BREAKTHROUGHS AND BARRIERS: Gaining a seat at the health-care table
features

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Showcasing Palmer’s leadership in health-care policy.

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COVER Dr. Christine Goertz is influencing health-care policy in Washington, D.C., and around the country.
(Photo by Herman Farrer Photography)

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The real winners are our patients

When I started my practice more than 40 years ago, it was unheard of for chiropractors and medical doctors to work together. Now it’s commonplace, and the real winners are our patients.

Over the years, I’ve worked hard to develop relationships with M.D.s and other health-care providers in my community. I’ve come up with a seven-step process that works well.

1) Call a medical doctor in your neighborhood and set up a lunch meeting. At that meeting, determine if this is someone you could work with.
2) Refer a few patients to the doctor. Also send your notes and keep them in the loop.
3) Visit their office and meet their staff.
4) Send articles that would be of interest to them and that support what you do.
5) Invite them to visit your office.
6) Call them when you have a complex case and ask for their opinion.
7) Don’t ask for referrals; they’ll come with time.

When we build a relationship with other health-care providers, we’re providing a real service to patients by making sure they get to the right health-care professional for the care they need. Additionally, by managing our patients’ integrated care, we’re positioning ourselves as portal-of-entry, primary-care providers. Read more about this subject in our cover stories on pages 2 to 11.

I also want to update you on our efforts to restructure the Palmer alumni association. We’re actively recruiting state representatives in the top 20 states where our students come from and our alumni practice. Each state will have a state representative and a number of district representatives. Using Iowa as an example, we’ll have one alumni state representative and 10 district representatives. Once we’ve recruited for the top 20 states, we’ll bring the remaining 30 states into the program, followed by the international alumni.

This new structure will help us improve our connections with alumni not only from a state perspective, but from a district or neighborhood perspective. As always, thank you for all you do for Palmer and chiropractic. I’m gratified by the attitude of so many of you I meet on the road. You want to know what you can do for Palmer, because you know when you help Palmer, you help the chiropractic profession grow.
During the past 10 years, it’s become more common for chiropractors to be included in organizations making health-care policy decisions at all levels. In practice, too, chiropractors are integrating care more often with other health-care providers. All of this results in better patient care and improved credibility for chiropractic.

This edition of Insights highlights several profession leaders who’ve developed the relationships and credibility to gain access to forums previously closed to doctors of chiropractic.
THE LONG-HAUL VIEW: It’s about patient-centered care

Palmer’s Vice Chancellor for Research and Health Policy, Christine Goertz, D.C., Ph.D., has devoted her research career to studies that impact patient care, and this has led her to achieve seats at the health-care table at the highest levels.

“Sadly, there’s quite a bit of truth to the old adage, ‘If you aren’t sitting at the table, you’re more likely to be on the menu,’” she says. “Having said that, my overwhelming experience has been that the most common reason why D.C.s aren’t sitting at the table is because no one thought we might be interested in contributing to the discussion.”

When chiropractors are involved in policy discussions with other health-care professionals, everyone benefits, Dr. Goertz adds. “We have a unique contribution to make. Chiropractors bring the perspective of doctors who’ve always had a patient-centered approach, who are experts in treating patients with musculoskeletal conditions—a major cause of disability worldwide—and who offer conservative treatment approaches with a very low risk profile.”

One of her high-profile appointments is as a member of the Board of Governors of the Patient-Centered Outcomes Research Initiative (PCORI), a nonprofit corporation initiated through the Affordable Care Act. Dr. Goertz is the only chiropractor on a 21-member board that includes the directors of the Agency for Healthcare Research and Quality and the National Institutes of Health, plus 19 members appointed by the Comptroller General of the United States.

PCORI is focused on improving patient care through evidence-based information. “As is true for every member of the PCORI Board of Governors, Methodology Committee and staff, I’m sincerely committed to supporting and disseminating research that can truly make a difference by providing the information patients and clinicians need to make decisions based on the best evidence available,” Dr. Goertz says.

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Having a seat at high-level tables like PCORI has given Dr. Goertz the opportunity to inform other health-care professionals about chiropractic. “It’s not at all unusual for me to be the first Doctor of Chiropractic that some of my research and policy colleagues have ever met. This gives me an opportunity to provide information on chiropractic practice and sometimes to clear up misconceptions.”

For those chiropractors interested in working on boards or committees with other health-care professionals, Dr. Goertz recommends determining what your broader interests may be (public health, research, health policy, etc.) and pursuing any additional education that might be required to become an expert in that area. “For the vast majority of committees I sit on, being an excellent Doctor of Chiropractic is necessary but not sufficient,” she says. “You often need to have an additional area of expertise that’s relevant to the goals of the organization or committee.”

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**Elevating chiropractic within the Veterans Health Administration**

Improving the chiropractic profession’s level of influence in the health-care arena goes beyond the single provider, according to Michael Pavalock, D.C., M.P.A., Davenport ’02. “Health care today is in need of solutions, and I contend the chiropractic profession has solutions,” he says.

Dr. Pavalock would know. He’s breaking new ground as the first chiropractor to hold the position of associate chief of staff in the Veterans Health Administration (VHA). Serving in the VHA Office of Congressional and Legislative Affairs, Dr. Pavalock influences our nation’s health-care planning and implementation at high levels.

Dr. Pavalock says he earns the trust of other health professionals by holding himself to very high professional and ethical standards. And he communicates effectively about the unique value that chiropractic can add to a health-care system.

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PHOTO BY HERMAN FARRER PHOTOGRAPHY
Elevating chiropractic ...

“Orthopedic surgeons and neurosurgeons want patients they can help with the tools they use. Similarly, I don’t want patients with sequestered discs, collapsed vertebrae and spinal cord lesions. If a primary-care provider suspects a non-emergent spinal issue, it’s wise to send that patient to a chiropractor.

“The beauty of chiropractors is our ability to perform the very best, most comprehensive neuromusculoskeletal examination. Our unique skills and decision-making abilities set chiropractors apart.

Spinal adjustments take it to an even higher level of distinction and value.”

In Dr. Pavalock’s experience, communicating the unique value of chiropractic has built relationships, lowered barriers and opened communications. He thrills in those moments when the understanding of other health-care professionals shifts.

“When they see chiropractic care as a solution and chiropractors as experts in spinal health, the question always becomes, ‘Why haven’t we been working together?’”

INSIGHT from a VHA pioneer

In 2004, Anthony Lisi, D.C., San Jose ’96, became the first chiropractor appointed to the medical staff of the Veterans Administration’s Connecticut Healthcare System, where he developed processes for integrating hospital-based clinical services and interprofessional clinical education. In 2007, he was named the national chiropractic program director for VA, developing policy and overseeing all aspects of chiropractic practice in the nation’s largest integrated health-care system.

“Advancing interprofessional training opportunities is a key element to expand the quality and reach of our future D.C.s,” he says. “I’m fortunate to collaborate with outstanding colleagues in VA and chiropractic academic institutions. Together, we’re committed to improving the health of patients whom our trainees will ultimately serve.”

An example of these training opportunities is Palmer’s Military Healthcare Internship program, which places Palmer students in VHA or military-hospital settings.

Dr. Lisi received the ACA’s Academician of the Year award in February 2015.

Dr. Lisi also serves as Section Chief of the Chiropractic Service at VA Connecticut Healthcare System. He’s a member of VA’s Interdisciplinary Pain Management Workgroup and manager of its Chiropractic Field Advisory Committee.

“Over the past 10 years, the VA chiropractic program has grown substantially,” he says. “I’m proud of our expansion in academic initiatives, research, administrative efforts, and most importantly, our clinical care for veterans.”
Chiropractic’s role in integrative health care

The Academy of Integrative Health and Medicine (AIHM) was launched last year as an evolution of the former American Holistic Medical Association and the American Board of Integrative Health and Medicine. The new AIHM has significantly broadened its scope to include all licensed health professions interested in integrative health care. **San Jose Campus President William Meeker, D.C., M.P.H.,** represents the chiropractic profession on the 18-member AIHM board.

“There’s no doubt that the future of chiropractic will be based on the ability to interact with the many moving and complex parts of the overall health-delivery system that the public relies upon,” Dr. Meeker says. “The scope and special expertise of doctors of chiropractic as primary care professionals for spinal health and well-being are solutions to major health concerns, not just for people in the United States, but around the globe. That’s why it’s so important for our students to learn to work together collaboratively with other health professionals in informal and formal ways.”

Palmer has been well-represented in another integrative health care organization, the Integrative Healthcare Policy Consortium (IHPC). **Port Orange Campus President Peter Martin, D.C.,** was appointed to the organization’s Board of Directors in January 2015, succeeding Dr. Meeker.

“The paradigm shift toward prevention, wellness and health creation through integrative health care is becoming more of a reality in the U.S., but in order for widespread change to occur, persistent pressure and advocacy in the national health-care policy and legislation sphere is required,” Dr. Martin says.

“Much of the IHPC’s work for 2015 and beyond is targeted toward the Non-Discrimination Provision of the Affordable Care Act,” he adds. “The organizations comprising the IHPC are united in their support of the correct implementation of this provision. I’m pleased to represent Palmer College, joining other alternative and complementary health-care provider groups as partners in this important mission.”
If you have an interest, experience and education in areas such as research, public health or perhaps bioethics or biostatistics, you may be wondering how to get involved in health-care organizations at the local level. A local hospital Institutional Review Board (IRB) might be just the ticket.

Two administrators at Palmer's Davenport campus are members of the Genesis Health System IRB. Director of Research Cynthia Long, Ph.D., has been a member of the Genesis IRB for about eight years.

“The research department coordinator at Genesis invited me to join their IRB as a scientific member, in particular because of my background in biostatistics,” she says. “I’d say having Palmer faculty and administrators invited to serve on these types of boards shows our expertise is valued.”

Dr. Long’s colleague, Palmer’s Senior Director of the Center for Teaching and Learning Dana Lawrence, D.C., M.Med.Ed., M.A., serves as vice-chair of the Genesis IRB. “I was initially brought in to represent the bioethics side of things due to my M.A. in bioethics and health policy, so I started simply as a member. I have a keen interest in bioethics and human-subject research ethics.”

Serving on the IRB isn’t about advancing chiropractic, Dr. Lawrence says. “It’s really not about chiropractic here; it’s more about providing service and helping to protect those who are willing to serve as research participants.”
Directing health care for U.S. Olympic athletes

It’s no secret that chiropractors are well-loved and respected by athletes of all levels for their conservative, holistic approach to health care. But did you know the health-care professional in charge of caring for all U.S. Olympic athletes is a chiropractor?

William Moreau, D.C., DACBSP, Davenport ’81, has cared for athletes most of his career, and today he’s the Managing Director of Sports Medicine for the United States Olympic Committee.

He directs the multiple disciplinary clinics that service about 30,000 athlete visits annually, oversees the medical care and medical team selections at the Games, and develops a nationwide network of health-care providers to support Team USA athletes. He also served as Medical Director for the London and Sochi Olympic Games. In Sochi, Dr. Moreau managed a medical team of 28 physicians, six of whom were doctors of chiropractic. He’s the Chief Medical Officer for the 2016 Rio Olympic Games.

At the table for college sports

Susan Welsh, D.C., DACBSP, Tampa, Fla., earned her seat at the health-care table through the playing field. The 1980 graduate of Palmer’s Davenport campus has been treating athletes at all levels since 1982. Over the years, Dr. Welsh has worked with Tampa Bay teams such as the NHL’s Lightning, the NFL’s Buccaneers, the AFL’s Storm and the MLS’ Mutiny. She proudly wears her world-championship ring from the Storm.

Since 2008, Dr. Welsh has seen patients part-time at the University of South Florida’s (USF) Morsani College of Medicine. Already on the adjunct faculty, she recently joined USF’s Orthopaedics and Sports Medicine Department full-time as its first and only chiropractor.
“I’m so excited to be here! So far, it’s been a dream,” says Dr. Welsh, one of the original members of the “First Teamers” who were responsible for bringing football to USF. Dr. Welsh is currently the team chiropractor for the USF football team and has been since 1982. She also is a former president of the Green Jacket Athletic Association.

“Living and working in the Tampa Bay area has provided me the opportunity to prove myself within the professional and college sports community,” she says. “It has allowed me to help raise the profile and credibility of chiropractic. Being appointed to USF Health’s Orthopaedics and Sports Medicine team has been a culmination of years of treating back, neck and other sports-related injuries for athletes at all levels.”

Dr. Welsh with the Tampa Bay Storm.

Palmer People at the Health-Care Table  The following Palmer administrators, faculty and staff are affiliated with organizations or publications in the wider health-care arena. These and many other members of the Palmer community also serve chiropractic-specific organizations.

Christine Goertz, D.C., Ph.D., Vice Chancellor for Research and Health Policy
- American Medical Association, Physician Consortium for Performance Improvement Measures Advisory Committee
- National Institutes of Health, National Center for Complementary and Integrative Health – Member, National Advisory Council for Complementary and Integrative Health
- Patient-Centered Outcomes Research Institute (PCORI) – Board of Governors, Science Oversight Committee Chair, Selection Committee Chair
- Technical Expert Panel, #182 Functional Outcome Assessment (for PQRS reporting) – Chair

Peter Martin, D.C., Port Orange Campus President
- Technical Expert Panel, #131 Pain Assessment (for PQRS reporting) – Member

William Meeker, D.C., M.P.H., San Jose Campus President
- Integrative Health Policy Consortium – Board of Directors
- Academy of Integrative Health and Medicine – Board of Directors, Education and Conference subcommittees
- Academic Consortium for Complementary and Alternative Health Care – Board of Directors
- Professional Affairs Healthcare Advisory Committee, American Specialty Health Networks and American Specialty Health Plans

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‘OUT OF SIGHT, OUT OF MIND’

William Morgan, D.C., San Jose ’85, and a Palmer Board of Trustees member, has been credentialed at five hospitals, including the Walter Reed National Military Medical Center (the “President’s Hospital”), and has served on various committees and boards.

“When we’re out of sight, we’re out of mind,” he says. “When chiropractors aren’t present on advisory boards or standard-of-care committees, we surrender our voice to others. We need to remember that when we’re not at the table, we have no voice and no impact. Just being present in discussions reminds decision-makers to include chiropractic in algorithms of care.”

Now, more than ever, chiropractors need to be present at the health-care table. “As scientific evidence refutes the benefits of treatments like epidural steroids and opiates, chiropractors need to be present to offer a drug-free, evidence-based alternative,” Dr. Morgan adds. “It doesn’t matter what the evidence says if we aren’t present to advocate for chiropractic.”

In addition to his role providing chiropractic care in hospital settings, Dr. Morgan is team chiropractor for the U.S. Naval Academy Football Team.
Palmer People at the Health-Care Table, continued

Rameek Bhogal, D.C., Associate Professor, Davenport campus
- Institute of Functional Medicine
- Council of Diagnosis and Internal Disorders

Ron Boesch, D.C., Dean of Clinics, Davenport campus
- Academic Consortium for Complementary and Alternative Health Care
- American Public Health Association
- Iowa Public Health Association

James DeVocht, D.C., Ph.D., Associate Professor, Research, Davenport campus
- Applied Ergonomics
- Journal of Electromyography and Kinesiology
- Journal of Medical Devices

Ram Gudavalli, Ph.D., Associate Professor, Research, Davenport campus
- Journal of Electromyography and Kinesiology

Lisa Killinger, D.C., Director of Diagnosis and Radiology, Davenport campus
- American Public Health Association

Dana Lawrence, D.C., M.Med.Ed., M.A., Senior Director of the Center for Teaching and Learning
- Genesis Health Systems, Institutional Review Board – Vice-Chair
- American Society of Bioethics and Humanities Annual Conference – Abstract review
- BMC Musculoskeletal Disorders
- Open Complementary Medical Journal
- Journal of Alternative and Complementary Medicine

Cynthia Long, Ph.D., Director of Research
- Evidence-Based Complementary and Alternative Medicine
- Journal of Allied Health
- Journal of Alternative and Complementary Medicine
- Genesis Health Systems, Institutional Review Board

Stephen Onifer, Ph.D., Associate Professor, Research, Davenport campus
- Brain Research
- Evidence-Based Complementary and Alternative Medicine
- Experimental Neurology
- Journal of Neurotrauma
- National Institutes of Health, Acute Neural Injury and Epilepsy Study Section

William Reed, D.C., Assistant Professor, Research, Davenport campus
- Annals of Biomedical Engineering
- Orthopedic and Muscular System: Current Research

John Stites, D.C., Director of Community Clinics
- American Public Health Association – Governing Council
- Community Health Care, Inc. – Medical staff privileges
- American Specialty Health – Professional Affairs Health Care Advisory Committee
- Iowa Department of Public Health – Prevention and Chronic Care Management Advisory Council
- McMaster University – Tutor in evidence-based clinical practice
- Alexis Vander Horn, Senior Director for Financial Affairs
- Edgerton Women’s Health Center Board

Robert Vining, D.C., Assistant Professor, Research, Davenport campus
- Military Medicine

Ting Xia, Ph.D., Assistant Professor, Research, Davenport campus
- International Journal of Human Factors Modeling and Simulation

J. Donald Dishman, D.C., Professor, Port Orange campus
- International Board of Electrodiagnosis

Rod Floyd, D.C., Associate Professor, Port Orange campus
- American Public Health Association – Chiropractic Health Care Section Councilor

Xiaohua He, Professor, Port Orange campus
- American Association of Clinical Anatomists
- Society on Scoliosis Orthopaedic and Rehabilitation Treatment

Jeffrey Krabbe, D.C., Assistant Professor, Port Orange campus
- National Strength and Conditioning Association

Christopher Varnum, D.C., Faculty Clinician, Port Orange campus
- Kinesio Taping Association International

Luis C. Vera, D.C., Assistant Professor, Port Orange campus
- University of Central Florida College of Medicine
- International Board of Electrodiagnosis

Thomas Milus, D.C., Ph.D., Clinical Professor, San Jose campus
- Senior Support Program – Tri Valley

Gregory Snow, D.C., Dean of Clinics, San Jose campus
- University of California, Davis – American Medical Students Association
- Academic Consortium for Complementary and Alternative Health Care
- Integrated Medicine for the Underserved

Morgan Young, D.C., Associate Professor, San Jose campus
- American Public Health Association – Chiropractic Section
Born and raised in the city of Davis, Calif., Michelle Chu, D.C., San Jose ‘10, is living the ultimate chiropractic dream. She’s practicing in her hometown and providing care for the National Basketball Association’s (NBA) Sacramento Kings, the team she grew up watching with her family.

Now it’s Dr. Chu who’s showing the NBA team she’s “got game”—not on the court, but by providing Kings’ players with chiropractic and soft-tissue therapy at their practice facility.

When a colleague of Dr. Chu’s who worked for the Kings learned that team members were requesting Active Release Technique (A.R.T.), she put the Kings’ head athletic trainer in touch with Dr. Chu. The result? Dr. Chu has been providing A.R.T. and chiropractic care for the Kings’ players since September 2014.

“(The Kings) give me a lot of leeway, in terms of what and how I want to treat,” says Dr. Chu. She provides care a few times each week at the team’s training facility, located adjacent to their home court, Power Balance Pavilion, and, as requested, before some of the Kings’ games.

“Players can approach me directly, but I always make sure to keep the trainers in the loop so we can collaborate on any and all treatments for the players.”

She says the opportunity to work with the Kings is a dream come true.

“I didn’t know if I’d actually ever get the opportunity to be a part of the treatment team for a professional sports team, much less so early in my career,” she adds. “It makes it extra special to be working with the Kings, because they were my childhood sports team.”
Dr. Erlandson continues his father’s legacy

In February 2015, Joseph (Joe) Erlandson, D.C., Davenport ’14, reopened the Erlandson Chiropractic Clinic in Westby, Wis., fulfilling a long-time goal. The clinic was established in 1980 by Dr. Joe’s father, Martin L. Erlandson, D.C., Davenport ’80, who operated it until his death in 2011. Dr. Joe Erlandson is the fifth member of his family to become a chiropractor.

“It feels wonderful and is very rewarding to be able to help the people in my community,” Dr. Erlandson says. “The United States is in a health-care crisis, and the only way out of it is through great chiropractic care and teaching people the chiropractic lifestyle, including proper diet and exercise.”

His practice, like his father’s before him, centers around the Gonstead technique. “I specialize in the Gonstead system because it takes the guessing out of finding the subluxation on my patients,” Dr. Erlandson says. “I also think it is the most specific technique, and the results are amazing.”

His goal as a chiropractor is to help people understand that the body is a self-healing organism from the inside and out, as long as messages being sent from the brain are reaching the entire body through the nervous system.

“My goal is to focus on kids because they’re the future of this world,” he says. “I’m also going to focus on getting families under wellness care so they can function as close to 100 percent as possible all of the time, instead of waiting for symptoms to appear.”

Palmer alumna continues to blaze new trails

Amy Bowzaylo, D.C., San Jose ’96, continues to blaze new trails for the chiropractic profession in the Middle East.

After nearly a decade as director of Physical Medicine and Rehabilitation at the Saad Specialist Hospital in Saudi Arabia, Dr. Bowzaylo recently:

- Opened her own practice, InTouch Integrated Chiropractic Spine Center—the first chiropractic clinic in Bahrain—and works a half day each week as a spine consultant at the American Mission Wellness Clinic in Amwaj, Bahrain
- Managed a multidisciplinary team of sports-care providers as deputy medical advisor and chief medical administrator at the recent Challenge Bahrain triathlon

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Palmer alumna …

For the past three years has served as communications officer of the Eastern Mediterranean and Middle Eastern Chiropractic Federation (which includes the Gulf Cooperation Council, Turkey, Cyprus, Jordan, Syria, Libya, Iran and Palestine)

More than 1,000 athletes competed in the Challenge Bahrain triathlon, the world’s richest half-Ironman distance, which featured a prize purse of more than $500,000.

“It was an honor to be selected to help with this event,” says Dr. Bowzaylo, an Alberta, Canada, native. She developed the medical guidelines for the Challenge Bahrain triathlon (which included a 21-km running course that traversed past ostriches, birds, camels and other animals through the heart of a wildlife park), and served as liaison between the medical team and the team that provided chiropractic, physical therapy and soft-tissue therapy in the post-race recovery area.

As challenging as it may have been for the athletes to complete the Challenge Bahrain course, it took Dr. Bowzaylo three years, and numerous meetings with the Ministry of Health and the National Health Regulatory Authority, to achieve the appropriate parameters for licensure of chiropractic in Bahrain. But her perseverance has achieved the desired goals.

“It was frustrating, challenging and rewarding all at the same time,” she says.

As she approaches nearly two decades in practice, Dr. Bowzaylo reflects fondly on her days as a Palmer student—and with great appreciation for the experience.

“My experience at Palmer, with its strong diagnostic and clinical curriculum, provided a well-rounded education, which has enabled me to communicate the same language to interdisciplinary groups and gain valuable experience,” she says.

“My experience at Palmer, with its strong diagnostic and clinical curriculum, provided a well-rounded education, which has enabled me to communicate the same language to interdisciplinary groups and gain valuable experience,” she says.

“From my education, I gained the skills and knowledge to educate the health-care community in the Middle East and elsewhere, with the goal of integrating chiropractic care for the benefit of patients.”
Providing care at Central American and Caribbean Games

Palmer’s San Jose campus was well-represented among the group of chiropractors who provided care for athletes at the 22nd Central American and Caribbean Games, a multi-sport regional championship event held Nov. 14-30, 2014, in Veracruz and Xalapa, Mexico.

The Games are held every four years, and the 2014 event featured more than 5,000 athletes from 31 countries competing in nearly 50 sporting events—the largest number of participants since the Games’ debut in 1926. Athletes competed in sports ranging from swimming, gymnastics and cycling, to table-tennis, handball and wrestling, among others.

Saul Luengas, D.C., ICSSP, a 1994 graduate of Palmer’s San Jose campus who maintains his primary practice in Querétaro, Mexico, served as chief of chiropractic services, similar to the role he held for the Pan American Games in 2011.

In selecting his team for the Central American and Caribbean Games, Dr. Luengas recruited several of the doctors who assisted him at the Pan Am games, and also reached out to various graduates of Palmer’s San Jose campus, which is well known for its leadership in the field of sports chiropractic.

Other Palmer San Jose members of the chiropractic team included Jesus Cazares, D.C., CCSP® (13); Amanda Gammage, D.C. (95); Nichelle Gurule, D.C. (13); Frances Rabner Halberg, D.C., CCSP® (94); Jorn Jensen, D.C. (94); and Gabriel Quintero, D.C. (95).

According to Dr. Luengas, the chiropractic team, which included a total of nearly two dozen doctors, provided care for more than 1,500 athletes during the two weeks of the 2014 Games.
Changing lives in Florida’s The Villages

John Theeck, D.C., Port Orange ’09, is transforming the health of hundreds of families at his Legacy Clinic of Chiropractic. Dr. Theeck’s clinic typifies the increasing number of successful health-care providers located in The Villages, Fla., an adult retirement community. Legacy Clinic has been so successful that Dr. Theeck has had to double its size.

It was in the late 1980s that Dr. Theeck, then 12 years old, first visited his grandparents in The Villages and dedicated his life to opening a practice there. Today “Dr. John” is helping the residents by teaching them how to achieve true health and healing through maintaining a healthy spine and living a healthy lifestyle.

He completed his undergraduate education at Eastern Michigan University then continued his passion for maximum health and wellness by earning his Doctor of Chiropractic degree from Palmer’s Port Orange campus.

“The human body is a complex structure, and at times it takes assistance from other health-care professionals to give our patients the best care available,” he says. “In return, medical doctors have gained respect for the chiropractic care we provide and understand the powerful benefits of chiropractic.”

“My education at Palmer College has given me the confidence to be prepared for all medical conditions and to properly collaborate with other medical professionals as needed,” he adds. “When serving the community, I never know what condition is going to present next. I always have a close network of medical doctors to assist when needed.”

Dr. Theeck cares for a child during a chiropractic mission trip to the Dominican Republic.
San Jose alumnus helps Calgary team win Grey Cup championship

As a native of Cochrane, Alberta, Jason Dick, D.C., San Jose ’03, grew up rooting for the Calgary Stampeders of the Canadian Football League (CFL).

So when the Stampeders defeated the Hamilton Tiger-Cats last November to win their sixth Grey Cup championship in franchise history, it was an exciting and proud moment for Dr. Dick, who has served as the CFL team’s official chiropractor since 2013.

The Grey Cup game is the CFL equivalent of the National Football League Super Bowl, and while hockey may be Canada’s largest participation sport, the Grey Cup game, first played in 1909, is the country’s largest annual sports and television event, regularly drawing an audience of approximately 4-million viewers.

“Chiropractors provide an important tool and effective treatment, not only for keeping players in the game, but also for shortening recovery times,” says Dr. Dick, who provided care for some of the Stampeders at his practice, Riverside Sports Therapy in Calgary, on an individual basis before his appointment as the team’s official chiropractor.

While caring for professional athletes is an exciting honor, Dr. Dick, who also has been the team chiropractor for the Calgary Hitmen of the Western Hockey League for nine years, notes that “the ‘weekend warrior’ is the foundation of my clinic.”

“Chiropractic has allowed me to have an incredibly rewarding career; I consider myself very fortunate to help people achieve optimal physical fitness so they continue to have the opportunity to stay active,” adds Dr. Dick.
If you want to make a difference for people in desperate need of spinal care, World Spine Care (WSC) wants you.

Founded by Scott Haldeman, M.D., Ph.D., D.C., Davenport ’64, WSC has established spinal health care clinics in parts of the world where there was no access to spine care.

World Spine Care has developed clinical protocols implemented in pilot programs in Shoshong and Mahalapye, Botswana. The non-profit organization also has opened a clinic in Moca, Dominican Republic. Other clinics in Tanzania and India are in the development phase.

Treatment provided in all WSC clinics follows evidence-based protocols as established by the clinical team. Each clinic is involved in a research program to determine outcomes.

To continue this important work, WSC is looking for chiropractors to volunteer their time at one of its clinics. The current need is for volunteer associate clinicians to work for time periods of at least a month. To prepare for future expansion, WSC is developing a database of those interested in being a clinic supervisor and running a WSC clinic for a year or more. If you’d like to be put on this list, contact WSC through the email address or website below.

For more information about volunteer opportunities or to apply for a volunteer position, email WSC at info@worldspinecare.org. Information about WSC can be found at www.worldspinecare.org.
World-class athletes graduate with top honors in San Jose

As they graduated with the two top honors of the Winter Quarter ’15 class at Palmer’s San Jose campus, the medallions that Syl Corbett, valedictorian, and Melissa Hoar, salutatorian, received for their outstanding achievements symbolized the same degree of dedication and hard work the duo has invested in their elite athletic endeavors.

Dr. Melissa Hoar competing in skeleton.

As a member of the Canadian team competing in the 2010 Snowshoe World Championships, a “showcased” sport held in conjunction that year with the Winter Olympics in Vancouver, B.C., Syl Corbett, D.C., completed a grueling 10K course of steep ascents and descents on Grouse Mountain in just over an hour.

As a member of the Australian team at the Winter 2010 Olympics in Vancouver, B.C., Melissa Hoar, D.C., competed in the sliding sport of skeleton, in which riders rocket down the winding, frozen track, their face protected by the shield of their helmet just inches above the ice.

This is done at bone-jarring forces up to 5g and speeds approaching 90 mph, en route to completing the 1,450-meter course in less than a minute.

“My sense of pride (in graduating as valedictorian) is collective, something that extends much further than any individual honor,” says Dr. Corbett.

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native of Canmore, Alberta, Canada. She earned a bronze medal in the 2010 Snowshoe World Championships, and became interested in chiropractic as a career when an injury she suffered while running responded well to the adjustments she received as part of her rehabilitative care.

“I’m grateful to be part of a phenomenal graduating class, and I take tremendous pride in what everyone in our class has accomplished,” she adds. Dr. Corbett has been a member of the Canadian National Elite Triathlon and Duathlon teams; was the overall female winner of the Calgary, Cochrane, Big Sur, Powderface 42, and Ft. Lauderdale marathons at least once (and sometimes twice!) in the past five years; and remains active in various international mountain-running races.

Adds Dr. Hoar, “I’m extremely proud to graduate with honors, because all my life, I placed my education second to my athletic activities—until coming to Palmer, and really was inspired, because I loved what I was learning.” She began competing in skeleton in 2005, and credits chiropractic care for helping her recover from hamstring and hip injuries suffered from years of competing on the World Cup tour.
Graduate of first Port Orange class appointed dean of clinics

In January 2015, Shane Carter, D.C., M.B.A., was appointed dean of clinics for Palmer's Port Orange campus, overseeing the Port Orange and South Daytona clinics as well as clinic outreach services to several community organizations.

To say Dr. Carter has his roots in Florida might be somewhat of an understatement. He grew up in Orlando, earned his B.S. degree from Rollins College in Winter Park and received his Doctor of Chiropractic degree at Palmer's Port Orange campus.

Other than several years in private practice, his entire professional career has been devoted to Palmer College. It all began as a student in 2002, where Dr. Carter's trust in Palmer's heritage and the Palmer brand allowed him to take a leap of faith and enroll in the first Port Orange class. Following his graduation, he began his career with Palmer as a part-time clinician. A few years later, he became an instructor and in 2010 joined the administration as assistant director of clinics. In 2012, Dr. Carter became director of clinics.

“Who would have thought that the very place where I started my chiropractic career would become the clinic of which I’m now dean,” says Dr. Carter. The Port Orange clinic, once known as the Allen Green Civic Center, was at the time the only building comprising Palmer's Port Orange campus.

The 10-year reunion of the Port Orange campus’ first graduating class was held during the 2015 Homecoming. “Alumni attending the 10-year reunion were very proud, as am I, to see that one of their own has attained such a coveted position within the College,” Dr. Carter adds.
Top 10 Things You Can Say About Chiropractic

Insights asked Palmer’s Vice Chancellor for Research and Health Policy Christine Goertz, D.C., Ph.D., for her expert advice on what chiropractors can say about chiropractic, based on the evidence. Following are her top 10 “sound bites.”

1. Chiropractic management for low back pain, neck pain and headache is as good as or better than other forms of conservative medical care.
2. There is a very low risk of serious adverse events from chiropractic care.
3. Patient satisfaction with chiropractic is very high.
4. Chiropractic care costs no more, and perhaps less, than other conservative treatments for back and neck pain.
5. There’s strong evidence to support that chiropractic (termed “spinal manipulative therapy” or SMT in scientific journals) is effective for chronic low back pain in adults. There’s moderate evidence supporting its effectiveness for acute low back pain in adults.
6. A joint clinical practice guideline from the American College of Physicians and the American Pain Society says, “For patients who do not improve with self-care options, clinicians should consider the addition of non-pharmacologic therapy with proven benefits—for acute low back pain, spinal manipulation.”
7. In a 2012 randomized controlled trial, SMT was more effective than medication for acute and sub-acute neck pain for both short- and long-term outcomes.
8. Studies indicate that SMT is effective for cervicogenic and migraine headaches.
9. The rate of serious complications from SMT is 5-10 per 10 million adjustments.
10. There were lower overall episode costs of care when low back pain treatment was initiated with a D.C. as compared to care initiated with an M.D.

To see Dr. Goertz’s entire “Chiropractic Evidence Summary,” including a list of references, go to www.palmer.edu/research/press-room/.
What to say when you’re asked, ‘Why Palmer?’

Here’s a handy list of talking points to use the next time someone asks you why you got your education at Palmer, or why they should attend Palmer.

Palmer is the first and largest chiropractic college in the world.

- Palmer was founded in 1897 by the discoverer of chiropractic, D.D. Palmer.
- Palmer’s 26,000 alumni comprise more than one-third of U.S. chiropractors.
- Palmer has the largest clinic system in chiropractic education.
- Palmer has the largest total enrollment of any chiropractic college.

A Palmer education provides graduates with an excellent return on investment.

- Palmer’s 2013 Davenport campus graduates had an 89-percent first-year employment rate. Port Orange campus graduates had a 74-percent first-year employment rate, and San Jose campus graduates had an 83-percent first-year employment rate.
- Palmer’s 2012 student-loan default rate is 2.4 percent. (This is a draft rate with the final rate expected in Sept. 2015.) The average default rate for chiropractic college students is 7 percent. The national average for all college students is 13.7 percent.
- The median annual salary for chiropractors is $134,941, according to Salary.com. By comparison, someone with a doctoral degree in physical therapy earns a median salary of $79,354.

Palmer College is committed to student success.

- Palmer’s high-quality education program offers a 15-1 or lower student-to-faculty ratio, and we have the most-published faculty in chiropractic education.
- Palmer’s Center for Business Development offers free business programs and services for students and alumni—plus an online career networking placement service.
- Palmer has been selected by the publishers of G.I. Jobs magazine as one of an elite group of Military Friendly Schools® for 2015. This marks the fourth consecutive year Palmer has earned this honor.
- Over the past five years, the amount of scholarships awarded at Palmer has grown each year. The total awarded in Fiscal Year 2013-14 was more than $2.5 million.

Palmer is the world leader in chiropractic research.

- The annual budget for the Palmer Center for Chiropractic Research is approximately $5 million—the largest in chiropractic education.
- Since 2000, Palmer has received more than $35 million in grants from sources like the National Institutes of Health, the U.S. Health Resources and Services Administration and the Department of Defense.
- Palmer was the first chiropractic college to establish a master’s degree program in clinical research.
- Palmer is the only chiropractic institution to receive three Developmental Center for Research on Complementary and Alternative Medicine grants from NIH.
Palmer pride is running wild!

From 2009 to 2014, Palmer has enrolled 1,192 students (an average of 199 per year) referred from Palmer alumni. During Fiscal Year 2014-2015 through three quarters, Palmer has matriculated 292 students (on pace for 400 by the end of the year in June 2015), which is double the average from the previous six years.

Many of you have put your trust in Palmer and referred students to us, and we’re incredibly grateful. Daniel Warner, D.C., Port Orange ’08, whose story follows, has had an amazing 10 of his referrals enroll at Palmer during this fiscal year. Warren Pyne, D.C., Davenport ’87, has referred his two sons, who began this year to continue the Pyne legacy at Palmer. Another 15 of you referred at least two students who enrolled this year.

Dr. Warner with Karan Patel, one of the students he referred to the Port Orange campus.

Dr. Warner recruits future chiropractors

Daniel Warner, D.C., has a passion to help and teach as many people in the community as possible about chiropractic. In the past year, Dr. Warner’s passion for chiropractic has led him to refer 10 students who are currently enrolled at Palmer’s Port Orange campus.

Dr. Warner is the co-owner of Summit Chiropractic in Orlando. He grew up in Michigan and earned a Bachelor of Science degree from Central Michigan University, then went on to graduate from Palmer’s Port Orange campus in 2008. He’s also on the faculty at the University of Central Florida, teaching future health-care professionals.

When asked what motivates him to identify and refer students to Palmer College, Dr. Warner says, “With the increased use of technology and the significant decline in the use of proper posture, it’s more important than ever to have more chiropractic physicians throughout our community. There is a momentous need for more educators and doctors that have the right tools and techniques to restore natural biomechanics.”
New initiatives for external relations

alumni participation and other enrollment initiatives. Ms. Rucker and Mr. Ritchie are additionally committed to increase awareness about opportunities as a chiropractor and recruitment among minorities and women.

Every college visit, community event, prospective student event and college fair affords them an opportunity to stop by local Palmer alumni offices to introduce themselves and thank our esteemed alumni for their commitment to Palmer and their communities.

You can partner with us by involvement in online webinars for prospective students; mentoring students and providing job shadow opportunities; hosting open houses; and providing contacts at colleges, universities or military installations.

In every instance this year, participating alumni have gained at least one new patient while educating the community about the benefits of chiropractic care.

If you’re interested, please contact Tasha Rucker at Tasha.Rucker@palmer.edu. We appreciate your support and look forward to connecting with you soon.
Near the end of 2014, Palmer’s Alumni Office welcomed Ellen Bassler as the new assistant director. Ms. Bassler’s career at Palmer began in 2002 in the College’s Recruitment Office. She later became an Admissions representative and notes how she enjoyed establishing lasting relationships with prospective students and their families. In the Alumni Office, she can continue those relationships with the students who are now alumni.

“It’s exciting for me to see our students transition from life in the classroom to becoming the type of chiropractors that exemplify Palmer’s reputation for excellence,” she says. “My son, Dr. Christopher Bassler, graduated from Palmer in 2012 and is now a Palmer alumnus, so I have a vested interest in doing everything I can to help all of our graduates be successful!”

One of the things she’s most excited about is that her new role allows her the opportunity to use years of experience at Palmer to coordinate two new initiatives that Palmer is launching—the updated alumni association and the Student 2 State Association Program.

“Participation in the new alumni association is free and allows interested alumni of all ages the opportunity to work with prospective and current students. If you’re a Palmer graduate, you’re automatically a member of the alumni association. My goal is to help build the Alumni Office so that our program will be the model that every college wants to follow.”

Dr. Farkas named Fellow

Frank Farkas, D.C., FICC, became a Fellow in the Palmer Academy of Chiropractic during the Port Orange Homecoming. Dr. Farkas, a 1979 graduate of Palmer’s Davenport campus, has held numerous civic and legislative leadership positions. As a member of the State of Florida House of Representatives from 1998–2006, Dr. Farkas chaired the Healthcare Committee, the Commerce Council and the House Select Committee on Affordable Health Insurance. He’s been Clinic Director of Farkas Chiropractic Clinic since 1982. A member of Palmer’s President’s Club, Dr. Farkas contributed generously to the capital campaign that helped build the Standard Process Student Center.
Construction uncovers mural painted by alum

This mural painted by Cyril Gustavison, a student at Palmer’s Davenport campus in the early 1940s, was uncovered during construction in the Administration Building. Dr. Gustavison served in WWII following his graduation and was killed in 1944 in the Battle of the Bulge. His granddaughter, Cheryl Niemeyer (right), contacted Palmer about a photo of the mural. Senior Director for Palmer History Alana Callender, Ed.D., emailed her a photo of the recently uncovered mural, and she brought her mother, Nan (Gustavison) Waldorf (center), to Palmer on Feb. 27 so they could both see it in person. Palmer Museum Coordinator/Curator Julie Knaak (left) placed a plaque alongside the mural to ensure Dr. Gustavison’s work will be remembered.

‘Differential Diagnosis’ marks fifth edition

Jones and Bartlett Publishing recently launched the fifth edition of “Differential Diagnosis and Management for the Chiropractor,” a “compendium of evidence-based approaches to the most common presenting complaints,” by Thomas Souza, D.C., DACBSP, dean of Academic Affairs at Palmer’s San Jose campus.

Since its debut in 1997, “Differential Diagnosis” has sold more than 30,000 copies, becoming one of the most widely used references to assist doctors with determining an appropriate plan of diagnostic evaluation and care for the most common musculoskeletal and visceral complaints. It’s currently a required text at nearly every chiropractic college.

“Much has occurred since the publication of the fourth edition six years ago,” says Dr. Souza, a member of the San Jose Campus faculty for nearly 30 years. “Most important is the inclusion of manipulation for the management of spinal pain in the recommendations of national groups.”

Copies are available for purchase in the Palmer College bookstores. To learn more or to order copies online, visit www.go.jblearning.com/Souza5.
Homecoming focuses on identity, leadership

Dozens of field doctors joined alumni, prospective students and other members of the Palmer family during Homecoming 2015 held Feb. 27 – March 1 on Palmer’s Port Orange campus.

Florida Campus President Peter Martin, D.C., opened the event with a presentation on “Strengthening Palmer’s Core.” Continuing education courses on Medicare, radiology, ethics and Florida laws as well as sessions on nutrition, adjusting techniques and general science provided a full range of options. An emphasis on interdisciplinary care models blended well with the second general session on validating traditional chiropractic philosophy with contemporary science presented by Christopher Colloca, D.C.

“We had a great turnout of field doctors, both alumni and non-alumni,” Dr. Martin says. “The continuing education sessions featured some of the most prominent speakers in the field. The comments I’ve received were very positive. We look forward to hosting an even bigger and better Homecoming next year and for years to come.”

To view Homecoming photos online, go to albums.phanfare.com/isolated/TnbtCld2/1/6842212.

Tortugas are new Palmer partner

Cubby, the lovable mascot of the Daytona Cubs, has moved on and Shelldon the Tortuga (aka turtle) has moved in. These are the only things that will change about the Port Orange campus’ longstanding partnership with the local minor league baseball team. Palmer Chiropractic Sunday Fun Day and Good Deed Discount Day returns, where fans can donate non-perishable goods for a $2 general admission ticket discount.

Shelldon the Tortuga and the Palmer sign at the ballpark.
Everyone, from patients to insurance companies, expects health-care providers to effectively use scientific research in clinical practice. Palmer is an innovator in integrating evidence-informed practice throughout its curriculum, thanks to a National Institutes of Health, National Center for Complementary and Integrative Health (NIH-NCCIH) grant initially funded from 2007 through 2016.

In order to integrate these practices in the classroom, teachers need to be taught the necessary skills. Earlier this year, the Palmer Center for Chiropractic Research was awarded an NIH-NCCIH conference grant to host a conference on the Davenport campus for complementary and alternative medicine (CAM) educators. The conference, titled “Process of Integrating Evidence (PIE) for CAM Educators,” will be held July 9-11. It’s designed to provide CAM educators training in the principles, practice and teaching of evidence-informed practice.

“The educational goals for this conference are ambitious, highlighting the skills of an active consumer of research,” says Principal Investigator and Palmer’s Director of Research Cynthia Long, Ph.D. “We are offering two tracks: a teaching track aimed at classroom and clinic educators, and an administrative/curriculum development track.”

With Dr. Long as principal investigator, the conference planning committee members from Palmer include the following co-investigators: Katie Hoyt, M.O.L., research program manager; Dana Lawrence, D.C., M.Med.Ed., M.A., senior director of the Center for Teaching and Learning; and John Stites, D.C., director of community clinics.

San Jose campus continues to evolve, expand

The educational resources at Palmer’s San Jose campus continue to evolve, and the new Learning Resource/Assessment Center (LRAC) and the expanded Rehabilitative Exercise Lab are the latest examples.

The LRAC features 30 new computers (networked in carousel work stations), along with a number of new X-Ray view boxes (for use with anatomy and radiology labs), a mobile 50-inch screen monitor, and digital projection for viewing computer-based and cloud-based programming (e.g. via Apple TV).

The lab provides the campus with a central resource for computer-based group testing, as well as for group training, such as the 9th Quarter course that trains new interns on how to use the clinic’s electronic health records software.

Development of the expanded Rehabilitative Exercise Lab more than doubles the amount of space (2,088 square feet) designed for courses that feature instruction of physical rehabilitative exercises and “functional movement” concepts.

One of the key features of the expanded Rehabilitative Exercise Lab is the new TRX-S frame. The TRX-S frame (and continued on page 30
similar suspension-training tools) leverages gravity and bodyweight to perform hundreds of exercises. Born in the Navy SEALs, “suspension training” bodyweight exercises help the patient develop strength, balance, flexibility and core stability simultaneously.

“These projects demonstrate yet another example in our ongoing efforts to make optimal use of our physical facilities, and our ongoing dedication to improving the learning experience for our students,” said Thomas Souza, D.C., DACBSP, San Jose campus dean of Academic Affairs.

Significant renovations to the David D. Palmer Health Sciences Library on the Port Orange campus began on March 23. This renovation will upgrade the facility and provide a number of benefits, including:

- EASIER ACCESS with new entrance and exit ways
- IMPROVED TRAFFIC FLOW with more user-friendly space, making it easier to navigate
- A MODERN LEARNING COMMONS with improved access to information
- MORE STUDY ROOMS including user-friendly space for individuals and groups
- MODULAR SHELVING that can expand or contract to adapt the space for special events, etc.

The renovated David D. Palmer Health Sciences Library will reopen prior to the summer 2015 quarter that starts July 14.
RISK OF VERTEBROBASILAR STROKE AND CHIROPRACTIC CARE  Results of a Population-Based Case-Control and Case-Crossover Study

Summary: Vertebral artery (VBA) dissection and stroke are very rare and generally occur with no obvious cause. Headache and neck pain are common symptoms of VBA dissection, preceding an estimated >80 percent of VBA strokes. These symptoms may precipitate the patient to seek medical physician/chiropractic treatment.

Cassidy et al., (2008) analyzed the records of 818 patients who were hospitalized with VBA strokes in Ontario hospitals (April 1, 1993 to March 31, 2002) to determine if an association existed between chiropractic visits and VBA stroke or primary care physician visits and VBA stroke. Of the 818 cases, 54.2 percent were categorized as vertebral occlusion and stenosis, 41.2 percent were coded as basilar occlusion and stenosis, and 4.7 percent had both codes.

In patients under age 45, there was an increased association between both chiropractic and medical physician visits (within the month prior to) and VBA stroke. In patients older than 45, no increased association between VBA strokes and chiropractic visits were found. In addition, the authors found no increase in risk associated with chiropractic treatment when compared to treatment by a medical doctor.

Take-home Message: There doesn’t appear to be an increased risk of VBA stroke associated with chiropractic care when compared to medical physician visits. The association between VBA stroke and both chiropractor and medical doctor visits is most likely explained by patients with neck pain and headache seeking relief from health-care providers before their VBA stroke.

Practical Applications for Chiropractors: It’s important to think about the possibility of VBA when a patient presents with headache and neck pain. Once should also be aware of confounding factors, which may increase the risk of VBA stroke, such as obesity, smoking and untreated hypertension, and screen for undiagnosed vertebral artery dissection when appropriate.

To help raise awareness among the general public, and/or answer questions from your patients, there is a patient-friendly VBA Stroke Fact Sheet at www.palmer.edu/research/. For more information, the complete article is online at www.ncbi.nlm.nih.gov/pubmed/18204390.
DAVENPORT CAMPUS/1950s

Dr. Kurt Malmberg,’50, Stockholm, Sweden, has retired from practice.

Dr. David Mayer, ’57, Clearwater, Fla., received the Florida Chiropractic Society (FCS) 2014 Lifetime Achievement Award. Dr. Mayer was a founding member of the FCS in 1965. Phone: (727) 446-6242, email: drjmayerhunt@gmail.com.

1960s

Dr. Peter Trichardt, ’64, reminisced about his once-in-a-lifetime experience adjusting Ernie Banks, following the famous Chicago Cubs’ player’s death in 2014: “In 2000, Dr. Daryl Davis (Davenport ’95) invited me to a golf outing at Willow Crest Golf Club in Oak Brook. At one of the holes, ‘Mr. Cub’ Ernie Banks was signing autographs. As we talked, he asked me what I do. When I told him I was a chiropractor, he asked for an adjustment. Of course I said ‘yes,’ so with him on his back on a golf cart, I adjusted my most famous neck. Although he graciously thanked me, I’m thankful for the unique experience and memory.” Email: spinedoc1@msn.com.

Dr. Gary Wooden, ’64, received an award from the British Columbia Chiropractic Association (BCCA) at their November 2014 conference recognizing his 50 years in practice. During the BCCA conference, Dr. Wooden also met up with Dr. Dwayne Hackett, Davenport ’96, whom he had referred as a Palmer student years ago.

1970s

Dr. Joe Ashton, ’75, Canon City, Colo., retired on Dec. 18, 2014 after 34 years in practice. Phone: (719) 275-9720.

Dr. Vernon Temple, ’77, Bellows Falls, Vt., was presented with the Chiropractor of the Year Award from the Vermont Chiropractic Association. Phone: (802) 463-9522.

Dr. Sigfried Zierath, ’77, Kaslo, B.C., Canada, is retiring after 37 years of full-time practice and moving to Kootenay Lake, B.C., with his wife, Lois. Dr. Zierath plans to work part-time, fish part-time and have fun with his 10 grandchildren. Email: drzchiro@telusplanet.net.

Dr. Carmel-Ann Mania, ’78, Bergenfield, N.J., is the co-author of the book, “Being Well Within: From Distressed to De-Stressed.” Phone: (201) 525-0707, email: camaniadc@aol.com.

Dr. Steve Barnett, ’79, was named the Georgia Chiropractic Association’s Chiropractor of the Year during the association’s 102nd Annual Fall Conference & Trade Show in October 2014. Phone: (404) 501-1000, email: buckey440@aol.com.

1980s

Dr. Scott Null, ’80, Independence, Kan., has served on the Board of Directors of the Kansas Chiropractic Association for more than 20 years. Phone: (620) 331-1520, email: drnullchiro@yahoo.com.

Dr. Marcia Segura, ’80, Fort Thomas, Ky., is on staff with BGI Seminars. She is the past president of the Kentucky Association of Chiropractors. Phone: (859) 441-6058, email: drmarcia@segurachi.com.

Dr. Ken Muhich, ’86, has written a book titled “Fibromyalgia: Falsehoods, Fakers, and Facts.” He has treated patients with fibromyalgia and other chronic pain conditions for more than 20 years. For more information about his practice and book, visit www.fibrowellnesscenter.com.

1990s

Dr. Doug Cavanaugh, ’90, Visovo, Croatia, has a chiropractic clinic in Visovo and has written a book called “Into Hell’s Fire,” which he calls “a novel of espionage set in Bosnia and Croatia in 1992.” Website: www.cavanaugh.hr, email: crochiro@yahoo.com.

Dr. John Klinginsmith, ’90, Kearney, Neb., is the team chiropractor for the University of Nebraska at Kearney Athletics. Phone: (308) 234-4940, email: klingchiro@gmail.com.
Dr. Kevin Ross, '91, Tempe, Ariz., and his son, Taylor, have started a business, BellyBabyBreast, selling affordable pregnancy pillows for women to lay tummy-down during pregnancy. www.bbbpillow.com. The pillow can also be used in chiropractic offices. Phone: (480) 730-7950, email: dross@rechargeyourlife.com.

Dr. Ronald Adams, '92, Jackson, Mich., experienced the loss of his wife of 25 years, Denise Adams, who unexpectedly passed away on Nov. 19, 2014. Denise was the job placement coordinator for the school of chiropractic technology from 1990-92. She traveled the country recruiting the interest of chiropractors to help place C.T.s. Email: docadamsdc@juno.com.

Dr. Lea Cornish, '93, Yorkville, Ill., received a diplomate in pediatrics and pregnancy from the International Chiropractic Pediatric Association. Phone: (630) 385-6200, email: lacornish@sbcglobal.net.

Dr. Dan Spencer, '95, was elected as second vice-president of the Congress of Chiropractic State Associations (COCSA) at their annual convention on Nov. 8, 2014 in New Orleans, La. Dr. Spencer is the owner of the Contact for Health Chiropractic Centers in Hudson and Reading, Mich., and serves as a member of the Hillsdale Community Health Center physician staff. He also serves as chairman of the board of the Michigan Association of Chiropractors. Phone: (316) 613-3386, email: drdan@healthchiro.com.

2000s

Dr. Carrie Oberster, '00, opened a new office, Oberster Chiropractic, at 5008 N. Henry Blvd., Stockbridge, GA 30281 in April 2014. Dr. Oberster also has a practice in London. Phone: (770) 506-7788.

Dr. Vanda Corbett, '04, Dubai, United Arab Emirates, is excited to announce her election as president of the Emirate Chiropractic Association for a two-year term. Phone: +971567447398, email: daniellehommerdc@gmail.com.

Dr. Jason Farmer, '06, West Columbia, S.C., has started three chiropractic offices. Dr. Farmer also started Healthcare Financial Consultants, a business analysis consulting firm for chiropractors. Phone: (803) 244-9212, email: drfarmer@vitalityspine.com.

Dr. Megan Silvia, '07, Fall River, Mass., has moved her practice, Silvia Family Chiropractic, to 222 Milliken Blvd., Fall River, MA 02721. Phone: (508) 676-7700, email: dr.silvia@silvafamilychiro.com.

Dr. Jay Breitlow, '08, Longmont, Colo., is the author of “Love, Not Guns.” Dr. Breitlow is an associate coach and consultant at Full Circle Coaching and a writer and teacher on love, universal principles and parenting values at www.happydadsinc.com. Phone: (303) 776-6767, email: info@newleaf-chiropractic.com.

2010s

Dr. Danielle Hommer, '11, Ankeny, Iowa, is the only certified female Active Release Technique provider in the Des Moines metro area. Phone: (515) 964-8547, email: daniellehommerdc@gmail.com.

Dr. Lindsay Mumma, '11, Raleigh, N.C., opened Triangle Chiropractic and Rehabilitation Center at 6060A Six Forks Rd., Raleigh, NC 27609. Phone: (919) 792-8682, email: lindsaymumma@gmail.com.

Dr. Christopher Bassler, '12, Burlington, Iowa, joined Dr. Amy Clem, '09, as an associate chiropractor at her office located at 3030 Flint Hills Drive, Burlington, IA 52601. The clinic offers chiropractic, massage, acupuncture, cold laser, vitamin D light therapy, nutritional and detoxification services, as well as weight loss services and features an attached yoga studio. Phone: (319) 754-1400, email: doctorbassler@gmail.com.

Dr. Chris LoRang, '13, Des Moines, Iowa, was presented with the “2014 Entrepreneurial Spirit Award” by the Des Moines East and South Chamber of Commerce in February 2015. He opened Capital Chiropractic and Rehabilitation Center in Des Moines in 2013, and was named “2013 Business of the Year” by the chamber last year.

PORT ORANGE CAMPUS/2000s

Dr. Josh Handt, '06, New York, N.Y., runs two practices. Dr. Handt is a chiropractor for a professional sports team and has been on the History Channel as an expert. He has been a guest on XM Radio and contributed to the “100 Year Health and Lifestyle”, 2nd edition, book. Dr. Handt also wrote a book with his father and sister, “Your Health, Your Life, Your Decision.” Phone: (212) 580-3350.

Dr. Ryan Gonzales, '07, Hammond, La., and his wife, Carlee, had a son, Frederic Silman, on Nov. 3, 2014. Frederic was welcomed at home by his sister, Isabella. Phone: (985) 542-6400, email: ryangonzalesdc@gmail.com.

Dr. Andrew Tislau, '09, Sheboygan, Wis., is the president of Creekside Chiropractic and Rehabilitation, Ltd. Phone: (920) 459-9090, email: tizlaw@aol.com.
2010s

Dr. Brian Farrell, '10, Tallahassee, Fla., works at Florida State University Health and Wellness Center. Dr. Farrell is the team doctor for the FSU men's and women's rugby teams and works with the FSU school of dance. Phone: (850) 645-0612, email: brianfarrelldc@gmail.com.

Dr. Marcelo Yasuda, '10, opened a new office at 4638 North Federal Highway, Lighthouse Point, FL 33064. Phone: (954) 247-9626, email: yasudachiro@yahoo.com.

Dr. Christabella Cherubino, '11, Southborough, Mass., was a speaker at the Harvard Primate Research Institute’s Stress Management Symposium in 2014. Phone: (508) 229-0007, email: drchris@cherubhealth.com.

Dr. Steven Lint, '11, Bruceton Milla, W.V., has gone on multiple mission trips to Haiti to perform chiropractic care. Phone: (304) 379-7000, email: steven.lint@gmail.com.

Dr. Camille Akridge, '12, Moultrie, Ga., is the team physician for Moss Farms Diving and USA Diving medical staff. Email: chirocareintegration@gmail.com.

Dr. David Bixel, '12, Albuquerque, N.M., is a Titleist Performance Institute certified golf fitness instructor. Phone: (505) 884-8584, email: drbixel@gmail.com.

Drs. Ryan and Brooke Beck, '12, Lumberton, N.C., had a daughter, Riley, on May 31, 2014. Dr. Ryan Beck became certified in quantum neurology in November 2014. Phone: (910) 739-5751, email: ryan.n.beck@gmail.com.

San Jose Campus/1980s

Dr. Warren Bruhl, '86, Glencoe, Ill., has sold his practice to become executive director of Dreamweaver International, a non-profit organization. Dreamweaver has already established the Kimana School of Leadership and Professional Studies in Kenya, and Dr. Bruhl is currently working to develop Kilimanjaro Mission Hospital in Kenya. He also directs Gear for Goals, an international sports and arts charity that has helped to bring sports and music equipment to 70,000 children in 23 countries. Email: dc4kids@aol.com.

Dr. Judyth Bruno, '86, Ontonagon, Mich., has two offices. Dr. Bruno practices on Tuesday and Thursday afternoons in Ontonagon, Mich., and Wednesday afternoons in Ewen, Mich., by appointment. Phone: (906) 884-4888, email: jbruno@jamadots.com.

Made any “adjustments” lately? Keep your College and classmates up-to-date with what’s going on in your life. Simply fill out this form and mail it to Insights, Palmer College of Chiropractic, 1000 Brady Street, Davenport, IA 52803; or fax it to (563) 884-5393. You can also email your information to marketing@palmer.edu. Or go to palmer.edu/insights and click on “Alumni Adjustments.”
Davenport Campus

1930s
Dr. Laurence E. Allen, ’39
Sun City, Ariz.

1940s
Dr. Stella A. Wildschut, ’42
Middletown, N.Y.

1950s
Dr. Cleo A. Bludworth, ’50
Galway, Ireland

Dr. Bernard H. Guhrke, ’52
Rio Rancho, N.M.

Dr. Darwin W. Hoover, ’52
Sioux Falls, S.D.

Dr. Arthur J. Schwan, ’52
Naples, Fla.

Dr. John O. Homer, ’54
Fort Jones, Calif.

Dr. John L. Miller, ’54
Tucson, Ariz.

Dr. Marshall Dickholtz Sr., ’56
Lincolnwood, Ill.

Dr. Curtis W. Gonstead, ’56
Beloit, Wis.

Dr. George W. Salsman, ’56
Colorado Springs, Colo.

Dr. Douglas Keith Cooper, ’57
Robertsdale, Ala.

Dr. Joseph A. Perfilio, ’57
Moosic, Pa.

Dr. Kenneth E. Tarsia, ’57
Catskill, N.Y.

Dr. Earl E. Bush, ’58
LaJolla, Calif.

Dr. Charles R. Burns, ’59
The Dalles, Ore.

Dr. Billie Joe Holaway, ’59
Woodville, Ala.

1960s
Dr. Wayne N. Barrick, ’62
Toledo, Ohio

Dr. Eugene W. Mapes, ’62
Lakeview, Ark.

Dr. Joseph C. Toman III, ’63
Hamilton, Ohio

Dr. James E. Eaton, ’66
LaMonte, Mo.

Dr. Kevin T. Gribbin, ’66
Greensburg, Pa.

Dr. Olen V. Mann, ’66
Galena, Ohio

Dr. Donald R. Palmer, ’66
Rockford, Ill.

Dr. Herbert L. Dees, ’69
Farmington, N.M.

1970s
Dr. Steven J. Parkin, ’71
Saint Louis, Mo.

Dr. Robert R. Zinser, ’71
Kickapoo, Ill.

Dr. Christopher Forno, ’73
Covina, Calif.

Dr. Gregory A. Parsons, ’73
Camrose, Alberta, Canada

Dr. David K. Barker, ’75
Santee, Calif.

Dr. Gerald M. Besler, ’75
Asbury, Iowa

Dr. Edwin Neilson, ’75
Morristown, Tenn.

Dr. Paul F. Fulk, ’76
Springboro, Ohio

Dr. Gary Ryan Pennebaker, ’76
Eden Prairie, Minn.

Dr. Harold J. Van Slooten, ’77
Salt Lake City, Utah

Dr. Daniel R. Lewis, ’79
Seattle, Wash.

1980s
Dr. Timothy J. Ducey, ’80
Moline, Ill.

Dr. Thu The Nguyen, ’81
Westminster, Calif.

Dr. Lori E. Cohen, ’82
Manitou Springs, Colo.

Dr. David J. Thompson, ’83
Metairie, La.

Dr. Marc J. Viafora, ’83
Sedona, Ariz.

Dr. Michael L. Haville, ’86
West Lafayette, Ind.

Dr. Janelle A. Bottorff, ’89
Walkerton, Ind.

Dr. Marc B. Gladden, ’89
Michigan and the Philippines
Dr. John Miller, founding president of California campus

John L. Miller, B.A., D.C., H.C.D. (Hon.), F.I.C.A. (Hon.), a 1954 Palmer graduate who served as the founding president of the California branch campus from 1980 to 1991, died on March 8 at the age of 83.

Dr. Miller was a member of Palmer’s Davenport campus faculty from 1962 to 1974. During his tenure in Davenport, Dr. Miller served as director of education from 1964 to 1970; as dean of academics from 1970 to 1980; and as vice president for academic affairs from 1974 to 1980.

When Palmer College acquired the former Northern California College of Chiropractic in Sunnyvale, Calif., Dr. Miller was appointed president of the new “Palmer College of Chiropractic West” on Sept. 18, 1980. Based on a former junior high school campus, “Palmer West” began with 332 students and 23 full-time faculty members.

In his first year, Dr. Miller guided Palmer West to receive Recognized Candidate for Accreditation status from the Council on Chiropractic Education in 1981.

Palmer West was awarded full accreditation in 1985. Growing enrollment prompted the need for additional space, and led to a second campus in Santa Clara, which opened in 1989.

“John Miller had a major impact on Palmer’s San Jose campus,” said Bill Meeker, D.C., M.P.H., president of Palmer College’s San Jose campus. “He brought expertise in accreditation, and under his leadership, Palmer's California branch campus was accredited by the CCE in record time. In addition to other programs that he initiated while president, Dr. Miller was a big supporter of the nascent chiropractic research community.”

Dr. Miller left chiropractic education in 1991 to pursue development of chiropractic-focused, Internet-based information resources. Later that year, Dr. and Mrs. Miller started the Computer Information Exchange (CIE), and in 1992 CIE brought the ChiroLink system online, with the goal of creating an effective information vehicle to empower the chiropractic professional.
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