

PALMER PROUD

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2021

ISSUE 003

Gold Standard

HOW PALMER
ALUMNI CARE
FOR THE WORLD'S
TOP ATHLETES



THE MAGAZINE OF PALMER COLLEGE OF CHIROPRACTIC

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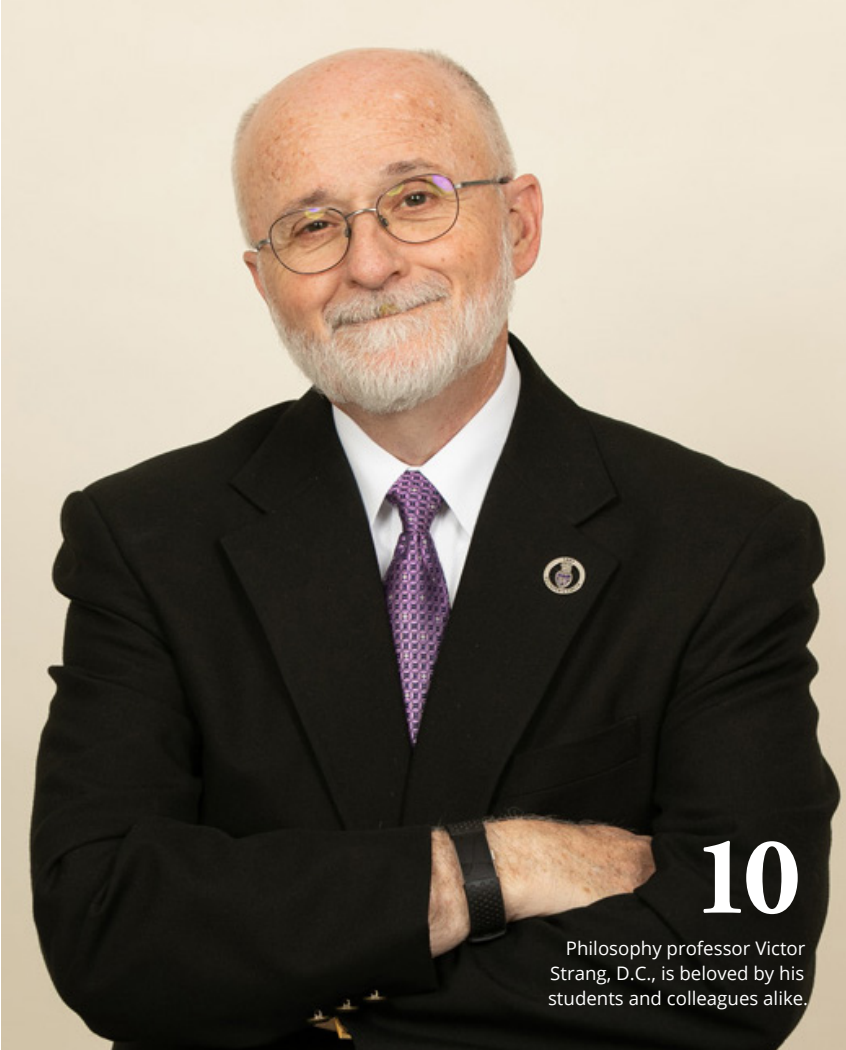
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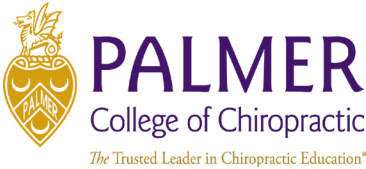


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“It’s my hope that current and future students of chiropractic will nurture and protect the right of our profession to chart its own path, and that they’ll honor those who gave them the freedom to do this.” —Victor Strang, D.C., FPAC



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ON THE COVER

A custom illustration commemorating the XXXII Summer Olympic Games.

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Share your news with us! Send news by email to alumni@palmer.edu or by mail to Advancement Office, 1000 Brady St., Davenport, IA 52803.

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Advancing Student Learning and Success

DENNIS MARCHIORI, D.C., Ph.D.
CHANCELLOR AND CEO, PALMER COLLEGE OF CHIROPRACTIC

If you’ve ever heard me talk about the future of Palmer College, you know that advancing student learning and success drives our vision. That’s why we’re investing in our campuses and technology—to ensure that Palmer’s commitment to remaining the best chiropractic college in the world is delivered through an exceptional student experience.

In addition to enhancing our learning spaces and technology, we also strive to ensure that the best and brightest students can pursue their dreams of becoming a Palmer chiropractor, regardless of their financial situation.

Scholarships make that possible. I’m proud to say that Palmer College offers more scholarships every year than any other chiropractic institution. We’re able to do this thanks to the commitment and

generosity of our alumni who recognize the power of scholarships in helping students pursue their dreams. In fact, approximately 20% of all Palmer students receive a donor-funded scholarship.

Last year, more than 500 alumni came together on Giving Day to contribute gifts that impact student success, including \$30,000 in scholarship funding. In the pages that follow, you’ll read about the alumni who recently made gifts that will enable an endowed scholarship and their legacy of giving to continue in perpetuity.

Our profession started with a movement of hands that changed health care forever; today it continues with Palmer alumni around the world who give by caring for their patients, give within their communities, and give to the future of our profession through scholarship gifts. ■

NEWS & NOTES



Do you know someone who would be an amazing chiropractor? On Path to Palmer Day, we're asking our alumni to refer someone they know to Palmer College.

You can help someone find the career they've been looking for by referring them to Palmer on Path to Palmer Day.

You don't have to take our word for it; just listen to a Palmer referral changed the career trajectory of current Palmer student Rachael Harnish: "I'm grateful for Dr. Edward Camacho for helping me discover the chiropractic profession. My journey to Palmer started at Summit Chiropractic where I worked for Dr. Camacho. He guided and challenged me in the office every day. Being part of his team helped me grow as a person and get excited to start this career. Knowing that he got his education at Palmer is what brought me here."

Tuesday, April 13

palmer.edu/pathtopalmer



GETTING EXCITED ABOUT PALMER

Edward Camacho, D.C., ICCSP (Florida, '13), and Rachael pictured in Dr. Camacho's office.



NEW HIRE

Palmer welcomes a new Vice Chancellor for Admissions.

New Palmer College Vice Chancellor for Admissions, Michael Norris, Ph.D., M.B.A., began working at Palmer on March 23, 2020—the day that much of the world shifted to remote work and learning due to COVID-19. Yet even with that extra obstacle, Michael quickly experienced the excitement of being part of the Palmer College community.

"It's pretty amazing to come to work every day knowing that I get to promote the best chiropractic college in the world," he says.

Michael earned his undergraduate degree from Simpson College, where he played football, and upon graduation was immediately hired as an admissions counselor. Little did he know that this would be the start of a nearly 20-year career in admissions. He's since earned his M.B.A. from Drake University and his Ph.D. in Education from Iowa State University.

"Many of the prospective students we work with already have the awareness that they'll earn a first-class education from Palmer," Norris says. "Now more than ever, they want to know they'll be part of a welcoming and inclusive campus community. They want to be able to picture themselves fitting in here, grabbing lunch or unwinding with classmates. All of Palmer's investments in its campuses positively impact that student experience they're looking for."

"The number of prospective student referrals we receive from alumni is astounding," Norris adds. "It truly shows the commitment and excitement that our alumni have not just for chiropractic, but also for Palmer College." ■

GETTING TO KNOW

Meet Nicole Rathje, Director of Chiropractic Association Relations.

As the Alumni Events Coordinator, Nicole Rathje was a fixture at Palmer College alumni events and homecomings since 2004. In 2019, Nicole embarked on a new journey as the Director of Chiropractic Association Relations.

Talk about your decision to move from your previous position to your current position.

There were two key motivators for me wanting to move into my new role—the ability to meet more of Palmer's alumni and taking on a new challenge. I'm a people person and very curious by nature, so being able to learn the function and structure of chiropractic associations while fostering meaningful relationships is what hooked me to apply.

Why is the relationship between Palmer College and associations important?

It's essential for Palmer to have a link with associations because they hold the keys to advancing the profession. Many of Palmer's alumni are active members of their state associations and/or participate in yearly conventions, so it's imperative I'm there to connect with them and learn how chiropractors from all over the world are working together to strengthen the profession.

What has it meant to you to connect with Palmer alumni at association events?

Being with alumni at association events has been an absolute joy. I'm motivated by the conversations I have and the passion for the profession that comes from our dynamic alumni. Whether it's someone who knew B.J. and Mabel or recalls an inspiring interaction with Dr. Dave, or a patient who had incredible results from an adjustment or even referred a student who was a patient from childhood, I leave for the weekend beaming, knowing that I'm a part of an extraordinary profession.



What association event(s) do you look forward to most and why?

This is a tough question because I've honestly enjoyed all the events I've attended. But if I had to choose just one, I would pick the ChiroCongress annual convention. This event allows me to have access to all the U.S. associations that are active members of the organization—which is more than 50 in total! Association board members are often very busy during their own conventions, so at this event I can have fruitful conversations and maintain strong connections.

How have you stayed connected to associations during the pandemic?

I've really missed not being able to travel to conventions during the pandemic. Interacting with alumni and association leadership fuels me and my work. I've done virtual chats along with phone calls with associations to check in, see how they're doing, and get updates on the status of regulations in their state. Hopefully we'll be back together soon!

What is your hope for Palmer's future in working closely with chiropractic associations?

My hope for the future is that associations see Palmer as an advocate for their mission. The College has made a significant commitment by adding my position because it sees the critical role associations play with our alumni and students. ■

To find out when Nicole will be at an association event near you, visit palmer.edu/alumni/association-relations.

SEEN ON SOCIAL


Share your love for Palmer and chiropractic on social media using **#palmerproud!**

Q #palmerproud #chiropractic #pediatrics #palmerflorida


Related Hashtags

 **palmercollegefl** On this day 15 years ago, Class 054 walked across the stage as the first graduating class of Palmer College of Chiropractic Florida! **#palmercollegefl #palmeralumni #palmerproud #class054**



 **palmercollege** Oh baby! We spy a **#FutureChiropractor** in the making! **#palmerbound #palmerproud**



 **palmercollege** Meet a **#FutureChiropractor** who's excited to keep the **#palmerproud** legacy going.



ONE QUESTION, FOUR ANSWERS

We asked our followers on Instagram Stories, “What’s your top goal for 2021?” Here are some of their answers.



Palmer Trivia Find the answers on page 28.

How many of the 32 U.S. pro football teams have at least one doctor of chiropractic on staff?

- a. 5
- b. 12
- c. 22
- d. 32

Palmer awards more than \$___ in scholarships annually—more than any other chiropractic college.

- a. 1 million
- b. 2 million
- c. 3 million
- d. 4 million

True or False

Palmer Chiropractic Clinics provide more than \$4 million in free care annually—much of which goes to active-duty military, veterans and their families.

THE DRIVE OF RESEARCH

How Robert Cooperstein, D.C., M.A., advances the chiropractic profession through research and mentorship.

ROBERT COOPERSTEIN, D.C., M.A., has a unique vantage point from his position as the Director of Research and Technique at Palmer West. He began his 36-year career with a drive to seek the scientific evidence behind chiropractic care, and has spent those years as a researcher, an educator, and a practicing chiropractor.

“When I first started to practice, it didn’t take long for me to develop confidence that chiropractic could help most people for most mechanical problems, but the great unknown for me was the relationship between my examination findings and the outcome of care,” says Dr. Cooperstein. “Following the lead of my mentors, and in line with my own interest in patient assessment, I conducted scientific studies in what is called ‘technology assessment,’ which examines the reliability and validity of various patient-assessment methods.”

His several hundred publications have contributed to the growing body of scientific work that informs Palmer’s evidence-based curriculum and serve as a resource for current and future chiropractors.

“I’m excited to witness the impact our students will have on future advances in chiropractic care. I’ve spent my career, along with others at Palmer, developing chiropractic research. In turn, our students have always had access to a research program and the latest chiropractic research. That’s only going to make our profession go further, and we’re already seeing the impact of our research with the increase in multidisciplinary and integrative care.”

“Working with Dr. Cooperstein showed me that I could pursue both my love for research and my desire to help patients the way other chiropractors have helped me.”

—Felisha Truong, D.C. (West ’20)



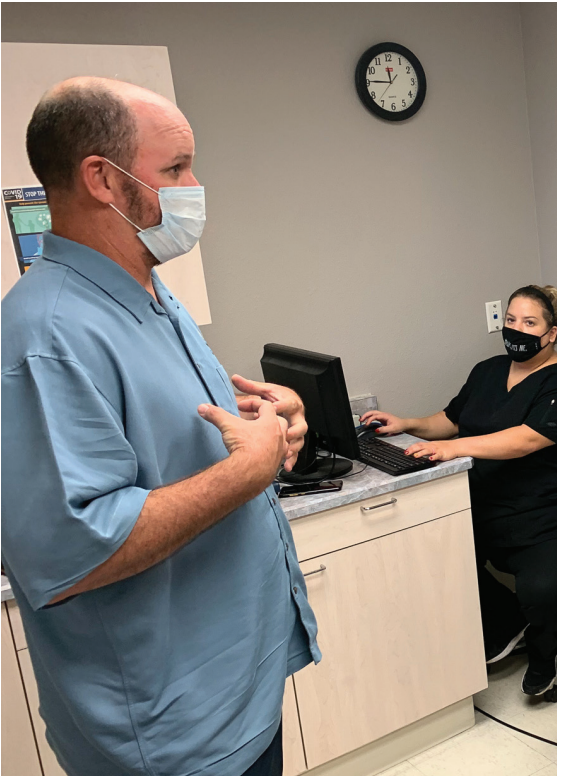
IN PURSUIT OF FURTHERING THE PROFESSION
For over 36 years, Robert Cooperstein, D.C., M.A., has conducted scientific studies and written several hundred publications to inform the evidence-based curriculum at Palmer and to further the practice of chiropractic for generations to come.

Dr. Cooperstein has also mentored dozens of chiropractic students. One of those students was Felisha Truong, D.C. (West, ’20), who chose Palmer because of its leadership in chiropractic research.

“My biggest mentor at Palmer West was Dr. Cooperstein. When I was in my second quarter at Palmer, he invited me to help him with a research project. One project led to more and eventually, the projects turned into three chiropractic publications and graduating with research honors. In addition, I had the opportunity to present at the Association of Chiropractic Colleges Research Agenda Conference (ACC-RAC). I was one of the youngest members at the conference, which was intimidating because I wanted to represent Dr. Cooperstein and Palmer West well, but I was so blessed to be given this opportunity to present our research findings to other researchers in our chiropractic community.”

Working in research and with Dr. Cooperstein remains one of Dr. Truong’s favorite memories from her time as a student.

“When I started at Palmer, I was convinced my career path would be in private practice,” she says. “Working with Dr. Cooperstein showed me that I could pursue both my love for research and my desire to help patients the way other chiropractors have helped me.” ■



PEOPLE HELPING PEOPLE
Meredith Meyers, D.C., and her patient, Jason Althouse, work together to find the best way to address his needs.

A “DOC” AND HER PATIENT

Meredith Meyers, D.C., cares for a veteran and his chronic pain.

JASON ALTHOUSE embarked on many heavy sea trips during his 22 years in the U.S. Navy, where he ultimately served as chief engineer on a ship. When he was retiring, he learned he had “jacked his back up,” and that this would have a lasting impact on his life.

“Getting out of the chair or bed was difficult. It got to the point where my wife was asking me if she needed to tie my shoes, and it was embarrassing because sometimes she did.”

Living in constant pain drove Jason to the Palmer Florida Clinics, where he’s spent the past

“I have three children, and being able to play with them without pain is the biggest thing for me.”

—Jason Althouse, patient

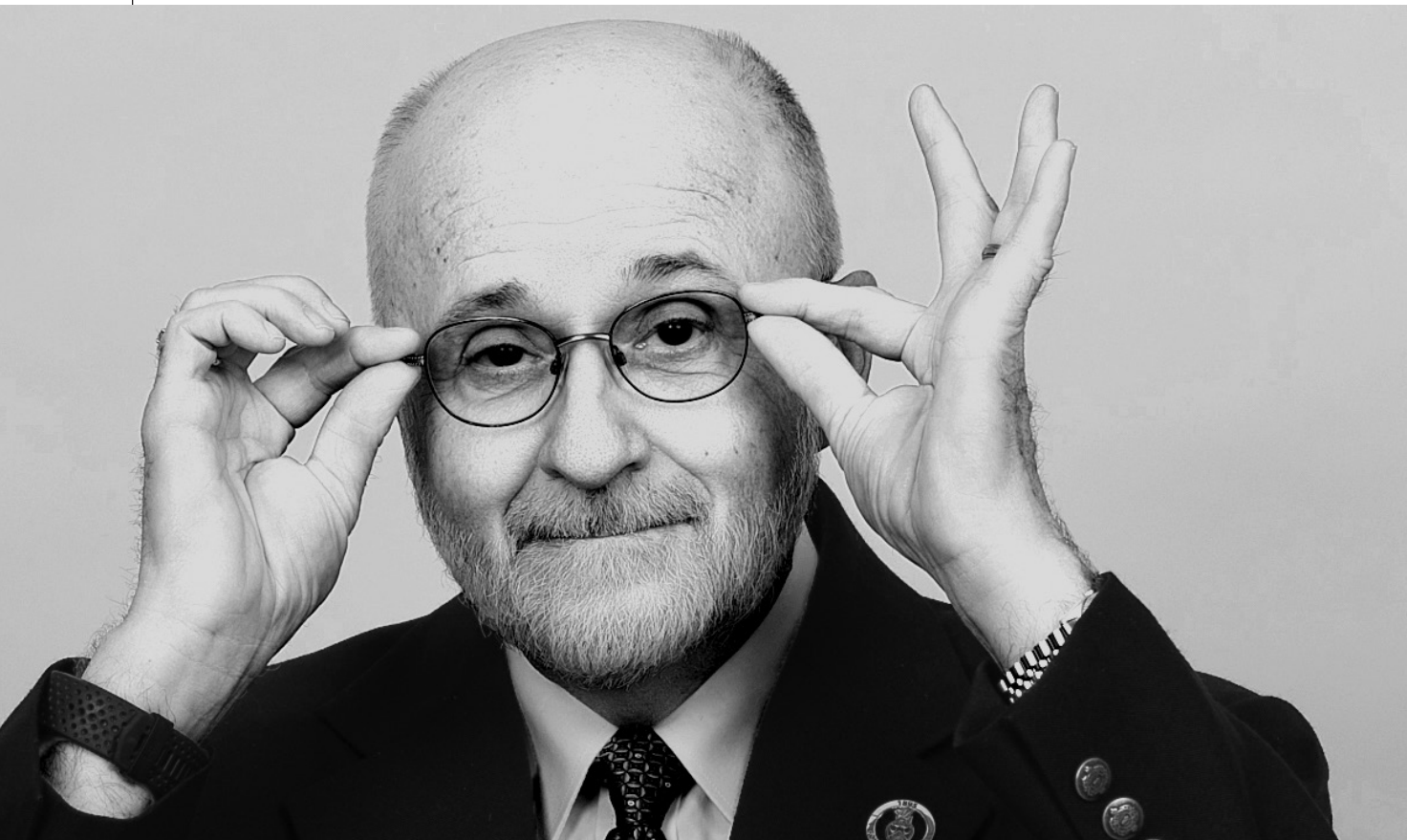
two years under the care of Meredith Meyers, D.C. (Florida, ’07), or as he calls her, Doc Meyers.

Dr. Meyers has seen Jason both at high and low points in his care. It was at those low points that Jason was glad he could go see Doc Meyers. “When I’ve come in during my bad episodes, she’s been there to help. I’ve come in here pretty much crawling, and after my adjustments I’m literally able to walk out with little to no pain. I thank her every chance I can for that.”

“We have a good working relationship,” says Dr. Meyers. “He’s very patient and lets me go through all the exams that I need to in order to figure out what’s going on with him. A lot of patients get frustrated partway through the exam process and don’t let us get through something like the McKenzie Protocol. That takes a lot of patience and can require significant work and exertion to get through. Jason has done a great job of doing everything I’ve asked him to do and working with me to find the best way to get him the help he needs.”

Jason knows Dr. Meyers is there when he needs her. “Today I felt a lot of pain in my back when I was doing my exercises. What would normally take me 45 minutes to complete took me a few hours because of that pain.”

Walking gingerly into the clinic, Jason gets on the table for Dr. Meyers to examine him. He jokes, “When she comes in, I get scared.” And Dr. Meyers laughingly responds, “The thumbs are coming out!” After Dr. Meyers works to calm muscle spasms in his lower back and adjusts his lumbar, Jason is able to get up and walk out of the clinic a happier man. “I have three children under the age of 10, and just being able to play with them without pain has been the biggest thing for me.” ■



LEAVING A LEGACY OF CHIROPRACTIC PHILOSOPHY

Victor Strang, D.C., FPAC, retires after 43 years of teaching

VICTOR STRANG, D.C., FPAC (MAIN, '77), has taught students at Palmer College of Chiropractic for more than four decades. During his time here, he's taught more than 25,000 chiropractors. Dr. Strang, a legend within Palmer and the chiropractic community, retired in March 2021. He leaves behind a legacy of chiropractic philosophy that, by way of the thousands of students he helped shape into chiropractors, has helped an exponential number of people around the world.

AN INSPIRING CAREER
Victor Strang, D.C., FPAC, has shown the chiropractic world what it means to be both a talented professor and practitioner for more than four decades.

“As an educator, I feel I’ve experienced the best of both traditional chiropractic principles and contemporary evolution, as well as the expression of those principles. My mentors were Dr. Galen Price, Dr. Virgil Strang, Dr. Fred Barge, and many others who embodied our rich history and philosophic understanding,” says Dr. Strang.

“When I teach chiropractic philosophy and history, my inspiration comes from the pioneers of chiropractic who gave birth to it, nurtured it, and fiercely defended it against powerful resistance. It’s because of them that we still exist as a separate and distinct health profession.”

Dr. Strang’s tenure has spanned the past one-third of the profession’s 125 years, and he’s been a part of—and witness to—its monumental growth.

“During my academic tenure, I experienced firsthand the Wilk lawsuit; the birth and development of rigorous research by our profession; the opening of doors for collaboration with other professions in the military, the VA, professional and Olympic athletics; and many other exciting and empowering changes. It’s kept me engaged and motivated to keep abreast of all of this. In the face of all this change, I’ve always tried to maintain a balance between our

“My inspiration comes from the pioneers of chiropractic who gave birth to it, nurtured it, and fiercely defended it against powerful resistance.”

—Victor Strang, D.C., FPAC

traditional principles and the need to be relevant in chiropractic’s contemporary landscape.”

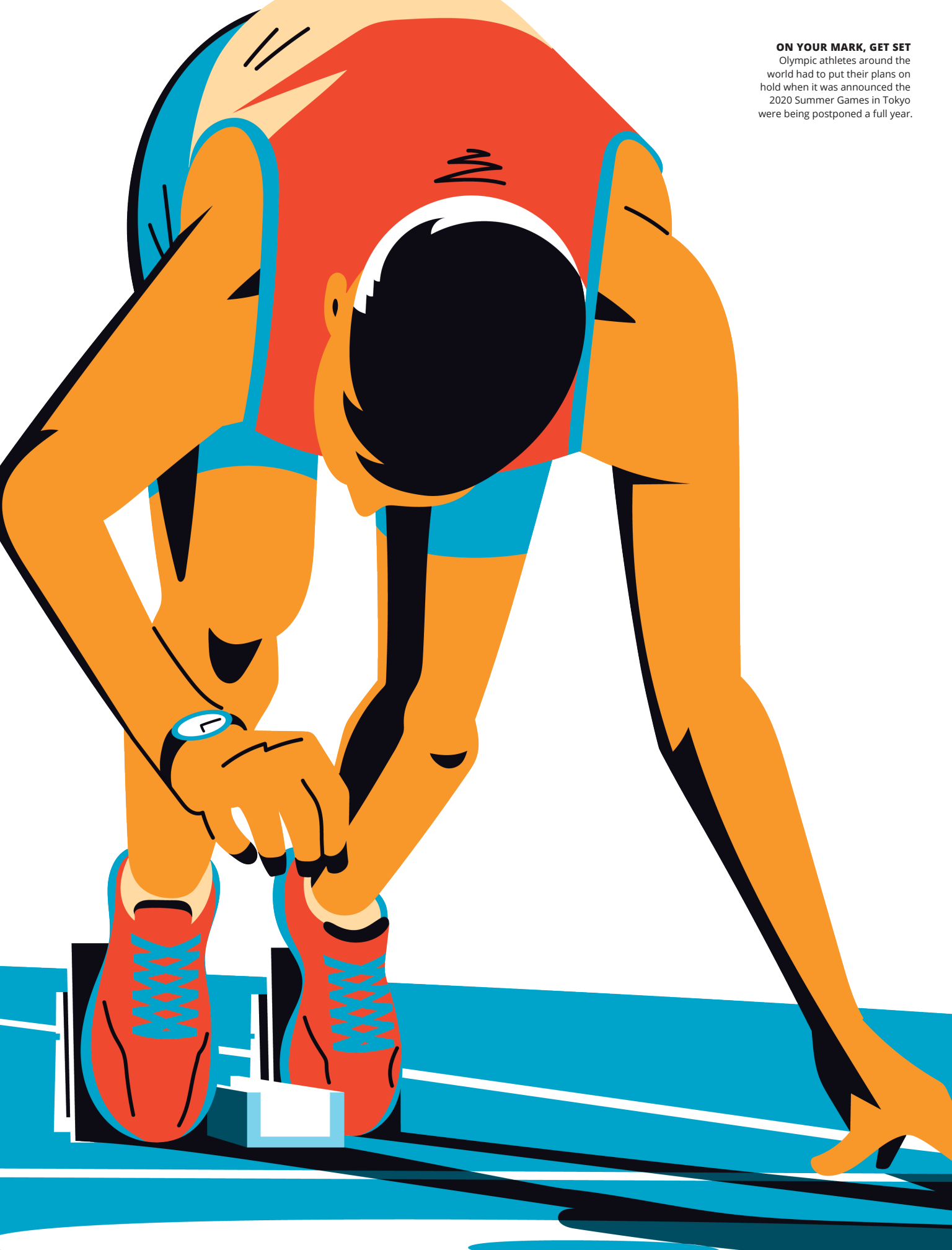
Dr. Strang has continued the legacy left behind by his father, Virgil Strang, D.C. (Main, '49). Combined, there has been a Strang passionately teaching and caring for both students and patients for 70 years.

“My father was an example to me and the profession in ways that I’ve only come to fully realize in recent years. He was not a flashy, flamboyant, self-promoting man, neither personally nor professionally. His influence was made partly by his intellect—he had absolute command of his discipline. His professional demeanor was just as impactful. He was modest and conservative, and he interacted equally well with medical professionals and chiropractic colleagues. His 47-year academic career inspired generations of graduates.”

As Dr. Strang reflects on his career and the past and future of the profession, he says, “It’s my hope that current and future students of chiropractic will nurture and protect the right of our profession to chart its own path, and that they’ll honor those who gave them the freedom to do this. As they find themselves increasingly involved in broad aspects of natural health care, I hope they don’t lose sight of the fact that this profession started with a simple spinal adjustment. In our own private practice, the adjustment was the only service we provided, and it supported a practice that spanned nearly 70 years.” ■



THE MEANING OF LEGACY
Dr. Strang recognizes his father’s influence and the importance of being a legacy chiropractor, while hoping that “current and future students of chiropractic will nurture and protect the right of our profession to chart its own path.”



ON YOUR MARK, GET SET

Olympic athletes around the world had to put their plans on hold when it was announced the 2020 Summer Games in Tokyo were being postponed a full year.

Gold Medal Care

THE BLOOD, SWEAT AND TEARS

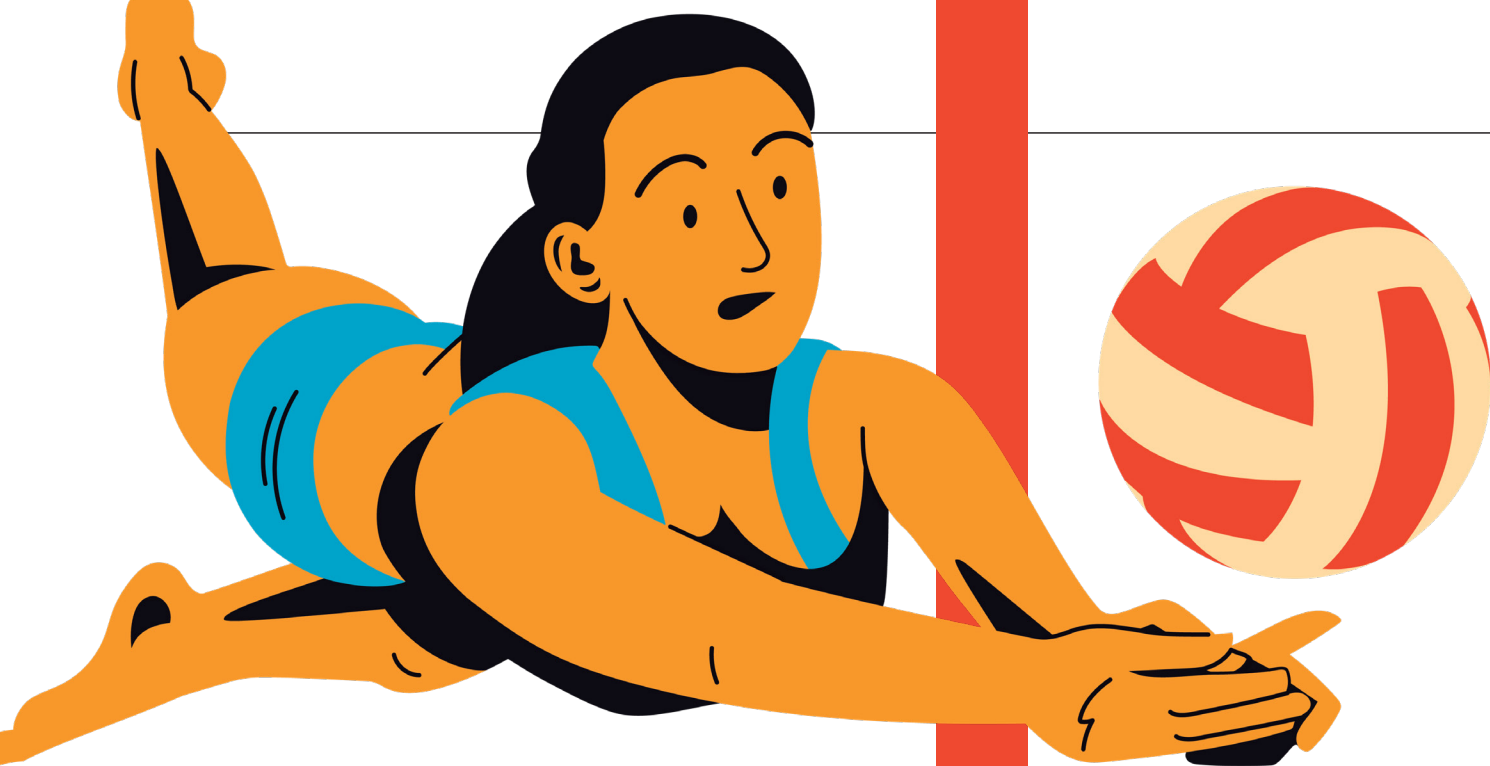
THE SWEET TASTE OF VICTORY

THE STEP ONTO THE PODIUM

THE MEDAL BEING PLACED AROUND THE NECK

THE ROAR OF THE CROWD

ALL, DELAYED



Karla (Solum) Wolford, D.C. (West, '10) won't theorize what it was like for professional athletes from around the world to hear that the 2020 Summer Olympics in Tokyo were going to happen a year later than planned.

"I CAN'T SPEAK FOR THEM, but just think about all the practice, the physical and mental preparation... imagine that you've done everything right, and then something comes along that's completely and totally out of your control," Dr. Wolford says from her home in Moorhead, Minnesota. "That's tough. Real tough."

Tough or not, the feeling of disappointment and grief was inevitable last summer when the Games of the XXXII Olympiad were postponed due to the worldwide COVID-19 pandemic. The decision meant that professional athletes would need to spend another year focusing on their performance and health, and pushing their bodies and minds for longer periods of time in order to realize their dream of participating in an Olympic Games event. As the world awaits the 2021 Summer Games, we speak with Palmer College of Chiropractic graduates about what it takes to care for some of the world's most elite athletes.

Dr. Wolford has been delivering gold-medal care to athletes her entire career. A mix of hard work, grit, and perseverance—both during college and afterward—landed her opportunities to care for athletes playing with the Association of Volleyball Professionals (AVP), the United States' premier professional beach volleyball league. Soon after graduation, she began traveling the country with beach volleyball teams, gaining hands-on experience and building a reputation in the field.



"I quickly became connected to the health professionals and athletes I was working alongside," she says. "I loved it—I put my heart and soul into it. I guess you could say that wearing flip-flops most days wasn't so bad either."

Soon, USA Beach Volleyball was calling, asking her to join their international tour. With passport in hand, Dr. Wolford was on her way to Shanghai, China, for her first adventure. "I was fresh—most of my colleagues had been practicing for at least five years. I had never been to Asia before," she recalls. "It was surreal because I was working with athletes I had seen on television."

And while they may have been famous to the world, Dr. Wolford quickly came to recognize that the athletes were just humans deeply dedicated to their sport, and incredibly grateful for everything that she and the other health-care providers were doing for them. "What we had in common was a deep love for what we do, and a desire to lead a life of optimum health and wellness."

COMMON LANGUAGES

That common language—a love of the sport and a desire to be the best—is

something that Ben Buck, D.C. (Main, '15) and Amber Buck, D.C. (Main, '15) can relate to as they reflect on their time in China working with the Chinese Olympic Committee in 2018. "When I think back on the day we headed to the airport to fly to China, I'm not sure we really knew what we were about to experience," Dr. Amber says as she looks at her husband. "What a ride it was."

For the couple, the first few days weren't just an adjustment because of the culture shock they were experiencing in a new land. "The way the Chinese thought about chiropractic care was fundamentally different from the way we do as practitioners in the United States. They look at chiropractic as a way to address pain, while we look at chiropractic as a way to live—or compete—in optimal health," Dr. Ben says. "The techniques, however—learned and perfected at Palmer College—rooted us throughout our experience overseas."

Though newly married and on the trip of a lifetime together, the Bucks would soon say goodbye to one another as they traveled the country separately for their respective assignments: Dr. Ben to Olympic Artistic Gymnastics and Dr. Amber to Archery.

"I was really excited to work with the gymnasts," Dr. Ben says, leaning forward in his seat. "I don't speak Chinese, obviously. And the athletes spoke little to no English. Our language had to be the care we were providing."

For the gymnastics team, Dr. Ben was providing rehabilitative

"I QUICKLY BECAME CONNECTED TO THE HEALTH PROFESSIONALS AND ATHLETES I WAS WORKING ALONGSIDE. I LOVED IT—I PUT MY HEART AND SOUL INTO IT."

—Karla (Solum) Wolford, D.C. (West, '10)



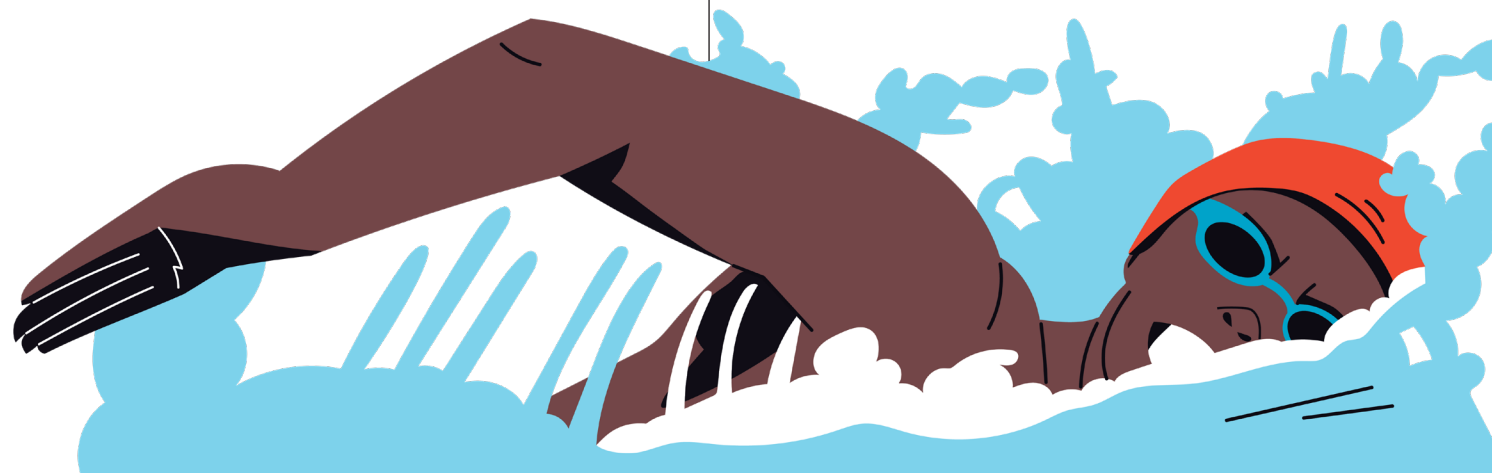
care for pain relief and corrective exercise programs to improve performance and prevent injury. There was one athlete, he says, who had chronic ankle pain. "I was working with her for about a month—she was clearly in quite a lot of pain," he recalls. "But we worked and worked and worked to alleviate that pain. The care I provided succeeded."

"How did I know?" he asks rhetorically.

"I got a big thumbs up and grin from the head coach of the team. That never happened with him! The universal thumbs up spoke volumes."

"Most of the athletes we worked with in China had never heard about chiropractic," adds Dr. Amber, who in addition to holding a Doctor of Chiropractic Degree from Palmer is also certified in applied kinesiology. "I think I was assigned to archery because it's a sport of precision—and applied kinesiology techniques require that same sort of specific, minute precision."

"The archers were always so astounded when the work I did with them made them feel better," she says. "The look of surprise when their elbow pain went away was priceless."



ILLUSTRATIONS BY BRENDAN WHIPPLE / THE NUMAD GROUP

PUSHING WHAT'S POSSIBLE

Professional athletes—Olympians or otherwise—are always pushing themselves toward greatness. While Dr. Ben and Dr. Amber were overseas, back at home Kyle Buck, D.C. (Main, '15)—yes, a third Buck (he's Dr. Ben's younger brother)—was working with elite athletes too.

After graduating from Palmer, Dr. Kyle headed west to Seattle where he worked with athletes in rugby, swimming and track. There, he learned that another Palmer graduate—John Ball, D.C. (Main, '03)—was providing integrated care for players in Major League Baseball and the National Football League, Olympic athletes at the 2012 Olympic Games in London, and more. “He was providing the type of care that I wanted to, so I called him up and he was willing to bring me on as an associate.”

“THE VERY SAME DEDICATION THAT OLYMPIC ATHLETES PUT INTO THEIR SPORT IS REQUIRED OF CHIROPRACTORS TO PUT INTO THEIR PRACTICE. WE’RE ALWAYS LEARNING—AND NOT JUST BECAUSE THE PROFESSION REQUIRES IT.”

—Ben Buck, D.C. (Main, '15)

In Arizona, Dr. Kyle became a sponge—observing and learning—as Dr. Ball worked with some of the world's greatest athletes. “I'm kind of a reserved person,” Dr. Kyle admits. “People were flying in from all over the world to be cared for. Throughout my time there, I shut up, I listened, and I learned all that I could.”

He pauses for a moment. “I saw that to work with elite athletes, you need to be an elite chiropractor,” he says. “Just as athletes put everything they can into their pursuit of excellence, so too did I, working 60- and 70-hour weeks to gain the knowledge and experience that has allowed all of us to do what we're doing today.”

“I mean, that's what it takes to work with the best,” Dr. Ben chimes in. “The very same dedication that Olympic athletes put into their sport is required of chiropractors to put into their practice. We're always learning—and not just because the profession requires it.”

The two brothers are now getting excited to dive deeper into their experiences. “These are high-pressure situations that require active listening, an ability to think critically, and solid hands-on technique,” Dr. Kyle says. “We learned all of that at Palmer. We learned it in the early years of our careers. And frankly, we're still learning it today.”

THE BUSINESS OF SPORT

Dr. Wolford, and all three Dr. Bucks, have turned the experiences they've had working with elite athletes across the globe into new businesses that provide gold-medal care to athletes at all levels, as well as everyday citizens who simply seek optimal health and maximum human potential.

Dr. Wolford had plans to travel to the Summer Olympics in

Tokyo in 2020 to serve as a chiropractor for USA Beach Volleyball—the culmination of a life's dream. However, the world had other plans for her; she became pregnant with her first child who would be due around the time of the Games (having a baby at the Olympics might have made the news, but wasn't exactly in the best interest of anyone). “To get the call—to be invited to be part of the team in Tokyo meant the world to me,” she says. “I had to say ‘no.’” Being a mom, she adds, is also a dream come true.

As founder of EHP Performance in Moorhead, Minnesota, Dr. Wolford focuses on performance and health rather than pain and illness. In addition to chiropractic, the practice offers acupuncture, rehabilitation, and more. Just next door, she started a CrossFit gym that offers athletic training programs for kids and teens, and yoga classes for adults. “Not every person I work with today may be an elite athlete, but I do hope that they desire to live their life in the best possible way.”

Out west, the Bucks converged in Colorado in March 2020 to open New Leaf Chiropractic, “timed perfectly to coincide with the COVID-19 pandemic,” Dr. Ben says sarcastically.

The trio of Palmer College graduates brings their unique experiences from across the globe together to give patients the tools their bodies need. They've quickly developed a reputation of their own for the hands-on care they offer to high school, collegiate, and professional athletes who call Colorado home. “Through our travels and experiences around the country and world, we've learned to adapt quickly to circumstance and environment. In our first year of business, that's perhaps been truer than ever before,” Dr. Kyle says.

“Palmer prepared us to do what it takes to do what we love,” Dr. Ben adds. “Whether in China, in Arizona, or now in our new clinic—that's what we'll always do to be the best.” ■



DID YOU KNOW?

AT PALMER FLORIDA, students and clinical faculty are also providing gold-medal care to South Florida athletes competing in the Special Olympics. Joanne Eash, D.C. (Florida, '07), faculty clinician, says this is a form of community service that's both rewarding and educational.

“We offer Special Olympics athletes a physical at no cost,” Dr. Eash says. “Many times, the athletes we see are participating in Special Olympics at the local level for the first time. We get to be part of the excitement and anticipation they feel. It's a big deal to them, and therefore it's a big deal to us.”

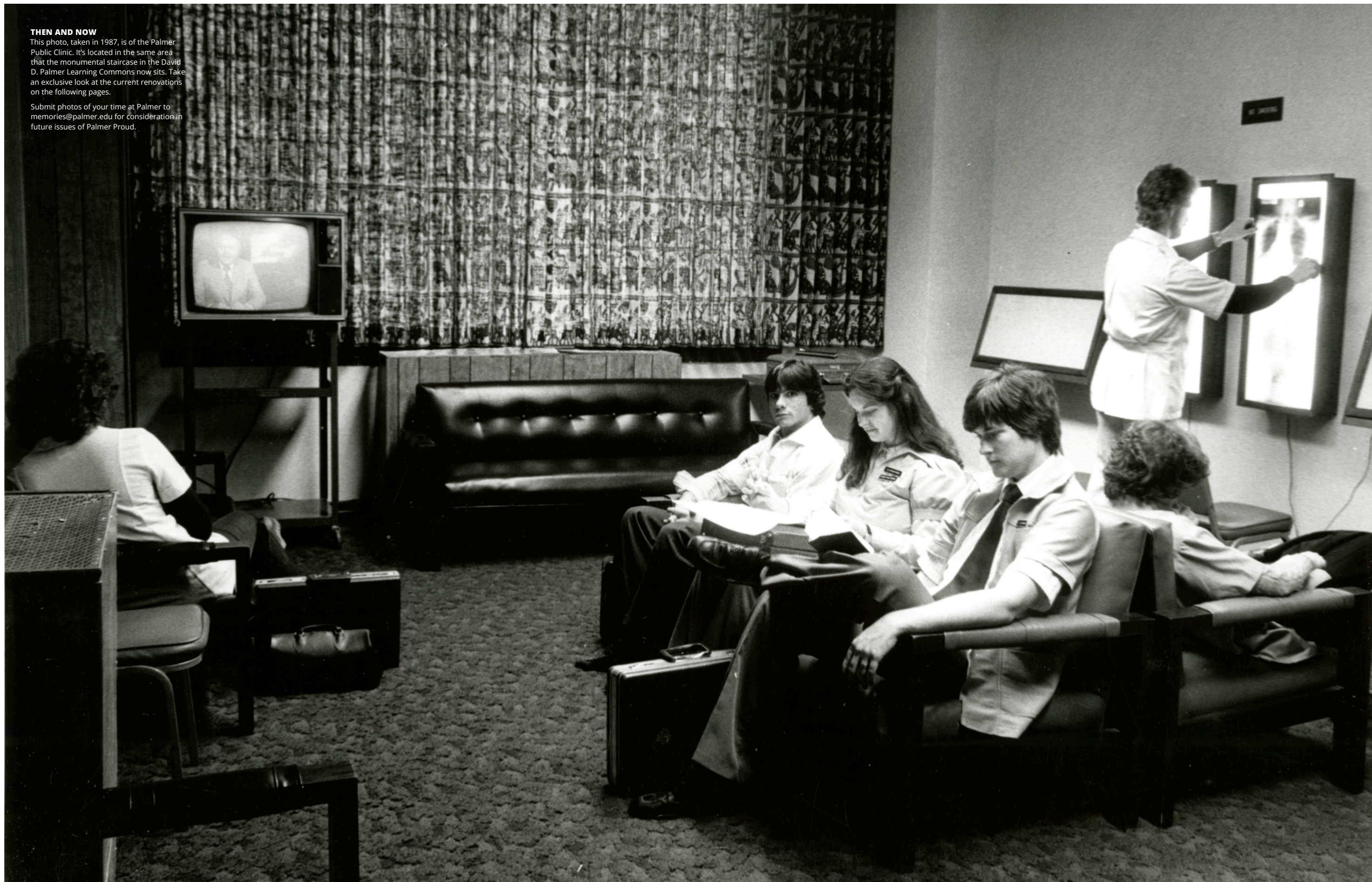
Students, she adds, get the opportunity to experience how important it is to be a chiropractor who also gives back to the community, in whatever way they choose. “We're preparing students to be chiropractors who also contribute to the greater good,” she says. “Our commitment to Special Olympics here in Port Orange is just one example I hope they take with them as they build their careers and consider ways to support their communities.”

▼ Palmer College has partnered with the Foundation for Chiropractic Progress to produce a special TV commercial highlighting chiropractic as a great career choice for people who want to work with athletes. The spot will air on NBC, online, and on social media during the Summer Olympics.

THEN AND NOW

This photo, taken in 1987, is of the Palmer Public Clinic. It's located in the same area that the monumental staircase in the David D. Palmer Learning Commons now sits. Take an exclusive look at the current renovations on the following pages.

Submit photos of your time at Palmer to memories@palmer.edu for consideration in future issues of Palmer Proud.



Making Space

FOR THE WORLD'S BEST CHIROPRACTORS

It's a quiet Friday afternoon in February. Palmer's main campus is mostly winding down—it's past 5 p.m., and students and faculty have headed home for the weekend. However, the lights are still on in College Provost Dan Weinert, D.C., Ph.D.'s office. He fires off a quick text message to Dennis Marchiori, D.C., Ph.D., chancellor and CEO. "Meet in the Learning Commons?" "See you there in 10 min," Dr. Marchiori quickly replies.

This has become a weekly ritual for the two. "Whenever I want to end the week on a positive note, I take a walk through the space," Dr. Weinert says. "Which really means that I make sure to stop here every week before heading home for the weekend."

The finishing touches are underway on what will be called the David D. Palmer Learning Commons, a revolutionary \$10.2 million undertaking for the College’s Fountainhead campus in Davenport—a complete renovation of one of the College’s most historic spaces at the top of Brady Street Hill.

DESIGNED BY RDG AND STUDIO 483 ARCHITECTS, it’s an impressive 22,270 square feet of sleek, thoughtful space that’s part of a larger initiative to enhance the student experience at Palmer College of Chiropractic.

When all is said and done, more than \$35 million in projects will be completed, including the R. Richard Bittner Athletic & Recreation Center, Trevor V. Ireland Student Clinic, and the Bruce & Bethel Hagen Student Union in the Quad Cities. Yes, the Fountainhead of chiropractic is transforming substantially each year, further solidifying its position as *the* place for chiropractic education.

Dr. Marchiori recognizes two important sources for Palmer’s recent success. “Simply put, these projects would not be possible without the generosity of our alumni and friends,” said Dr. Marchiori. “And then, there’s our board of trustees, who have a resolute vision and culture, and demonstrate exceptional leadership. They continually challenge the administration and broader Palmer community to execute our collective vision to its fullest potential. Our recent, current and future campus projects are all inspired by the board’s vision and fueled by the Palmer community’s dedication and commitment to serve our mission.”



Winding through the 76 study spaces, coffee shop, otherworldly glass atrium and sculptural staircase, both Dr. Weinert and Dr. Marchiori look awestruck. It’s true, they’ve seen the space before (many times), but with each subsequent visit the duo sees additional progress and realizes milestones that have been reached.

“I’ve joked that I’ve undergone an architectural apprenticeship,” says Dr. Weinert. “When we designed and first broke ground on this project, I didn’t fully comprehend the magnitude of how large and dominating this space would be. And now, I’m so appreciative to have had the chance to be involved in the space-planning process from inception to near completion.”

RE-ENVISIONING STUDENT LIFE

The original vision for the David D. Palmer Learning Commons was to create a facility that celebrates the building’s existing structure—some elements of which are more than 100 years old—while integrating modern components that mesh with the shifting realities of modern student life, such as spaces for collaborative learning, a new library, and a hands-on technique lab.

“There’s nothing typical about what we’re creating here,” says Dr. Weinert. “Of course, you’ll have your classrooms and both private and group study areas, but we’ve gone above and beyond that. There will be adjusting rooms, an entire IT center, a café, and as you can see, tons of space for students and faculty to connect with one another.”

“Don’t forget to mention that this is so much more than a brand-new facility. Throughout the space, form follows the function of learning; that approach can be seen in brand-new chiropractic

“This isn’t just a student learning space. It’s a student living space. We want the on-campus student experience to be extraordinary.”

—Dan Weinert, D.C., Ph.D.
College Provost

tables for hands-on skill development, study rooms with monitors and access to 3D4Medical and our learning management system for collaboration, social spaces for fellowship, and more windows, campus connectivity, and 100-year old architecture than we could even dream of designing were we just starting from scratch,” Dr. Marchiori adds emphatically.

“Yes, all that too. This isn’t just a student learning space. It’s a student living space. We wanted the on-campus experience to be extraordinary. We wanted to push back against the irony of offering a health degree that requires students to sit in chairs all the time. You can’t really live a healthy life that way,” explains Dr. Weinert.

The result, as is being wonderfully realized more and more each day, is a state-of-the-art facility that will serve as a communal gathering space for collaborative learning and practice that’s accessible beyond traditional classroom hours. With an open, airy feel punctuated by floor-to-ceiling glass windows, design elements communicate with one another and contribute to an overall symmetry that will facilitate traffic flow.

Dr. Marchiori, with his hard hat donned, gestures toward the eastern corner of the first floor. “The design is very intuitive. This large arch, for example,

visually connects with Friendship Court and the Administration Building. And those arches over there will create an atrium that connects with our centrally-located classrooms above,” he explains.

CREATING SPACE FOR OPTIMAL HUMAN FUNCTION

Chiropractors recognize that the human body has innate intelligence, and that their job is to remove interference that may inhibit the full expression of human potential. Part of this means creating optimal conditions for the body to be a healthy entity. That said, the last thing chiropractors want to do is place obstacles in the way of achieving wellness.

“If you really think about the wellness mindset, it can also apply to the student learning experience,” says Dr. Marchiori.

“We’ve had to ask ourselves throughout this project, ‘What are some typical obstacles to optimal student learning and student life?’ One is not facilitating student collaboration outside of classrooms; another is not having access to spaces that allow you to comfortably study, or spaces that are large enough and centrally located to be convenient throughout the day,” says Dr. Weinert. “Thankfully, the Learning Commons will leave no room for such obstacles.”

To say the David D. Palmer Learning Commons allows students to live and learn unlike anything else would be accurate—but not complete. The project also sends a message to the broader chiropractic community, one that does justice to the iconic statement that’s inscribed above the Brady Street entrance to the century-old B.J. Palmer Classroom Building: *Enter to learn how.*



“Palmer College is on the move. We’re preparing our people, programs, and facilities for the future so that we can continue to produce the best chiropractors in the world.”

—Dennis Marchiori, D.C., Ph.D.
Chancellor and CEO



“Palmer College is on the move,” says Dr. Marchiori. “We’re preparing our people, programs, and facilities for the future so that we can continue to produce the best chiropractors in the world. In the spirit of its namesake, the educator David D. Palmer, this facility is a haven for learners and their education.”

Beyond being a space that students and faculty alike will want to spend time in, the Learning Commons shows that Palmer cares about its community, the chiropractic profession, and the overall well-being of human beings.

“This project supports the center of our mission: our students. It’s a space for them, after all,” says Dr. Weinert.

On the second floor, Dr. Marchiori and Dr. Weinert take a moment to look around. The sun is beginning its hazy descent into the Davenport horizon. In a few short weeks, all construction equipment will be gone, and the College will begin the daunting task of ridding the space of dust and debris. The College will then make the finishing touches: moving in purple and gold furniture, adding some David D. Palmer artwork and artifacts, setting up lab equipment, and hooking up all technology.

“We’re so close to realizing a multiyear project and another step toward a full restoration of the Fountainhead of chiropractic,” Dr. Weinert says with a smile.

He’s right, and for the students at Palmer College as well as the entire chiropractic community, this project is sure to be one that will serve so many for generations to come.

HONORING HISTORY—WITH A MODERN FLAIR

The Learning Commons is a special project for a lot of reasons, not the least of which is its use of historic arches. During the project’s planning phase, the Quad-Cities based architect, Melissa Morse, unexpectedly discovered the original, 100-year-old Palmer arches that were part of the building’s first blueprints overseen by B.J. Palmer—the son of the founder of both Palmer College and chiropractic.

Affecting in stature, yet refined thanks to precise brickwork, the arches have arguably guided the entire project, offering focal points, flair, and a sense of sophistication that harkens back to the College’s founding.

“It was a complete surprise to find these arches,” says Dr. Marchiori. “We were in a planning meeting when Melissa interrupted us to share the news.”

The arches were originally used along the building’s exterior, and over the course of 50 years were covered by additional construction as



the campus grew. Given the significant value of the arches from both design and historic standpoints, Studio 483 Architects made the decision to work them into the Learning Commons’ central glass atrium, which will operate as the building’s centerpiece.

As Dr. Marchiori and Dr. Weinert continue to walk through the atrium, they stop at yet another exquisite element—a 23-ton iron staircase, crafted in the architecture of essential elements similar to the spine.

“These design elements resonated from true spinal anatomy, which is what makes this staircase so important to Palmer,” says Dr. Marchiori.

“It connects closely to our mission and, really, the spirit of who we are,” Dr. Weinert adds. The two tend to finish each other’s sentences, as if they both know what the other is thinking—and in a sense, they do, having worked together on this project for so long.

“I can just imagine students coming across the skywalk and then making their way down this staircase in awe,” says Dr. Marchiori.

Snaking upwards toward the second-floor classrooms, the staircase went through many iterations before its current design was decided upon. Today, it stands alongside two ribcage sculptures that offer another focal point.

Heading up the staircase, the two men pause to take in the view; there’s a particular perspective this angle offers, distinguished by a succession of arches.

“It’s just arch after arch after arch here,” says Dr. Weinert. “It’s really quite expansive. The whole space feels monumental, especially given the ceiling height. I get a similar feeling when I enter the building through one of the arches and look at the staircase from there.”

Above, the evening’s sunset lingers—bright oranges and pinks are dotted with clouds. Leaking through the ceiling’s skylights, the light sends illuminated rectangles across the floor. Outside, one can see fountains surrounded by landscaping.

“When those fountains are turned on in springtime, colored lights will be activated in the water—yellow, purple, and so forth. That’ll display a cycling of colors that’s just going to floor anyone who’s sitting next to these windows,” says Dr. Weinert. “It’ll be a show-stopper moment for folks.”

In many ways, a whole new kind of show will begin when the David D. Palmer Learning Commons opens this spring, one in which students will take center stage in a production that’s been carefully built for them—and for their future. ■

LIKE IT WAS MEANT TO BE

How Steven Saro, D.C., gives back to the place that gave him a sense of purpose and direction.

STEVEN SARO, D.C. (Main, '88) doesn't believe in coincidences. The Massachusetts native and first-generation college student at the University of Miami was on track to become a surgeon when he was sidelined with a lower back injury while playing baseball. A visit to the team chiropractor not only relieved Dr. Saro of his pain, but also an ailment he'd been suffering from for much longer.

"I'd dealt with debilitating migraines since I was 13 years old. The team chiropractor started working on my neck, and it didn't occur to me until sometime later that I stopped having migraines. It was the longest I'd ever gone without one."

The work of the team chiropractor gave Dr. Saro a new sense of purpose and direction: to serve through chiropractic care. He applied and was accepted to several chiropractic colleges and osteopathic medicine programs, but "all roads pointed to Palmer." It didn't take him long to figure out that the path he chose was right.

"Palmer revealed itself through its rigorous coursework. I knew it was where I was meant to be. As students, you don't realize that the

"As students, you don't realize that the bricks being laid at Palmer will help you build the foundation of your career."

—Steven Saro, D.C.

bricks being laid at Palmer will help you build the foundation of your career."

Throughout his 30 years in practice, Dr. Saro has graciously given back to the place he credits for much of his success. "I would not be where I am, the doctor I am, or the person I am today without Palmer College," says Dr. Saro.

Shortly after his graduation, Dr. Saro began making annual gifts of \$1,000 to student scholarships. His most recent commitment of \$50,000 will support capital projects as part of the College's Daring & Driven campaign. To recognize Dr. Saro, Palmer College will name one of the group study rooms in the new David D. Palmer Learning Commons in his honor.

"Walk into any hospital, and you'll find donor names on buildings and in every space. It means those people are connected to that place, and I want others to know how grateful I am for everything I have—and for Palmer College." ■

LIKE FATHER, LIKE SON

This year, Dr. Saro celebrated 30 years in practice. He opened Saro Chiropractic Health Center in Dracut, Massachusetts, a practice he's proud to say he built from the ground up with long days and a lot of commitment. Now, Dr. Saro works alongside two other Palmer graduates, including his son, Harrison, who graduated in February 2020 from Palmer's main campus in Davenport.



INTEGRATING CARE

Preceptorships help Palmer students expand their clinical learning experience.



GETTING STUDENTS INVOLVED IN A HOSPITAL SETTING

Mike Olson, D.C., CCSP, ICSP (second from right) poses with (right to left) Katelyn Seaba, D.C. (Main, '20), 13th quarter Palmer Florida student McKenzie Schultz, and his office assistant, Melissa Grover.

PALMER COLLEGE ALUMNA KATELYN SEABA, D.C. (MAIN, '20) just finished a clinical rotation at Bigfork Valley Hospital in Bigfork, Minnesota. Having that experience under her belt, Dr. Seaba is now confident that she's ready to provide chiropractic care to any patient she comes into contact with.

Clinical rotations are excellent opportunities for Palmer students to grow their clinical experience prior to graduation. "Not only did I learn how to put all of my clinical skills together, but I also saw rare conditions that I thought I'd only learn about in school," says Dr. Seaba. "I've seen babies, teens, middle-aged and elderly patients. If I were to open my own clinic tomorrow, I wouldn't fear the array of patients that might come through my doors."

Working in an integrative care setting also gave Dr. Seaba the opportunity to provide sideline care at sporting events, shadow surgeries, and work with patients overcoming significant disease. "I saw a patient who survived an abdominal aortic aneurysm rupture, another with peripheral nerve entrapments, an individual with diabetic neuropathies regaining sensation, and a patient who lost all function of their lower limbs as a result of cancer on their T9 vertebra—which they eventually gained back," she says.

Dr. Seaba completed her rotation under Mike Olson, D.C., CCSP, ICSP (Main, '11) at Bigfork Valley Hospital. Dr. Olson began this program six years ago and has hosted 13 students at the hospital.

"I'm adamant about chiropractors needing to be involved in integrative care," says Dr. Olson. "This is an opportunity for our profession. Since I started, we've grown our presence in hospital settings, and now we get a lot of calls requesting chiropractic integration. My ability to pass on what I've learned is important, and we need more students learning how to work in an integrative setting."

While chiropractors provide care without the use of drugs or surgery, Dr. Olson says, "I want my students comfortable interacting with all types of care. They need that knowledge and background. My students sit in on physical therapy sessions and typically shadow five to ten different surgeries and spinal injections."

As Dr. Seaba was finishing her rotation, McKenzie Schultz—a 13th quarter Palmer Florida student—was just beginning hers. For McKenzie, this experience is exactly the opportunity she'd been looking for. "I've always been interested in working in an integrated care hospital setting," McKenzie says. "If you want to get better, you've got to push yourself, and this is giving me that extra opportunity to do so." ■

Palmer College of Chiropractic holds academic affiliations with 45 Department of Defense/Veterans Affairs hospitals, integrative health hospitals, and pain management clinics with the goal of providing students with additional clinical learning experience. Learn more about preceptor programs at: <https://www.palmer.edu/academics/clinical-experience/preceptorships/>.

CLASS NOTES

July 1, 2020 – November 30, 2020.



'60s

LYMAN ATCHLEY, D.C., FPAC (Main, '65) (pictured above on the right) was presented the Lifetime Achievement Award from the New Mexico Chiropractic Association in September 2020. The award was presented by Dr. Atchley's close friend and fellow Palmer alumnus, Herbert Beatty, D.C. (Main, '68).

'80s

CHRISTOPHER WOODROW, D.C. (Main, '89) was appointed to serve on the State Board of Health in Illinois. Dr. Woodrow has owned and operated Mt. Zion Chiropractic in Mount Zion, Illinois since 1990.

'90s

SHERRY MCALLISTER, D.C., M.S., CCSP (West, '96) was promoted to president of the Foundation for Chiropractic Progress (F4CP) in August 2020. Dr. McAllister joined F4CP as executive vice president in 2015.

DAVID TAING, D.C., M.D. (West, '97) joined Gulf Coast Medical Group in North Port, Florida, as a doctor of family medicine.

'00s

AMY MCKEE, D.C. (Main, '07) was elected president of the Arkansas Chiropractic Physicians Association in March 2020.

'10s

NICHOLAS KNUTSON, D.C. (Main, '10) was named one of the Five Best Chiropractors in Charlotte. Dr. Knutson owns Mountain Island Chiropractic in Charlotte, North Carolina.

NANCY OWENS, D.C. (Florida, '13) opened Wellness Matters Chiropractic in Ferdinand, Indiana in August 2020.

ROBERT HANSEN, D.C. (Florida, '16) joined Bridges Chiropractic Health Clinic in Owatonna, Minnesota in July 2020.

KALI GEHRMAN, D.C. (West, '18) opened Lava Canyon Chiropractic in Longview, Washington in the summer of 2020.

C.J. CASTELLANO, D.C. (Main, '19) and **NICOLE PLEGGENKUHLE, D.C.** (Main, '19) opened True North Chiropractic in Onalaska, Wisconsin in July 2020.

KATHRYN FRANCKEK, D.C. (Florida, '19) is leading the North River office of Hornback Chiropractic and Wellness, P.A., which opened in September 2020. Located in Palmetto, Florida, this is the third location for the practice, founded in 2002 by Palmer Florida adjunct faculty member, Dr. Cindy Hornback.

'20s

KATHERINE "KAT" BURTIS, D.C. (Florida, '20) opened Pure Alignment Chiropractic in Deland, Florida in October 2020.

TRITON IVIE, D.C. (Main, '20) purchased Family Tree Chiropractic in Eastsound, Washington from fellow Palmer graduates, **ORION MAHONY, D.C.** (Main, '05) and **KAMI RATHBURN MAHONY, D.C.** (Main, '04) in November 2020.

HAVE NEWS TO SHARE? SEND IT TO ALUMNI@PALMER.EDU TO BE INCLUDED IN THE NEXT ISSUE.

IN MEMORIAM

Reported from July 1, 2020 – November 30, 2020. Listed by graduation year in alphabetical order. *Faculty-Staff

Main Alumni

GLORIA WHELTON, D.C. (Main, '43) Sept. 7, 2020
JOHN KOVSKI, D.C. (Main, '47) Jan. 22, 2019
GWAIN ZARBUCK, D.C. (Main, '48) Aug. 3, 2020
JOHN ILARDI, D.C. (Main, '49) July 13, 2019
EDWARD MILHOUS, D.C. (Main, '49) Oct. 20, 2020
GERARD LANTHIER, D.C. (Main, '51) Nov. 6, 2019
DELANO MALMSTROM, D.C. (Main, '51) Oct. 14, 2020
MORRISON SMITH, D.C. (Main, '52) Aug. 25, 2020
DELBERT OPIE, D.C. (Main, '53) Oct. 17, 2020
ROGER CHEVREFILS, D.C. (Main, '56) May 19, 2020
GLENNARD FRENCH, D.C. (Main, '56) April 28, 2020
JOHN LAWRENCE, JR., D.C. (Main, '56) Sept. 11, 2020
DONALD LASH, D.C. (Main, '57) Sept. 12, 2020
JEROME SCHUELKE, D.C. (Main, '57) July 8, 2020
FREDERICK BOCK, D.C. (Main, '58) July 1, 2020
DAVID WAGGONER, D.C. (Main, '58) Nov. 25, 2020
RUSSELL GARWARD, D.C. (Main, '59) Oct. 22, 2020
JOHN NELSON, D.C. (Main, '59) Oct. 14, 2020
JOHN SIMKOVICH, D.C. (Main, '59) July 20, 2020
GEORGE STUCKER, D.C. (Main, '59) July 24, 2020
JOSEPH AWENDER, D.C. (Main, '60) Oct. 7, 2016
JEANNINE BRUNELLE, D.C. (Main, '60) Dec. 21, 2019
JACK ELIA, D.C. (Main, '60) July 19, 2020
BONNIE RIDGE, D.C. (Main, '60) June 28, 2020
WALTER AIKEN, D.C. (Main, '61) July 16, 2020
LAWRENCE WILLIAMS, D.C. (Main, '61) Nov. 2, 2020
ROBERT BECKMAN, D.C. (Main, '62) Aug. 8, 2020
NAOMI BRUBAKER, D.C. (Main, '62) March 23, 2020
THOMAS HOWER, D.C. (Main, '62) July 14, 2020
CLAUDE PAILLE, D.C. (Main, '62) March 12, 2020
OSCAR SUNDSTEDT, D.C. (Main, '62) Nov. 3, 2018
ROBERT RABENAU, D.C. (Main, '63) Oct. 17, 2020
PHILIP WHITE, D.C. (Main, '64) Sept. 23, 2020
JERRY FORBUSH, D.C. (Main, '65) July 1, 2020
THOMAS BALDERAS, D.C. (Main, '66) Sept. 15, 2020
ALAN TASHMAN, D.C. (Main, '66) Feb. 2, 2020
LINDA ANDERSON, D.C. (Main, '67) Aug. 19, 2020
JAMES STEPHENSON, D.C. (Main, '67) Sept. 1, 2020
EDWARD LONG, D.C. (Main, '68) Sept. 2, 2020
JOSEPH KAST, D.C. (Main, '69) July 4, 2020
RONALD PRINGLE, D.C. (Main, '69) Feb. 13, 2020
JOHN (JACK) RASMUSSEN, D.C. (Main, '69) June 16, 2020

LOWRY HARRIS, D.C. (Main, '70) June 11, 2020
CHRIS PAPE, D.C. (Main, '70) April 20, 2020
ROBERT CALICUTT, D.C. (Main, '71) Dec. 6, 2019
JEROME DYLEWSKI, D.C. (Main, '71) Feb. 25, 2020
RICHARD WHITNEY, D.C. (Main, '71) March 14, 2020
LEROY DENNING, D.C. (Main, '73) June 29, 2020
ALAN ALTO, D.C. (Main, '74) April 24, 2020
DONALD BROWNE, D.C. (Main, '74) July 4, 2020
ROLAND ROY, D.C. (Main, '75) May 23, 2020
CHESTER BLACKMON, D.C. (Main, '76) Aug. 6, 2020
BILLY DAVIS, JR., D.C. (Main, '76) June 28, 2020
WILLIAM MILANO, D.C. (Main, '76) Dec. 5, 2019
ROBERT NYTES, D.C. (Main, '76) July 14, 2020
DAVID WALDER, D.C. (Main, '76) July 18, 2020
ALFRED HARKER, D.C.* (Main, '77) Nov. 4, 2020
CONSTANTINE MOURAS, D.C. (Main, '77) May 8, 2020
JACK ANDERSON, D.C. (Main, '78) Sept. 23, 2020
THOMAS GREGORY, D.C. (Main, '78) July 11, 2020
JOHN LAWRENCE, D.C. (Main, '78) Aug. 26, 2020
BOBBY CARPENTER, D.C. (Main, '79) Nov. 8, 2020
JEFFREY WELSH, D.C. (Main, '79) Sept. 15, 2020
KEITH WHITE, D.C. (Main, '79) June 22, 2020
DARRELL BIRD, D.C. (Main, '80) July 9, 2020

MICHAEL SCHILL, JR., D.C. (Main, '80) Aug. 8, 2020
WILLIAM SMITH, D.C. (Main, '80) Aug. 24, 2020
JAMES FARRELL, D.C. (Main, '81) Nov. 8, 2020
DAVID HOEWISCH, D.C.* (Main, '82) Nov. 24, 2020
GREGORY LANOWAY, D.C. (Main, '82) Oct. 15, 2020
KEVIN WALTER, D.C. (Main, '82) Sept. 26, 2020
ROBERT HANES, D.C. (Main, '84) June 6, 2020
RENEA SWETT JOHNSON, D.C. (Main, '85) Jan. 1, 2020
MARK MUNDAY, D.C. (Main, '85) Oct. 11, 2020
WILLIAM MARTIN, D.C. (Main, '88) June 9, 2020
SCOTT SCHUETZ, D.C. (Main, '89) Aug. 9, 2020
MARK FILIPPI, D.C. (Main, '91) Nov. 5, 2020
DAVID FISHER II, D.C. (Main, '91) Sept. 16, 2020
PATRICIA HARDING, D.C. (Main, '92) Aug. 2, 2020
ANNE KNUDSEN, D.C. (Main, '93) Dec. 15, 2019
ALLAN NOVAK, SR., D.C. (Main, '93) July 25, 2020
ABRAM NICHOLS, D.C. (Main, '95) Nov. 16, 2020
MELISSA KOLINSKY, D.C. (Main, '99) Oct. 23, 2020
ELISE DECAMP, D.C. (Main, '11) Sept. 9, 2020
AUBRY HAERTEL, D.C. (Main, '16) Sept. 1, 2020

Florida Alumni

JASON DOUGAN, D.C. (Florida, '09) Nov. 19, 2020
JOSHUA BARRETTE, D.C. (Florida, '19) June 30, 2020

Major gifts honor the lives of two important members of the Palmer community.

WE'RE HONORED to announce that two major gifts have been received by Palmer College to honor the late Christian Mary Martin and John Coffey, D.C.

The Christian Mary Martin Memorial Endowed Scholarship honors a life passionate about chiropractic students.

PETER MARTIN, D.C. (Main, '68) has spent 55 years in the chiropractic profession: as a student, a practicing chiropractor, an educator, and most recently as an administrator. His wife, Christian, was by his side from the beginning, traveling with Peter by ship from their home in London in 1965 to start their lives stateside and begin their journey through chiropractic.

Born and raised in England, Christian—known as Chris—attended the London Hospital and was a nurse at the time of their move. She attended Palmer for one quarter before deciding not to continue her chiropractic education. Instead, while Peter worked on his degree, Chris got a job at the clinic's front desk. She loved the job because she was involved with chiropractic and had opportunities to assist students.

Sadly, in October 2019, Chris passed away. To honor her legacy and love of chiropractic, Peter contributed \$50,000 to establish the Christian Mary Martin Memorial Endowed Scholarship. As the current Palmer Florida campus president and a former scholarship recipient himself, Dr. Martin has witnessed firsthand how scholarships not only provide financial support to students but also, and sometimes more importantly, boost their morale by recognizing their academic efforts. Reflecting on what Chris would think about the scholarship, Dr. Martin says, "Chris would be so happy about it. She was passionate about the students and the profession." ■



A COUPLE PASSIONATE ABOUT CHIROPRACTIC

Palmer Florida campus president Peter Martin, D.C., pictured here with his late wife Chris, established an endowed scholarship fund to honor her name after she passed in 2019.

Honoring the Memory of John Coffey, D.C. (Main, '76)

JENNIFER COFFEY, D.C. found a mentor in her father, John Coffey, D.C. (Main, '76).

"He came from such a great generation of chiropractors who were passionate, principled, and ready to change the world one adjustment at a time," says the younger Dr. Coffey.

John practiced for decades in Auburn, Washington, and exposed his daughter to the profession he was passionate about. Over time, Jennifer also learned of her father's love for Palmer College. Unfortunately, Dr. Coffey senior passed away unexpectedly in June 2017.

Jennifer, along with her brother, Jonathan, and aunt, Tamara Krause, chose to honor his memory with a \$50,000 gift in Dr. Coffey's name to support capital projects at Palmer College. To recognize the family for their generous gift, a group study room in the new David D. Palmer Learning Commons will bear the Coffey family name.

"I know he'd be so proud of how Palmer has grown, and he'd want all the students to remember the power of THE specific chiropractic adjustment—it's what makes what we do so awesome." ■



PARTING THOUGHTS

Palmer's Research Honors Program attracted 7th trimester student, Emma Rae, to Palmer College.

A TOUGH DECISION drew me to research, and research led me to the answers I needed.

In elementary school, I suffered from osteochondritis dissecans and had to have several surgeries. This sparked my interest in the human body and how it operates, so I knew I wanted to pursue some form of health care. At the age of 15, I was diagnosed with a right thoracic idiopathic scoliosis. This experience nearly solidified my interest in chiropractic, and yet the idea of becoming a doctor of osteopathic medicine still intrigued me.

Research was my avenue to keep both options open because I knew that having research experience would be beneficial were I to choose the chiropractic path—and I ultimately chose that path, and Palmer, because of the opportunity to participate in its Research Honors Program.

Here at Palmer, I focused on projects involving spared sciatic nerve injury and its hyperalgesic result. My Research Honors project analyzed the presence of a peptide known as CGRP (calcitonin gene-related peptide) and its receptor in the dorsal horn of the lumbar spinal cord

"I ultimately chose Palmer because of the opportunity to participate in its Research Honors Program."

—Emma Rae Langdon

and brain stem. I've had the opportunity to work under the mentorship of Stephen Onifer, Ph.D. who has been monumentally impactful to my learning. He's been able to explain complicated neuropathways to me by drawing up visuals and walking me through them. His ability to sketch these complex pathways quickly and casually on a blank piece of paper is impressive, and his clear understanding of neurotransmitters has inspired me to want to achieve the same.

I'm also involved in a scoping review with Robert Vining, D.C., DHSc. I'm a reviewer, which means I've been reading articles and determining whether they're eligible for the scoping review focused on pain neuroscience education. Dr. Vining has sparked paradigm shifts in my way of thinking about pain, how we perceive our pain, and how we can communicate with patients about pain.

With this newfound experience, my love for chiropractic is solidified. If you ask me, chiropractic is the perfect way to focus on patients' values and help them achieve their health goals, while also allowing them to feel in control of their health. ■



PALMER

College of Chiropractic

Advancement Office

1000 Brady Street / Davenport, IA 52803

PALMER COLLEGE OF CHIROPRACTIC HOMECOMING

Join us for our annual homecoming
September 16–18, 2021 in
Davenport, Iowa.

RETURN TO THE FOUNTAINHEAD of chiropractic for Palmer's 2021 Homecoming! Reconnect with friends and classmates, earn continuing-education credits and see all of the exciting renovations recently completed at your alma mater.

FEATURED SPEAKERS

Dennis Marchiori, D.C., Ph.D.
Nichelle Gurule, D.C.
Heidi Haavik, D.C.
Dan Lyons, D.C.
Greg Rose, D.C.

EVENT HIGHLIGHTS

- See the new David D. Palmer Learning Commons, Bruce & Bethel Hagen Student Union and Trevor V. Ireland Student Clinic
- Class Reunions
- Saturday Night Festival

