine and mind-body approaches to healing.”

Dr. Chopra is a renowned mind-body physician, co-founder of the Chopra Center, and best-selling author of more than 50 books, including “Perfect Health: The Complete Mind-Body Guide,” “Grow Younger, Live Longer,” “Ageless Body, Timeless Mind” and “The Seven Spiritual Laws of Success.”

“We were honored that the Chopra Center approached Palmer College exclusively for co-sponsorship for chiropractic credit,” Dr. Mueller added. Medical credits are being provided by the University of California, San Diego School of Medicine.

More information on Dr. Chopra’s seminars and the Chopra Center can be found at www.chopra.com or by calling (760) 494-1639.
I was interviewed not too long ago by the editor of the Beacon, the student newspaper on Palmer College’s Davenport Campus. The last thing he asked me was, “How do you bridge the gap between chiropractic philosophy and science?” In many ways, I thought this was the most important question of the interview. Though it was the first time I had been asked directly to address this issue, I realized there have been many times in the three years since I joined Palmer that this question has been hovering in the room.

The Merriam-Webster definition of philosophy that I feel comes closest to what we mean by chiropractic philosophy is “the most basic beliefs, concepts, and attitudes of an individual or group.” On the other hand, science is defined as “knowledge or a system of knowledge covering general truths or a system or method reconciling practical ends with scientific laws.”

When I read these definitions, I don’t see a gap between philosophy and science. In fact, philosophy forms the very foundation of our translational scientific program at the Palmer Center for Chiropractic Research—and we’re addressing more than low back pain. Let me give you some examples ...

Currently, we’re conducting studies to determine if chiropractic care is effective in treating conditions such as temporomandibular disorder, neck pain and hypertension. Hypertension research is especially important because the condition impacts 50 million U.S. adults, less than a quarter of whom are able to achieve normal blood pressure levels. If chiropractic is shown to be an effective treatment for hypertension, people living with this disease will have an option beyond medications with side effects and difficult-to-adhere-to lifestyle modifications.

In another study, we’re collecting data in the Palmer Clinics to measure outcomes in real-practice situations. In this setting, we can better explore the results you might obtain in your own office. This type of study is a great example of how the “translational research” we’re pursuing easily translates into information that chiropractors throughout the world can relate to, and most importantly, use.

Something you might not expect a chiropractic research center to be doing is looking at chiropractic utilization and costs, using a large government-sponsored data set. Yet having this information can help us compare the costs of chiropractic care to medical and other healthcare professions.

To learn more about how chiropractic adjustments impact the nervous system, and how the subluxation impacts local tissues and overall behavior, we’re doing experiments with animal models. Research on cadavers is being undertaken, too, so that we can learn more about how adjustments impact biomechanics in the low back and neck.

These areas of inquiry can appear quite diverse initially but there is a common thread that runs through them. Quite simply, every scientific study we conduct is designed to answer a few fundamental questions: Can we demonstrate our most basic beliefs on how chiropractic works? Can we show that our treatment concepts are effective? Are there things we can learn that will help us take better care of patients?

In the end, every study is an attempt to reconcile our most basic beliefs with scientific laws. ●

Bridging the gap between chiropractic philosophy and science

Vice Chancellor for Research and Health Policy
Christine Goertz, D.C., Ph.D.
New position for students and new grads

Jessica Malcheff, who has been serving as the Development Office's annual fund coordinator for the past three years, has been promoted to the new position of development officer. In this new role she will focus on programs specifically tailored to enhance giving by alumni who graduated within the past 10 years and inform students about Palmer’s fundraising programs. Ms. Malcheff’s efforts will include providing information to new graduates and students about why alumni dollars are so important and encouraging them to give at whatever level they are comfortable.

She also will be responsible for the Phonathon, direct mail appeals and online giving. If you’re interested in giving options for new graduates, please contact Ms. Malcheff at (563) 884-5433 or jessica.malcheff@palmer.edu.

Karla Johnson retires

The Palmer community recently bid a fond farewell to Senior Development Officer Karla Johnson, who retired from the College after 11 years. She traveled extensively to meet with alumni and friends of the College and was instrumental in the success of the recent $35 million Building the Future Fountainhead Capital Campaign.

Ms. Johnson’s responsibilities with the President’s Club and other development efforts will soon be fulfilled by a new senior development officer, who will also serve as the liaison for the West Campus. In the interim, if you have any questions about the College’s fundraising programs, please contact Senior Development Officer Lois Kundel, C.T., CFRE, at (563) 884-5611 or lois.kundel@palmer.edu.

Foundation assists recruitment of Michigan students

The Michigan Chiropractic Foundation (MCF) recently donated funds to Palmer College to help recruit students from Michigan through two new scholarships. The Development Office assisted MCF President Mark Limberg, D.C., with establishing the scholarship guidelines for both the Gift Recruitment Scholarship and the MCF Endowed Recruitment Scholarship.

The foundation has committed itself to starting the program in the fall of 2009 by awarding the Gift Recruitment Scholarship. It will do so each year until the endowed scholarship is fully funded and awards can be given. Both the endowed and gift scholarships will be advertised to students on all three Palmer campuses.

“The MCF is an advocate for exemplary professional training and quality care, and is proud to develop scholarship programs for chiropractic students,” said Dr. Limberg. “The foundation also will provide assistance for chiropractic graduates interested in establishing new practices in Michigan.”

When asked about the gifts from the MCF, Senior Development Officer Lois Kundel said, “Palmer has a number of students from Michigan attending each of our three campuses. We are extremely grateful for these gifts and truly appreciate the opportunity to offer the MCF scholarships to prospective students regardless of the campus they choose to attend.”
Log on to Palmer’s new planned giving website

By visiting www.legacy.palmer.edu, you’ll find up-to-date estate planning information to assist you in designing a plan that’s right for you. In addition, the site allows you to view a variety of Wills Presentations, request a free Wills Kit and sign up for the Donor eNewsletter.

In the “Reading Room” you can download a “Guide to Planned Giving” and keep up on federal policy issues that could affect your financial future through the “Washington Hotline.” There’s even a place to learn about the many ways other alumni and friends are supporting the College at “Donor Stories.”

Feel free to share Legacy.palmer.edu with your financial advisors. It has useful information specifically designed to enhance their services. To comment on the new Web page or discuss making a charitable gift to Palmer College, contact Senior Development Officer Lois Kundel at (563) 884-5611 or e-mail her at lois.kundel@palmer.edu.

Student scholarship recipients recognized

At the Heritage Endowment Society Recognition Luncheon held during Palmer Homecoming 2009 on the Davenport Campus, students who received scholarships during the 2008-09 fiscal year were recognized for their exceptional academic performance, accomplishments and extracurricular contributions to the College and community. On behalf of all of the scholarship recipients, (some of which are shown above outside Vickie Anne Palmer Hall), Ms. Jamy Byre, 7th Trimester student, thanked the Heritage Endowment Society members and guests for their financial and professional support of the students.

Davenport Campus
1940s
Adolph V. Danielson, D.C., ’42
Grand Rapids, Mich.
John H. Dittman, D.C., ’47
Mill Creek, Wash.
Roy Kovski, D.C., ’48
Springfield, Ill.
James G. Maxwell, D.C., ’48
Pymble, N.S.W., Australia
Corbin C. Fox Jr., D.C., ’49
North Charleston, S.C.
Arnold H. Johnson, D.C., ’49
Baytown, Texas
1950s
Karl M. Jordan, D.C., ’50
Charleston, W.V.
Ramon D. Anderson, D.C., ’51
Crystal River, Fla.
Barbara Boatright, D.C., ’51
Clinton, Miss.
Doral J. Robb, D.C., ’51
Madison, Wis.
Herbert C. Sloat, D.C., ’55
Fort Smith, Ark.
Jack Hendricks, D.C., ’56
Winter Haven, Fla.
William Gallagher, D.C., ’58
 Sapulpa, Okla.
1960s
John Rucki, D.C., ’60
New Kensington, Pa.
James W. Carter, D.C., ’61
Camp Verde, Ariz.

West Campus
1980s
Philip B. Horner, D.C., ’80
Canning Vale, W.A., Australia
Frankie J. Allender, D.C., ’84
Cherokee, Iowa
David P. Holtrop, D.C., ’87
Sheboygan, Wis.
Jeffery D. Durr, D.C., ’88
Evans, Colo.
1990s
Peter J. Bernosky, D.C., ’62
West Chester, Pa.
Wayne D. Atchley, D.C., ’65
Amarillo, Texas
Edward R. Elkin, D.C., ’65
Urbandale, Iowa
Jesse R. Harvey, D.C., ’65
Sidney, Ohio
1970s
Craig L. Menefee, D.C., ’70
Boone, Iowa
Jerry Chastain, D.C., ’71
Athens, Ga.
1980s
Clifford J. Dupee, D.C., ’87
Orland, Calif.
Upper Cervical Manipulation for Patients with Stage I Hypertension

**CO-PRINCIPAL INVESTIGATORS:** Christine Goertz, D.C., Ph.D; and Gervasio Lamas, M.D.
**CO-INVESTIGATORS:** Cynthia Long, Ph.D; Robert Brooks, D.C.; Maria Hondras, D.C., M.P.H.; and Ian McLean, D.C., DACBR

The Palmer Center for Chiropractic Research (PCCR) is collaborating with Trinity Terrace Park Family Practice Clinic in Bettendorf, Iowa, and Mount Sinai Medical Center in Miami, Fla., to conduct a study on chiropractic for hypertension in patients, or CHiP. The primary study goal is to determine the efficacy of non-rotary upper cervical spinal manipulation in lowering systolic blood pressure when compared to a sham control group after an eight-week follow-up period. CHiP also will: 1) compare blood pressure outcomes between two different types of non-rotary upper cervical techniques; 2) establish a reliable method of measuring the atlas alignment using X-ray; 3) explore the relationship between atlas alignment change and blood pressure change; and 4) determine the durability of blood pressure reduction over a six-month time period. This collaborative study is designed to replicate a previous study conducted by Bakris, et al, which showed a significant improvement in the blood pressure of individuals who were treated with an upper cervical technique. CHiP is one of three projects that are part of a four-year, $2.8 million grant to the PCCR from the National Institute of Health’s National Center for Complementary and Alternative Medicine.

**AUTHORS:** Li Qin; Yun-Bo Yang; Qin-Hui Tuo; Bing-Yang Zhu; Lin-Xi Chen; **Florida Campus Director of Research** Liang Zhang, M.D., Ph.D; Duan-Fang Liao

Proliferation of vascular smooth muscle cells (VSMCs) contributes to the development of various cardiovascular diseases. Curcumin, extracted from Curcuma longae, a plant source of the spice turmeric, has been shown to have a variety of beneficial effects on human health, including anti-atherosclerosis, but the mechanisms are poorly understood. In the present study, we attempted to investigate whether curcumin, when used as a daily supplement, has any effect on VSMCs proliferation and the potential mechanisms involved. Our data showed curcumin nullifies the proliferation of primary rat VSMCs induced by Chol:M,CD, a “water-soluble cholesterol” used as an experimental replacement for cholesterol. By exploring the underlying cellular and molecular mechanisms, we found that curcumin was capable of restoring caveolin-1 expression (regulator of cell proliferation) which was reduced by Chol:M,CD treatment. Moreover, curcumin inhibits the increase of extracellular signal-regulated kinases (ERK1/2), which are enzymes that play a key role in cellular growth, and reverses the cell cycle progression induced by Chol:M,CD. Overall, our data suggest curcumin inhibits Chol:M,CD-induced VSMCs proliferation via restoring caveolin-1 expression that leads to the suppression of over-activated ERK signaling and causes cell cycle arrest at G1/S phase. These novel findings support the beneficial potential of curcumin in cardiovascular disease.

The full abstract of this study was published in *Biochemical and Biophysical Research Communication.* 2009;379:277-282.

Researchers in bold are graduates and/or faculty members of Palmer College.
december 2009

4  West Campus Graduation Convocation, Santa Clara Convention Center, Santa Clara, Calif.

18  Florida Campus Graduation Convocation, News-Journal Center, Daytona Beach, Fla.

January 2010

15  Palmer Alumni Reception at the Parker Seminars, Las Vegas, Nev.

February

19-20  Florida Campus Homecoming 2010

26  Davenport Campus Graduation Convocation, Vickie Anne Palmer Hall, Davenport

28-3/6  Palmer Cruise 2010 to Belize City, Belize; and Costa Maya and Cozumel, Mexico

March

12  West Campus Graduation Convocation, Santa Clara Convention Center, Santa Clara, Calif.

13  Palmer Alumni Luncheon, Iowa Chiropractic Society, Des Moines, Iowa

26  Florida Campus Graduation Convocation, News-Journal Center, Daytona Beach, Fla.

For Continuing Education programs, go to www.palmer.edu/ce

For Development and Enrollment travel schedules, go to www.palmer.edu/calendar

For Homecoming information, go to www.palmerhomecoming.com
Palmer College Presents:

Palmer Cruise 2010

6-night Western Caribbean
February 28 – March 6, 2010
Royal Caribbean – Independence of the Seas®

Sailing from Ft. Lauderdale, Florida, the beautiful brand new Independence of the Seas® is headed to the Western Caribbean with ports of call in Belize City, Belize; Costa Maya, Mexico; and Cozumel, Mexico. All of this coupled with group dining, 12 hours of top quality continuing education conveniently offered around cruise sailing schedules, and so much more. Gather your colleagues and friends to join this spectacular cruise event that you won’t want to miss!

Departing Fort Lauderdale, Florida, on Sunday, February 28, 2010
Returning on Saturday, March 6, 2010

Ports of Call: Belize City, Belize; Costa Maya, Mexico; & Cozumel, Mexico

Educational Theme: Clinical Imaging in Action

Join renowned radiologist Ian McLean, D.C., DACBR, as he presents diagnostic imaging concepts from A to Z! Designed to improve the chiropractor’s practical skills in recognizing the indications for diagnostic imaging, image production, image interpretation and follow-up diagnostics, this 12-hour seminar will teach in a fast-paced, quick-think style utilizing case studies. Learners can expect Monday-morning information on the application of imaging procedures and the interpretation of musculoskeletal and soft tissue pathologies.

Call and reserve your space today!

CE:
Palmer Continuing Education Department • (800) 452-5032 • 12 Hours* - $199 for CE hours

Travel Information:
Marie Frandsen • KDM Travel • (563) 324-3201 • (800) 779-6614 • marie@kdmtravel.com

Cost:
Cabins starting at $668 per person based on double occupancy, includes all taxes and gratuities

*Attendees must sign up in the Palmer block through KDM Travel to be eligible for Palmer CE and other group events. Inclusion in the Palmer block supports the College and our ability to continue to offer travel options.

Ships registered in the Bahamas. Prices are per person, double occupancy, cruise only on select sailings. Certain restrictions apply. All prices quoted in U.S. dollars. All itineraries and prices are current at the time of printing and subject to change without notice. Not included: airfare, optional insurance, pre night accommodations, transfers from the pier/airport, bar bill, casino, spa, personal items, etc.

For more information, call (800) 452-5032 • www.palmer.edu/ce.aspx