

125TH ANNIVERSARY OF CHIROPRACTIC COMMEMORATIVE EDITION

# PALMER

# PROUD

FALL  
2020

ISSUE 002



**125**  
**120**  
YEARS OF  
CHIROPRACTIC  
**CELEBRATING  
OUR PROFESSION**

THE MAGAZINE OF PALMER COLLEGE OF CHIROPRACTIC



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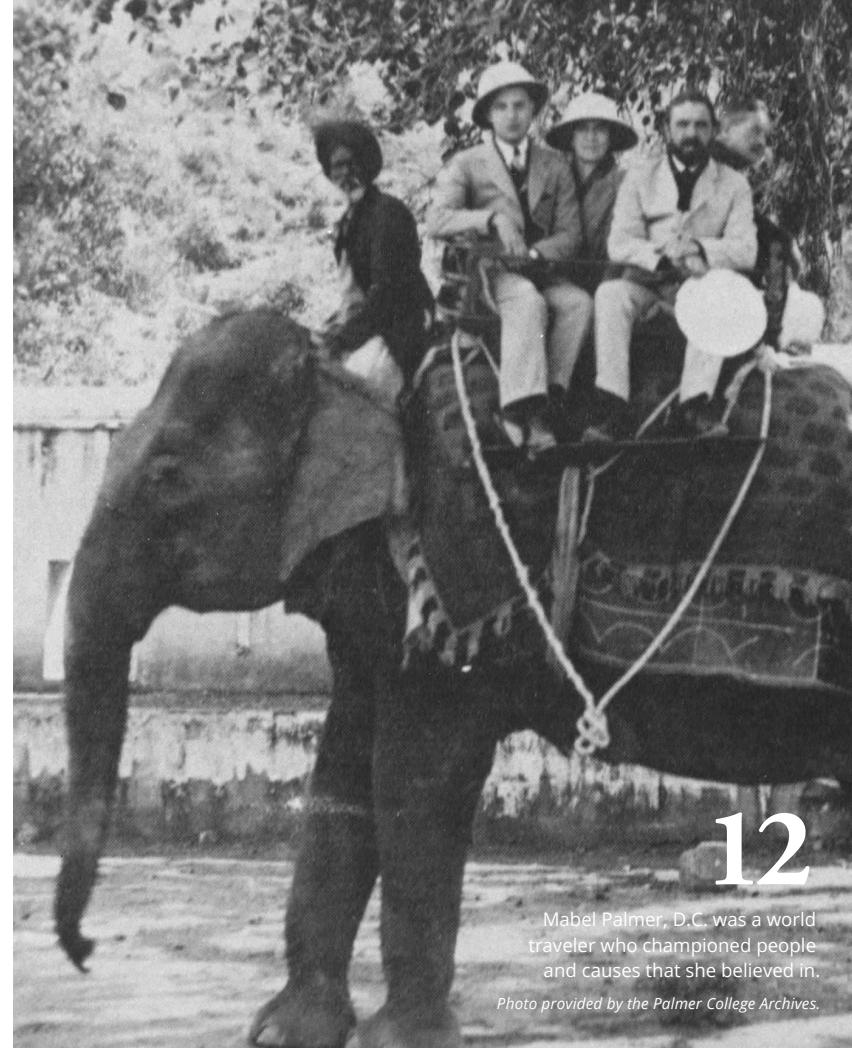
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Mabel Palmer, D.C. was a world traveler who championed people and causes that she believed in.

Photo provided by the Palmer College Archives.



Palmer Celebrates the 60th anniversary of its rugby teams.



While it may look different, the level of education students receive during the pandemic remains the same.

“I want the profession to have that diversity as well. And I think it would be amazing to be able to say that this person is a great doctor—not this is a great Black doctor, or this is a great female doctor. I want to see success at all levels.” —Alicia Stewart, Student



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## ON THE COVER

A custom illustration melding the three campuses together to commemorate the 125th anniversary of the profession.

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## CONTACT US

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

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## Chiropractors Always Adjust

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

The past six months have been a time of change and upheaval and have underscored a comment recently shared by a Board of Trustees member: chiropractors always adjust.

I'm so proud of our Palmer College students, faculty, staff and alumni as they've risen to meet the challenges of recent uncertain times.

Our students quickly acclimated to online learning in the spring. They used technology to stay connected, study together, read, and learn, and even seized the opportunity to return home and spend extra time checking on family. They're now back on campus and full of energy, and we're thrilled to be around our students again.

Our faculty, staff and board leadership worked tirelessly to transition our program from 100% in-person to nearly 100% remote delivery in the span of days. Their creativity and dedication enabled us to continue student learning, research, patient care, and the essential business functions of the organization through this crisis. Their work is not over as we continue to creatively explore and modify past practices to meet current challenges and advance our mission.

We are incredibly Palmer proud of our alumni who have continued to serve essential roles in their communities, providing care to those who need it the most. Alumni shared stories of launching telehealth, providing in-home chiropractic

visits, and developing educational videos to help their patients in different ways.

And as a movement against racial injustice rose in our country, our alumni and campus communities spoke up, calling on our profession to be inclusive as we provide health care to the people around us. Later in this issue, you'll read perspectives from students who aspire to grow our profession by ensuring that chiropractic is accessible and broadly known to individuals of all races, genders and economic backgrounds.

As the 125th anniversary of the first adjustment of chiropractic nears, we reflect on the doctors of chiropractic who came before us, each playing their part in growing the profession. It's the story of chiropractic pioneers who solely laid the groundwork for our profession; chiropractors who ventured to introduce chiropractic to a country for the first time; researchers who, for the past 25 years, have used science to demonstrate our art and philosophy; and leaders who continue to give back to the profession year after year.

We will not be hosting the in-person campus event we hoped, but I invite everyone to celebrate with us on Friday, September 18 during a virtual celebration of the 125th anniversary of the chiropractic profession, and then September 15-17, 2022 for the 125th anniversary of Palmer College of Chiropractic. ■



# NEWS & NOTES

## Commemorating 125 years of Palmer College: Palmer alumni oral history project

To commemorate the 125th anniversary of Palmer College of Chiropractic in 2022, the College is launching an Alumni Directory and Oral History project to capture information and stories from our alumni. To be included in this historic project, please make sure your information is up to date by sending a message to [alumni@palmer.edu](mailto:alumni@palmer.edu).

[alumni@palmer.edu](mailto:alumni@palmer.edu)

## Virtual 125th Founder's Day Celebration

Be a part of the virtual 125th anniversary of chiropractic celebration on Friday, September 18 at 5:15 p.m. CDT to celebrate this milestone for our profession. View and interact on Palmer's Facebook page, and be sure to take pictures as you toast and leave them in the comments for the profession to see.

[facebook.com/palmercollegeofchiropractic](https://www.facebook.com/palmercollegeofchiropractic)

**WE'RE  
CELEBRATING**

**125**  
**YEARS OF  
CHIROPRACTIC**

## Chiropractic Wine Collection

Palmer College has launched the Chiropractic Wine Collection®, a special selection of commemorative, limited-edition wines to honor the 125th anniversary of the profession. Purchase one of each (or an entire case) before they're gone.

The collection includes:

- "First Lady Mabel Palmer," a 2018 Russian River Chardonnay. Proceeds from sales of the chardonnay will benefit the Palmer Women's Institute.
- "Discoverer and Founder D.D. Palmer" Cabernet Sauvignon, a 2017 Napa Valley Cabernet. Proceeds from the cabernet will be divided equally among the three Alumni Endowed Scholarships, one for each of Palmer's campuses.

[chiropracticwinecollection.com](http://chiropracticwinecollection.com)



## Fourth academic building on the horizon at Palmer Florida

With more than 800 students enrolled at Palmer Florida, and demand continuing to rise, Palmer College has plans to expand academic space, adding a fourth academic building to accommodate more students.

The new academic building will offer a larger anatomy learning environment, optimize learning through a low student-to-faculty ratio, and allow students to study with the best available technology. The new labs will be designed specifically for students to apply what they're learning about movement science and rehabilitation in an ideal, technologically-advanced setting.

The \$12 million, 33,000 square-foot academic building will feature four high-tech classrooms, four technique rooms, and two anatomage tables, creating space for 130 students.

"Palmer is chiropractic. Here, I know everyone wants me to succeed. We also push one another to be our very best. It's awesome to know my college wants to invest in my future through new academic spaces," says Avalon Liscio, Palmer Florida student.

When not learning hands-on technique in the classroom, or meeting with their instructors, students will be able to relax and study on the extended patio alongside the pond.

There will be a ceremonial groundbreaking in October. A large celebration will take place when the building is completed.

## Earn CE credits from Palmer online

New classes are regularly being added to Palmer's selection of online continuing education classes. Keep up with your continuing education with the experts from *The Trusted Leader in Chiropractic Education*®. Here's a snapshot of available courses:

- Science Gems Parts 1-4, with Heidi Haavik, D.C., Ph.D.
- Chiropractic Management of Lumbar Radiculopathy: Stratifying Risk 2020, with Kevin Percuoco, D.C., Cert. MDT
- Chiropractic, Public Health, and Community, with Rob Vining, D.C., D.H.Sc.
- Differential Diagnosis for the Painful Pink Eye 2020, with Tracey Littrell, D.C., DACBR, DACO
- Intermittent Fasting: Implications for Health and the Nervous System, with Dan Weinert, D.C., Ph.D.
- Ethics and Professional Boundaries for the Chiropractor, with Mary Frost, D.C., M.B.A.
- Georgia Laws and Rules, with Mary Frost, D.C., M.B.A.
- Illinois State Sexual Harassment Prevention Training, with Tracey Littrell, D.C., DACBR
- Vaccination: Understanding Immunity and Health Care Policy, with Dan Weinert, D.C., Ph.D, DACRB

[palmer.edu/continuing-education](http://palmer.edu/continuing-education)

## Palmer College confronts injustice

Palmer students, employees and alumni spoke up about racial injustice following the death of George Floyd. In the weeks that followed, Palmer College leadership listened and worked alongside students to develop steps that can be taken to ensure all students feel welcomed and included in the Palmer community. We're also working with stakeholders and authorities in the area of diversity and inclusion on recommendations.

During the June 2020 Board of Trustees meeting, Trustees endorsed a resolution in support of diversity and inclusion, and denounced racism.

### Palmer College of Chiropractic Board of Trustees Resolution, June 12, 2020:

WHEREAS, the Trustees of Palmer College of Chiropractic recognize that people of all racial backgrounds in communities across this nation and the world have expressed outrage at recent instances of racial injustice; and

WHEREAS, Dr. Martin Luther King, Jr., a true voice and advocate for racial equality and justice stated, "Injustice anywhere is a threat to justice everywhere;" and

WHEREAS, Dr. King also reminded us that, "The only thing necessary for the triumph of evil is for good [people] to do nothing;" and

WHEREAS, racism and bigotry in all forms are intolerable; therefore,

BE IT RESOLVED, that the Trustees of Palmer College of Chiropractic declare unequivocally that the lives of Black Palmer College students, faculty and staff, and Black people in our civic communities matter; and

BE IT FURTHER RESOLVED, that as *The Trusted Leader in Chiropractic Education*®, Palmer College must, and will, seek to be the change we wish to see in our nation through the environments of our classrooms, clinics and campuses, and the experiences of our students and employees.



# SEEN ON SOCIAL

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

#palmerproud #chiropractic #neighbors #palmerproudfaculty #palmerwest

Related Hashtags



**simchiro1** We miss what we do and I hope you can tell that we love what we do daily. **#thefrontstepsproject #palmerproud**



**futuredr.anson** Dr. Ken gave me many useful tips and insights so that I could be better prepared for my future career. **#chiropractic #palmerwest**



**drsheppe** Optimal Fetal Position. What is it? And what can be done about non-optimal fetal positions? **#webstertechnique #baby**



**mferranti** Recording content for our student interns for online learning. **#livingroomlessons #palmerproudfaculty**



# ONE QUESTION, THREE ANSWERS

A famous person walks into your clinic. Who is it and why are you excited to care for them?



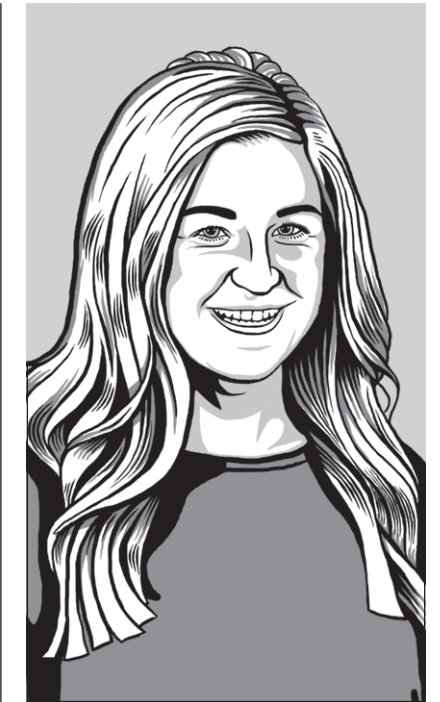
**CHEYENNE MCCARTHY**  
QUARTER 11, PALMER WEST

New Zealand filmmaker Taika Waititi. He's brilliant, hilarious and creative. Hopefully he'd name all my office plants during the course of treatment. I'd love to hear his perspective on chiropractic—how he defines it, why he seeks non-pharm care—and then shamelessly encourage positive press for the profession through his widespread platform. If he needed an on-set chiropractor, I'd be game!



**ZACHARY KONG**  
QUARTER 11, PALMER FLORIDA

Without a doubt, Cristiano Ronaldo. Ronaldo is one of the most talented soccer players and hardest-working athletes on the planet. He knows that with the drive for excellence, his body also needs the right tools and practices for recovery. I'd be excited to have him in the office not only because he's my favorite soccer player, but because of his willingness to be better and understanding of his body. If he's seeking out my practice for care, I'd know that we're providing the best care we can offer.



**CHEYENNE CRAGHEAD**  
7TH TRIMESTER, PALMER MAIN CAMPUS

Johnny Gaudreau. Not only is he my favorite hockey player, but he's the kind of player that is constantly working hard on and off the ice and is very dedicated to his career. Even though he's small compared to other NHL players, he doesn't let that be a disadvantage. This translates over to inspiring me to work harder and focus on my future career as a doctor of chiropractic and not let size be a determining factor to hold me back from being the best chiropractor I can be.

ILLUSTRATIONS BY BRENDAN WHIPPLE / THE NUMAD GROUP

## Palmer Trivia

Find the answers on page 32.

Which of these was **NEVER** the name of the Palmer school newspaper?

- a. Beacon
- b. Courier
- c. Facet
- d. Pisiform

Where on campus were the first lit tennis courts in the state of Iowa located?

- a. Clinic Gardens
- b. West Hall Courtyard
- c. Vickie Anne Palmer Hall's east parking lot
- d. Behind the Palmer Center for Chiropractic Research





# 25 YEARS OF INFLUENCE

We Reflect on the Rise of Chiropractic Research as We Celebrate the 25th Anniversary of the PCCR

**ANYTHING BUT A SUNSET**  
After 25 years, Palmer continues to push forward in the field of chiropractic research at the PCCR.

**WHEN CYNTHIA LONG, Ph.D., PSTAT**, dean of research at Palmer College of Chiropractic, first stepped foot onto campus as an employee 25 years ago, she never dreamed she'd be here for 25 years.

Now, as the Palmer Center for Chiropractic Research (PCCR) celebrates its 25-year anniversary, she can uniquely reflect on the rise of chiropractic research and its role in advancing the profession.

"Before 1995, Palmer and a number of colleges were conducting chiropractic research, but Palmer's leadership decided to invest more heavily in research to expand and strengthen our work," Dr. Long says. "What's unique about Palmer is that we took the most sustainable approach. Today we can look back and see that chiropractic research has influenced many realms of the profession, from curriculum, to practice, to the rise of multidisciplinary care settings and even policy. Palmer pushed the envelope by collaborating with high-level research institutions outside of chiropractic to grow and expand our research. Today that research is used profession-wide and beyond."

Dr. Long was hired by then-director Iftikhar Bhatti, Ph.D., under the auspices of The Palmer Institute of Graduate Studies and Research. Shortly thereafter, William Meeker, D.C., M.P.H., now campus president at Palmer West, became the director of what is now known as the Palmer Center for Chiropractic Research.

"Chiropractic is a science, art and philosophy," says Dr. Meeker. "Up until the early 90s, there was no ability for the profession to do research. Science is everybody's tool and we should use it. We believed research would grow credibility toward our profession, and it has. It also impacted how we teach students so when they graduate, they understand how research impacts clinical care."

Robert Vining, D.C., D.H.Sc., has worked for Palmer College for 12 years and now serves as the associate dean of clinical research. He leads research designed to inform practicing doctors of chiropractic, and most recently published a series of articles offering research-based tools that can help standardize language and

streamline clinical assessment and care for low-back pain.

"The Palmer Center for Chiropractic Research is the most highly-funded chiropractic research center in the U.S.," Dr. Vining continues. "The funding we've received is a direct indicator that researchers in other disciplines value the science we're interested in and consider us capable of rigorously conducting studies and transparently reporting results. It also means that funding bodies such as the National Institutes of Health (NIH) understand that Palmer as an institution has dedicated, on an ongoing basis, financial, administrative, and logistical support necessary for conducting such research."

The Palmer Center for Chiropractic Research has experienced many historical firsts. It became the first chiropractic institution to receive a grant directly from the federal government to establish a formal research center, was the first and only chiropractic institution to be awarded developmental center grants funded by the NIH, and was the first to receive NIH administrative supplement awards to support post-doctoral research training.

"Our alumni should be proud of their alma mater for being one of only a few colleges to have supported a critical mass of people to do basic science and clinical research," says Dr. Meeker. "It takes money and support of a large, competent organization, and Palmer has done that consistently for the past 25 years." ■

**"Our team has worked tirelessly to conduct research to address important policy questions and provide doctors of chiropractic and their patients with the information needed to make evidence-based clinical decisions."**

—Christine Goertz, D.C., Ph.D., professor at Duke University, former vice chancellor for research and health at Palmer College

## MILESTONES IN PCCR HISTORY

Grants awarded in the early days enabled PCCR to build the foundation to conduct research.

**1997:** PCCR secured its first grant from the NIH.

**2002:** The NIH awarded PCCR a building grant, giving it the space, laboratories, and a dedicated research clinic needed to conduct high-level, relevant research, and accommodate requisite staff.

**2007:** PCCR was awarded the R25 grant which provided 10 years of funding to develop the faculty at Palmer's three campuses. This grant was instrumental in providing the training and resources to incorporate evidence-based curriculum at Palmer.

### Growing Chiropractic Research

After a decade of foundational research, PCCR developed increased capacity to conduct clinical research. The PCCR began to receive large-scale, multi-year grants to conduct research among larger populations. This research would ultimately influence curriculum, policy, and the growth of multi-disciplinary care.

**2010:** The assessment of Chiropractic Treatment for Low Back Pain, Military Readiness, and Smoking Cessation in Military Active Duty Personnel (ACT I, II, III) study was a collaborative project between the Samueli Institute, the RAND Corporation and PCCR, funded by the Department of Defense with \$5.1 million granted to PCCR. This project spanned eight years and presented far-reaching implications for the health and productivity of our troops and the general public.

**2019:** PCCR is leading a \$7 million, six-year study called VERDICT, in collaboration with the Yale Center for Medical Informatics, The Dartmouth Institute for Health Policy & Clinical Practice, and the University of Iowa. VERDICT is part of an \$81 million federally-funded NIH-DoD-VA Pain Management Collaboratory, which is an initiative designed to support large-scale pragmatic clinic trials focused on the use of non-drug pain management approaches among active-duty and veteran populations. VERDICT will be carried out within four Veteran Administration clinics across the country.

## PCCR COLLABORATIONS—LOCAL AND NATIONAL

Projects are often a collective effort between scientists at the PCCR and collaborating investigators including physicians, chiropractors and scientists. During the past 10 years, the PCCR has collaborated with the following institutions:



### COLLEGES AND UNIVERSITIES:

University of Iowa, Dartmouth College, Loyola University, Thomas Jefferson University, Yale University, Harvard University, Miami University, University of Kentucky, University of Pittsburgh



### HOSPITALS:

Crotched Mountain Specialty Hospital and Genesis Health System



### DEPARTMENT OF DEFENSE:

Active military at bases in Florida, California, Maryland, and Kentucky



### VETERANS HEALTH ADMINISTRATION:

Iowa City, Iowa; West Haven, Connecticut; Minneapolis, Minnesota; and Los Angeles, California



# RUGBY PAST AND PRESENT

Q & A with Student Athlete Claire Tomashek and Alumnus Bobby Rendina, D.C.



**TO COMMEMORATE** Palmer Rugby's 60th anniversary, 6th trimester student Claire Tomashek, a member of the nationally-ranked women's team, joined Robert "Bobby" Rendina, D.C. (Main, '84), member of the men's team from 1978-84, for a Q&A about rugby past and present and the impact it's had on their lives as a student and chiropractor.

*What drew you to chiropractic and rugby?*

**CLAIRE:** My doctor of chiropractic was a Palmer graduate and always had great things to say about Palmer. I played rugby during undergrad (at UW-LaCrosse) so that gave me the extra push to attend Palmer.

**BOBBY:** I came out to visit my brother, who was enrolled at Palmer, in the early 70s, and it looked like something I would enjoy. I enrolled in the local junior college in 1978 and that fall started playing rugby as the only guy from the junior college. When I enrolled at Palmer there was a nine-month waiting list to in.

*What similarities or differences do you see in rugby, then vs. now?*

**CLAIRE:** We always hear that women's rugby is the fastest growing sport in the U.S., and as a high-school coach, I see so many opportunities that women rugby players have now, playing on regional or college teams.

**BOBBY:** It's been 36 years, and it's more organized now. We thought it was big because we were always around it, but back then people outside didn't know much about it. Now we see how much the popularity of rugby has grown not only at Palmer, but also across the country.

**"I don't think alumni know how much we appreciate the connections we have with them. It means a lot to us when alumni come out to watch our games."**

—Claire Tomashek, 6th trimester student

*How has/did rugby impact you as a student? As a chiropractor?*

**CLAIRE:** Leadership is important in rugby. At Palmer, you have people leaving and joining the team every three months, and there are always people who step up in those leadership roles. Players who are in their 8th or 9th trimester have set great examples of what a leader should look like.

**BOBBY:** Back then, there were several rugby scholarships. We were fortunate to go to school, play rugby, and have part of our tuition taken care of. I was able to see so many places that I may never have seen because of rugby. Rugby also gave us real-time chiropractic experience. After Palmer, I went through the CCSP (Certified Chiropractic Sports Physician) program, and they talked about injuries that most people had only read about. Through rugby, I already had first-hand knowledge.

*Claire, what is one thing you'd like Bobby to know about rugby as it is now on Palmer's campus?*

**CLAIRE:** I don't think rugby alumni know how much we appreciate the connections we have with them. It means a lot to us when alumni come out to watch our games. We also shadow with alumni in practice. Our relationship with rugby alumni is so important and appreciated.

*Bobby, what is one piece of advice you'd like to give Claire?*

**BOBBY:** Enjoy your time playing at Palmer. Any team you're on and any sport you play, you'll never have the camaraderie that you'll experience with your teammates at Palmer. The environment is fulfilling because you're

around people whose goals are to become chiropractors and play rugby at the same time.

*What do you hope for the future of rugby?*

**CLAIRE:** It's grown a lot recently because of great leadership and coaches who've created a culture where everyone has a common goal and I hope it continues to grow.

**BOBBY:** We want to make sure rugby continues to grow, and we need support from our alumni to make that happen. Consider what you may charge for two or three adjustments and give that back to the College monthly. We don't want alumni to forget how much the program gave to them.

*What does rugby mean to Palmer College?*

**CLAIRE:** It's a great way to showcase the College. We travel to other cities where we can demonstrate our sportsmanship, our leadership, and our values. Other teams always seem to take an interest in chiropractic, and it makes for pretty cool conversations.

**BOBBY:** Palmer rugby teams always show up prepared. Opponents notice that. We play like we practice, on the field and in the clinic. Our goal was always to win, to promote chiropractic and to promote Palmer.

*Claire, what can alumni do to help the players through school and on the team?*

**CLAIRE:** We'd love to have alumni lead workshops when they're in town so we can learn more about chiropractic and what it's like to be in practice. It's a great way to strengthen the connection.

*Bobby, what have you learned from Palmer rugby that has carried over into practice?*

**BOBBY:** Put your head down and work hard, like you're doing a penalty play five yards out, you've got to push through. That's what you have to do in practice. You have to do your thing, care for your patients, and show them what it means to be a Palmer-educated chiropractor. ■



**ALL FOR ONE AND ONE FOR ALL**  
A look back at Dr. Rendina's team photo from 1982.



# M The MARVELOUS M Mrs. J ABEL

Her name was Mabel.  
Working mother.  
World traveler.  
Witty and wonderful.  
Well-mannered and  
always gracious.

But, these are the early 1900s. Scroll your index finger down a guest list just before the local Lion's Club luncheon that Mabel Heath Palmer, D.C. is attending, and you won't find her name. You'll find her listed as Mrs. B.J. Palmer, D.C. It's time for her moment in the spotlight.

#### TIRELESS RESOLVE

Throughout her life, Mable Heath Palmer, D.C. demonstrated that the role of women in chiropractic not only could be—but was—equal to men.





There she is, at the podium. In front of her, a sea of people eager to hear from this woman who was among the first to graduate from the Palmer School of Chiropractic.

**SHE STANDS CONFIDENT.** After all, speaking in front of people isn't anything new for Mabel. Our heroine has traveled the world three times over—exploring the Sphinx of Egypt, the Taj Mahal of India, even the grassy plains of North Dakota. Everywhere she goes, welcoming gifts are bestowed upon her. They aren't just gifts to Mabel, though. They represent moments that make up a life: moments of listening, of learning, and yes, of championing people and causes she believes in.

Our First Lady of Chiropractic is ever-curious and always intentional. Abroad, she is met with enthusiasm and inquisitiveness. At home, she is sometimes met with skepticism and wonder. This is more than a century ago, and chiropractic is still new, after all.

But Mabel doesn't have time for pithy doubters. With her quick wit, she'll just captivate them instead.

"When one has attained perfection, why bother to try again?" she asks.

She is talking about her first and only son David Daniel. She loves him so dearly. She loves being a mother—a *working* mother, that is.

There is a roar of laughter from the crowd, and a sly smile on Mabel's face. She has their attention, which is good, because she has a powerful message for them.

Those that have gathered are here to hear Mabel talk about chiropractic, but she has other objectives too. There's a national dialogue bubbling up about the role of

women in society, and she's going to use her platform to talk about gender roles—and a woman's right to vote.

"My life is very busy, being a working wife and mother," she adds. But if you think she's going to follow that up with an excuse, you're wrong. "Knowing that the young women scholars at our school of chiropractic are following in my footsteps, I believe that a woman can do anything a man can do. They just need to be given a chance to try."

#### **SWEET, AND SMART**

A chance to try is something Mabel worked to offer women throughout her life and travels: a chance to study, a chance to have a voice, a chance to lead, a chance to serve, and eventually, a chance to vote.

Born just outside the Village of Milan, Illinois, in 1881, her father William studied chiropractic. Mabel's kind demeanor earned her the nickname "Sweet Mabel" (well-intentioned, certainly, even if it neglected to acknowledge her fierce intellect). As a young woman, she watched with a keen sense of curiosity as her father learned the hands-on technique that D.D. Palmer had discovered and developed right across the Mississippi River just 14 years after her birth. "My interest in chiropractic was first piqued by my father," she recalls. "I found the idea of natural health care centered on the spine and nervous system to be very intriguing."

### **"When one has attained perfection, why bother to try again?"**

—Mabel Heath Palmer, D.C.

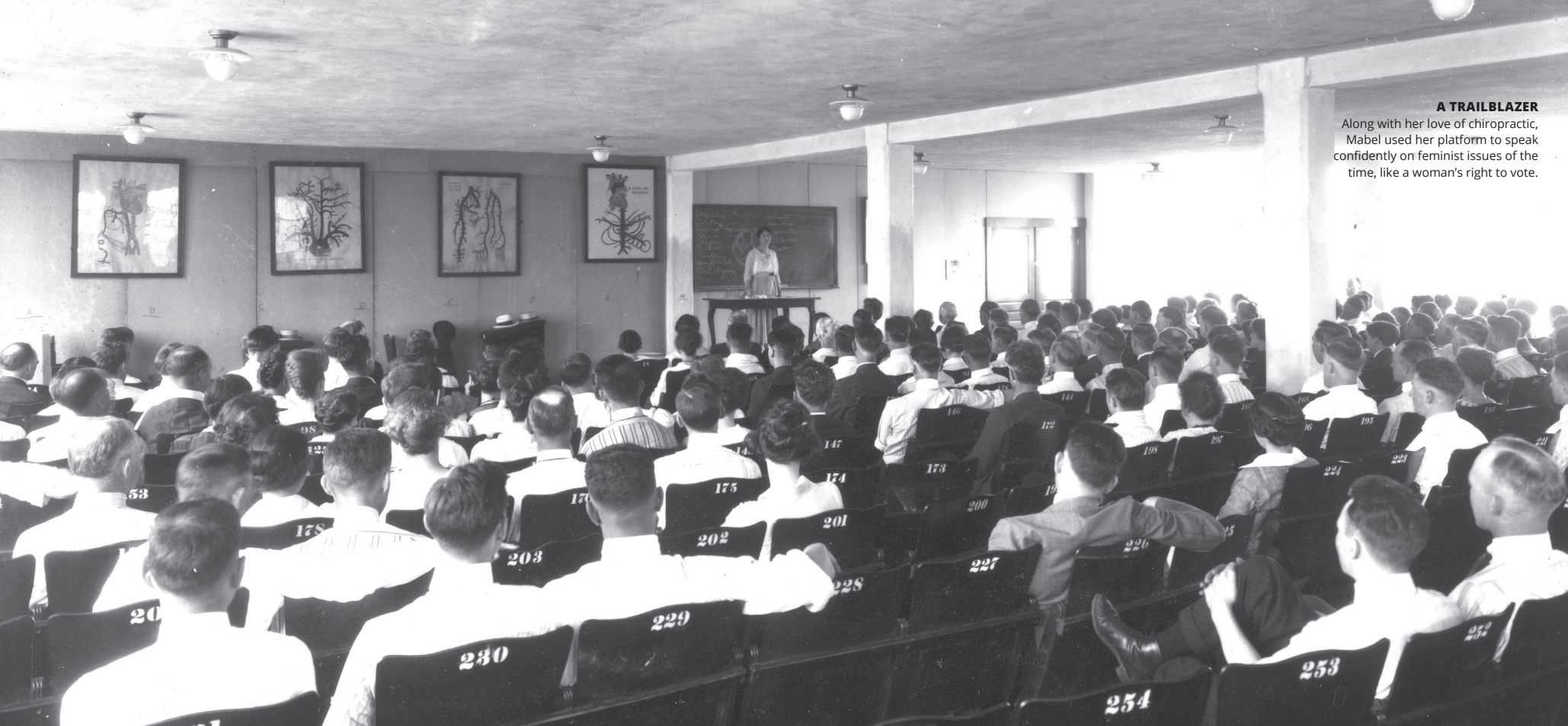
And so at the start of the 20th century, Mabel pursued an education during a time that professional school wasn't the norm for women and girls. No, Mabel was never one to follow traditional gender norms.

She enrolled at Augustana College just across town, where she studied elocution and sang in the chorus. It was during this time that she caught the eye of B.J. Palmer, D.C. They courted, quickly married, and soon found themselves immersed in the growing world of the then-Palmer School of Chiropractic. The early 1900s was a turbulent time at Palmer—the school and the profession were under constant threat. But Mabel was driven. She was daring. She was determined.



**SWEET MABEL**  
Mabel's kind demeanor earned her the nickname "Sweet Mabel." But don't be fooled, her intense intellect and curiosity was a force to be reckoned with.





#### A TRAILBLAZER

Along with her love of chiropractic, Mabel used her platform to speak confidently on feminist issues of the time, like a woman's right to vote.

#### CARRYING THE BANNER FORWARD

As the United States celebrates the centennial of the 19th amendment guaranteeing and protecting women's constitutional right to vote, Palmer College alumni—and Mabel's own granddaughter Vickie Anne Palmer, H.C.D. (Hon)—continue the legacy of fortitude and service that Mabel was known for.

"Mabel was a strong woman—a fascinating woman—who didn't accept the status quo," remembers her granddaughter, who carries on the Palmer legacy as The Refiner of Chiropractic and a member of the Board of Trustees. "She was a champion for the profession, and a trailblazer for women. I often think about the conversations that Mabel provoked and the example she modeled to ensure that anyone—no matter of gender—could receive a chiropractic education."

To honor and continue her legacy, Palmer College established the Palmer Women's Institute in 2018 to advance and inspire female chiropractors through education, mentoring and professional development. Participation is open to any chiropractor—regardless of gender—interested in supporting women in their studies, careers and civic life.

"Yes, men are welcome too," notes Barbara Melbourne J.D., vice chancellor for institutional advancement who has worked alongside other women to form the institute. "Thanks to the generosity of alumni, we have already been able to establish scholarships for female students and hold a series of lectures on topics women tell us are important to them. There is great momentum for it, and of course, we seek to do more."

"Every year, we see more and more women entering the field of chiropractic," says Anita Wubbena, D.C. (Main, '95), "and yet, we haven't reached the cusp of what's possible yet."

Dr. Wubbena's own story is one that other women can—and do—relate to. After working under trusted mentors and friends, she realized early in her career that she was both capable and energized by the prospect of going into business for herself.

"Women need to learn, and have support, with getting financing and negotiating business loans. The list goes on and on," she says.

There is silence for a moment.

"And that's why we *need* this institute—and we need women and men to support it," Dr. Wubbena says. "It can be a safe place to talk and learn about, and act on issues that support women—and our whole profession. That excites me."

She continues. "You know, I have had this extraordinary life—and that is in large part because of my Palmer education. I often wonder where I would be without my Palmer education. Let's just say, I'm proud to have it." ■

Mabel Heath Palmer, D.C.'s book "Stepping Stones," and interviews and resources provided by Vickie Anne Palmer, Roger Hynes, D.C., and Alana Callendar, Ed.D. contributed to this story. All photos provided by the Palmer College Archives.

She became one of the first women to become a doctor of chiropractic, a close adviser and confidant to B.J., and a fierce champion of a woman's place in a profession that was dominated by men.

"At Palmer, we have had women working beside men almost from the beginning," Mabel notes—her tone denoting an asterisk on her comment. (There could always be more women in chiropractic, she believed.)

While raising her son and serving as the business manager and treasurer for the school, Mabel continued to learn. At Rush Medical College in Chicago, she dove deep into studying the anatomy of the human body. "I am trying to live my life to demonstrate what I feel a woman can be—intelligent, capable, an inspiration to men and women alike, but never to sacrifice kindness and caring," she says from the podium.

Upon returning to Palmer, she became the school's first anatomy instructor. "In fact, I literally wrote the book on anatomy," she notes to the Lion's Club crowd.

They are clearly impressed (and yes, *even* the men).

#### STEPPING OUT

While Mabel was evangelizing chiropractic—and the role of women in the profession—so too were women all across the land raising their voices for equal rights and protections under the law. This not only energized Mabel—but it also provoked her into action.

## "Mabel was a strong woman who didn't accept the status quo—a champion of the profession."

—Vickie Anne Palmer, H.C.D. (Hon.)

"Why are women prevented from voting or sitting on juries? Are we not citizens of this country?" she posits from the podium. "Because I feel this so strongly, I had 'Equal Rights' and 'Votes 4 Women' painted on all sides of the exceedingly tall smokestack on our campus. Since this landmark is so tall, perhaps it will inspire all Davenport women."

Mabel's commitment to women went beyond public acts like painting smokestacks. When Quota Club, the first international women's service organization promoting gender equality was formed in 1919, she quickly joined—and then started a Davenport chapter of her own. She was so dedicated to the mission that she became the international organization's president in 1927 and started chapters in Australia and England. She also created the Lend-a-Hand Club in Davenport, which provided a safe place for women in the early 1900s.

It was the pamphlet "A Woman's Appeal to Women" she sat down to write 100 years ago this year, however, that truly

opened the door for women to consider a career in chiropractic. "Never before has there been such wonderful opportunities for women to practice service, and in my opinion, there is not another profession in the world so splendidly adapted to women as chiropractic," she writes.

Indeed, Mabel's tireless resolve demonstrated that the role of women in chiropractic not only could be—but was—equal to men. In fact, she demanded that women engage in service to their profession and to their community. Matilda Reinhardt was one of her students in 1923, and the young woman sat on the edge of her seat in a Palmer classroom taking in every word Mabel said.

"So clearly did she hold the cause of chiropractic before us, and our privilege of living it, that we were carried to the heights of desire for service, and left pledged stronger than ever to chiropractic," the student later recalls.

It was a pledge that thousands of women chiropractors have taken since.





**WE CAN DO IT**

These four friends graduated from Palmer's main campus in 2015, a century following Mabel Palmer, D.C.'s work championing women's role in the chiropractic profession. Pictured left to right: Morgan Rilling, D.C., Megan Howard, D.C., Alexandria Quick, D.C., Michelle Ruefer, D.C.

Submit photos of your time at Palmer to [memories@palmer.edu](mailto:memories@palmer.edu) for consideration in future issues of *Palmer Proud*.





ILLUSTRATION BY BRENDAN WHIPPLE / THE NUMAD GROUP

# ALWAYS ADJUSTING LEARNING

CREATING SOLUTIONS FOR UNPRECEDENTED TIMES

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Becoming a chiropractor wasn't part of the master plan for Richard Yu. Nor was attending Palmer West in California. Nor was attending Palmer during a worldwide pandemic that has made his final quarters at Palmer a whirlwind of life adjustments.

"Nearly every day has been unpredictable," the 12th quarter student says from his apartment in San Jose, where he's spent more time than expected over the past five months.

"My years at Palmer have been an invaluable learning experience. And recently, well, I've learned more about chiropractic—and life—than I ever anticipated."



“Nicholas “Cole” Phillips was looking forward to the St. Patrick’s Day weekend. No matter what decade a graduate attended Palmer’s Main campus in Davenport, alumni will recall the festive shenanigans and revelry every March at Mac’s Tavern or Kilkenny’s Pub at the bottom of Brady Street hill. Cole didn’t necessarily have plans to meet his classmates this year for a green brew, though—he’s a new father.

**IT WAS FRIDAY THE 13TH**, and Cole had a weekend ahead of him that would balance studying and playing with his 11-month-old son at home.

“We had just started another trimester and hadn’t gotten through two weeks of classes before life upended,” the eighth trimester student recalls. “One day we were studying in-person, and the next day I was learning at home—with a toddler crawling at my feet.”

As that mid-March week was coming to an end, academic administrators at colleges in the United States—and around the globe—were discerning the information they had at-hand about the novel coronavirus and making the best decisions they could for their students. Every news channel and talk show had something different to say about it. Information from Centers for Disease Control and Prevention changed by the hour. Some states shut down—others remained open.

The world was in a heightened state of always learning, and as a result, always adjusting.

At Palmer College, the one constant in the ever-changing environment was its focus on the students—and the education it was committed to continuing, no matter what.

“This was unprecedented—the very concept of the entire country shutting down was historical, and certainly not something any of us were expecting,” Cole says. “How long will this go on? What will this mean for students, or for potential jobs someday? Will I graduate on-time? It was very easy to be anxious.”

As Cole sought answers, so too did administrators at Palmer College. “The truth is that we were monitoring COVID-19 very closely prior to March—and we started to look at what we needed to do to continue to educate students and the patients we care for safely,” says Ron Boesch, D.C. (Main, ’91), executive dean of clinics for all three of Palmer’s campuses in California, Florida and Iowa. “Sure, we’ve had to



**SPRING OF UNCERTAINTY**

College administrators around the globe were forced to make the tough decision to close down campuses during the height of the pandemic, leaving our grounds feeling curiously empty.

pivot before due to consecutive snow days or hurricanes—but this had the prospect of being monumental. It would require a 180-degree shift in how we educate.”

While in-person classes and labs continued in early March, faculty and clinicians were already preparing to move to an online format should local, state or federal directives require it, or the school determined it was best for the safety of students and patients. “I think the calves of a lot of our faculty grew three or four inches because everyone was stepping up to do what we needed to do so that we could continue to educate,” says Dr. Boesch.

By day’s end on that fateful Friday the 13th, a worldwide pandemic had been declared by the World Health Organization and hotspots in northern California and central Florida meant the cancellation of in-person instruction at Palmer West and Palmer Florida. Two

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**It was as if a machine had come to a grinding halt—and here we are rearranging those gears so that the commitment we made to our students could continue.”**

—Ron Boesch, D.C. (Main, ’91)  
Executive Dean of Clinics

days later, the same was true at Palmer’s Main campus in Iowa.

“It was as if a machine had come to a grinding halt,” Dr. Boesch recalls of that mid-March weekend. “And, here we were rearranging all of those gears so we could take an interactive, hands-on approach to our students’ education and move it online so that the commitment we made to our students could continue.”

Down in Florida, Reinier “R.J.” Cinco was in his seventh quarter at Palmer Florida. “We were at the disposal of our emails,” R.J. says, now a 9th quarter student. “First, we were told only certain aspects of our education would be online, and then hours later, all of it would be. It kept changing.”

Now nearly seven months later, it’s a hot and humid day in Florida and R.J. is heading toward the student union. He’s just completed his first day in the student clinic—something he wasn’t sure would happen months earlier. “You know, there was so much change starting in March, but one thing that didn’t change was our expectations: the expectations students had for the education they would receive, and the expectations faculty had for our learning. I take my hat off to the faculty for pivoting online so quickly.”

Indeed, the weeks and months ahead would not be easy for anyone—for students, faculty, clinicians and the nation. “At first, I stayed in my apartment here in Port Orange,” R.J. says. “After I figured out that our 8th

**A CHANGE OF SCENERY**

One day Cole Phillips was studying in-person at Palmer College, and the next he was learning at home with a toddler crawling at his feet.







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**The one thing that didn't change was our expectations: the expectations students had for the education they would receive. I take my hat off to the faculty for pivoting online so quickly.**

—Reinier “R.J.” Cico (left)  
9th quarter student, Palmer Florida

125 years, investments the College made in technology over the past two years allowed faculty and clinicians to continue their work educating students and caring for patients as COVID-19 continued to dominate the airwaves—and national dialogue.

“There is little upside to what Palmer College, and the world, is going through still today,” says Dennis Marchiori, D.C., Ph.D., chancellor and CEO. “However, the innovation and creativity and sheer will to deliver the best education possible that has been exhibited by our faculty and academic staff is extraordinary. Our decisions have changed as necessitated, and our community has adjusted with us.”

For students in their first quarters and trimesters, this meant lectures being delivered online—and small-group study sessions among classmates on Zoom. For students learning technique, this meant that fellow classmates became stand-in patients as faculty instructed technique courses in real-time. Students starting their clinical experience gave routine physicals or check-ups to their spouses or children as faculty assessed online. Clinics in all three states were deemed essential, and students were welcomed back into the clinic as soon as safety protocols were put in place and patients resumed care.

One plus to emerge out of this moment: a new digital library full of hours and hours of instruction and case studies is now available online—a resource for students whenever they seek additional support.

Now in the seventh month of the pandemic, students continue to adjust to learning in the age of COVID-19. Richard, who'll graduate from Palmer West this winter, is getting used to the routine of putting PPE on and the additional safety protocols that have been put in place. A resident of Canada, where chiropractic was not deemed essential, he intends to stay in the United States after graduation and practice on a work visa. He is worried about being able to sit for national boards, because canceled examination dates with the National Board of Chiropractic Examiners have created a backlog. Until then, he'll continue to study.

“My parents remind me that my education is still important—and it is still 100% in my hands. I cannot become complacent, just because the world around me is changing,” he says.

For Cole, the pandemic has been an extreme lesson in being adaptable. “I'm lucky to have learned most of the hands-on technique we are taught before the pandemic hit,” he recognizes. “We're trained to assess what a patient needs, and to use the toolbox we have been given to help them achieve their health goals. The same applies to life: we're presented with a situation, and it's up to us to make the best of it for ourselves, and those we come in contact with.”

R.J. has been reminded how valuable in-person instruction is, and how important it is to make the most of the time he has been given from his professors. “It can be easy to take advantage of the hands-on time we are given, but I've learned not to take that for granted anymore. While there are limitations to technology, there are not limitations to learning. This is a unique time—and how we move

through it now will shape how we practice in the clinic, and live outside of it.”

Back in his office in Davenport, Dr. Boesch is hopeful because of the lessons learned.

“It's the defining moments that move us forward,” he says. “When we stress any system, there will be failure—or there will be adaptation. We haven't done everything perfectly, but we've done everything with the intention of delivering the best education we can for our students and remaining open for patient care. There's a big world out there, and all of us have to learn how to adapt to work and live in it if we're going to get back to normal.”

It's time for his next appointment, but before he turns to go he has one other thought.

“We love what we do. We love educating students. We love what Palmer stands for,” he says. “There's a lot of opinions out there—and every single one of them helps us continue to be the very best chiropractic college. You better believe we're continuing to listen and continuing to learn.” ■

#### THE NEW NORMAL

As we adjust to the new normal (wearing masks and practicing social distancing) one thing is certain: Palmer will continue to deliver the very best chiropractic education for its students.



quarter was likely going to be online, I headed home to shelter-in-place with my family in Virginia. I left Florida not knowing what was going to happen.”

At home, R.J. found himself immersed in evening conversations with his father—a nurse working on the frontlines caring for patients with COVID-19. “He was seeing what the virus was doing to people, and was seeing the death it caused, and we both understood how important his work as a nurse, and mine as a future chiropractor, is to living with optimal health.”

While nothing can replace the hands-on instruction and clinical experience Palmer students have received for nearly



# CREATING A MORE INCLUSIVE PROFESSION

Palmer Students Want to See Success at All Levels Across the Profession



**PALMER FLORIDA SABCA'S EXECUTIVE BOARD**

From left to right: Morgan Pough, Sherdane Harper, Laura Edet, Laci Harrison, Remi Jeffries.

## IMPROVING CARE THROUGH DIVERSITY

"It's important for people of color to be in this profession and to be represented in our communities. I think sometimes people of color are more comfortable and more willing to prioritize their health if they can go to a doctor who looks like them," says Remi Jeffries.

**MICHAEL AGYEI** is a first-generation Palmer student and a first-generation American. He grew up in Aurora, Colorado, and wasn't exposed to chiropractic until he started his undergraduate education. Now, Michael is excited to graduate and go somewhere he can "make a difference."

"Ultimately I want to have a community center focused on inclusivity, where I can also provide chiropractic care to the community," he says. "I think chiropractic is a good way to reach many different groups of people."

Growing up, he and many people he knew hadn't heard of chiropractic.

"I've had a lot of friends and family members who could have been helped by chiropractic care instead of getting surgery. There are a lot of gaps of people not knowing about chiropractic."

This can change, but it will take time, he says.

"If people haven't heard of chiropractic, how can they know it's available to them as a health-care option; how can they know it's something they can study as a profession?"

Now in his third trimester at Palmer's Main campus, Michael is the vice president of the Student American Black Chiropractic Association (SABCA).

"I'd like to see more faculty who are of color, of different sexuality and more gender diversity. It all starts with more people being exposed to chiropractic."

Alecia Stewart, Palmer West SABCA president, says "having at least one person who looked like me was a very big factor on deciding to come to Palmer West."

For Alecia, that's only the start.

"I want the profession to have that diversity as well. And I think it would be amazing to be able to say that this person is a great doctor—not this is a great Black doctor, or this is a great female doctor. I want to see success at all levels."

Remi Jeffries is the president of the Palmer Florida SABCA chapter.

"I'd like to see more doctors who look like the patients they want to bring in. And for their children to see that doctors can look like them," she says.

SABCA Florida is growing, and the group is actively working to make Remi's dream a reality.

"SABCA actively goes out to historically black schools such as Bethune-Cookman University in Daytona (Florida) and Edward Waters College in Jacksonville. We want them to know we're here and that they should really consider a career in chiropractic."

Every generation of Palmer chiropractors has been a part of growing the profession. As we mark the 125th anniversary of chiropractic, we're Palmer proud of our students for taking their own steps toward serving more people and spreading the word about the health benefits of chiropractic. ■



## ALICIA STEWART

PRESIDENT, SABCA  
PALMER WEST

I always knew health care was the career goal and that helping people with a hands-on approach was my passion. When I reflected on all the doctors I've encountered in my life that helped and provided the most guidance and care, chiropractic was at the top of the list and I haven't turned back since.



## MICHAEL AGYEI

VICE PRESIDENT, SABCA  
PALMER MAIN CAMPUS

Once I was exposed to chiropractic during my freshman year of college, I realized the importance of preventative and conservative health care, both of which are underutilized in society. I witnessed the amazing benefits chiropractic patients had and realized this career would be the perfect way for me to make a difference in the world.



## REMI JEFFREIS

PRESIDENT, SABCA  
PALMER FLORIDA

My chiropractor got me back to playing golf after I was involved in a car crash my senior year of high school. I suffered a bad lower-back injury a month after signing my letter of intent. She was able to help me in ways my physical therapist and orthopedist had not. Not only did my back pain start to resolve, I felt better as a whole. After that I knew I wanted to be able to give that to someone else.





## THE WORLD NEEDS MORE HEALERS

Dr. Bruhl Left His Practice to Provide Care in Under-served Countries

### WORDS OF WISDOM

Warren Bruhl, D.C. says there are 7.5 billion people in the world, and the world needs more chiropractors.

**“THE BEST THING** a chiropractor can do when they feel burned out by people not getting what chiropractic is, or dealing with insurance, is to provide care in an under-served country. People in under-resourced countries are so appreciative.”

In 2011, Warren Bruhl, D.C. (West, '86), sold his practice after 25 years. He was burned out and thought chiropractic was behind him. Then he joined his mother, a missionary, on trips that would change his life: first to the Dominican Republic, and then to Kenya.

“That’s when I realized I wasn’t done,” says Dr. Bruhl. “It’s easy to get stuck in a routine unless you’re willing to go out and see the world in a new way. It taught me that I want to serve and provide this care. This must be how B.J. felt.”

Dr. Bruhl was one of the first doctors of chiropractic to provide care in Kenya. His first adjustment was done in front of an audience, because they’d never seen an adjustment done before. His first patient was a 16-year-old girl who suffered from frequent headaches following a fall from a motorcycle. The medical doctor working alongside Dr. Bruhl wanted to give the

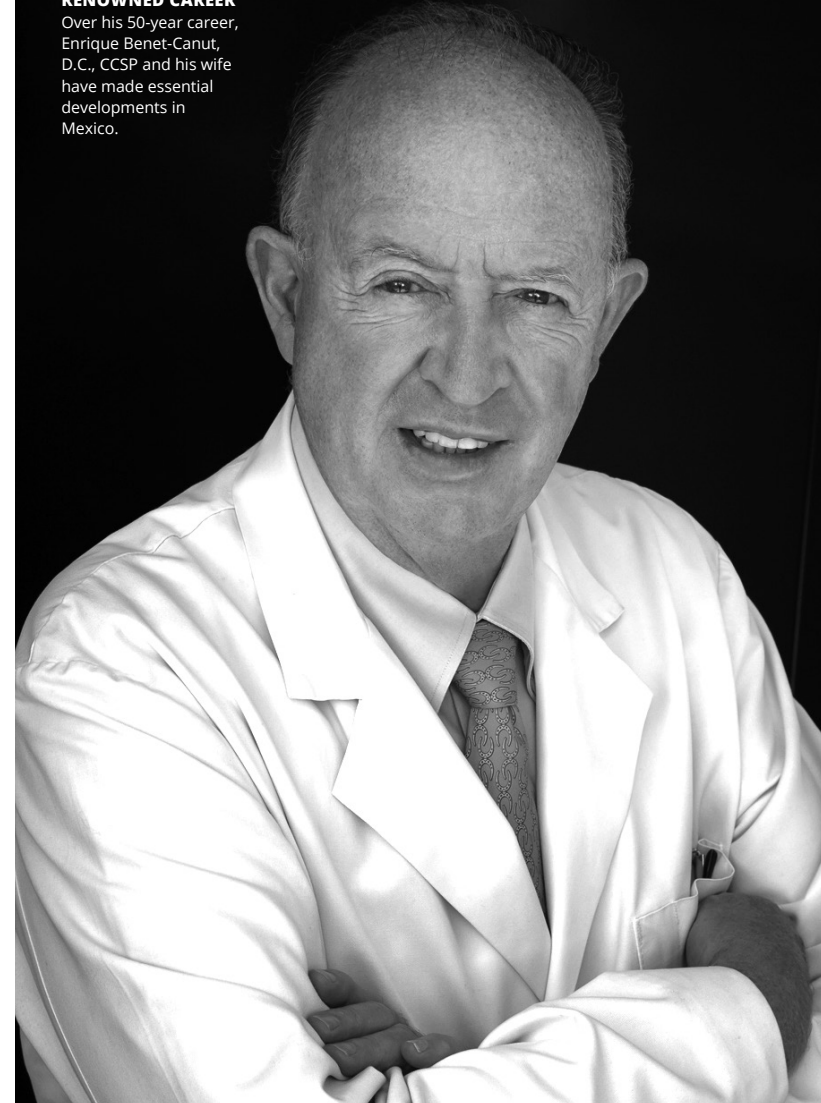
patient aspirin and Tylenol, but Dr. Bruhl refused, recognizing that she needed an adjustment. However, it was against the culture for a male to put his hands on a young, married woman. The medical doctor explained to the patient and her husband what Dr. Bruhl was going to do. The girl felt immediate relief from the adjustment and spread the word to everyone she knew.

Newly inspired, Dr. Bruhl has since become the executive director of the non-profit Dreamweaver International located four hours from Nairobi. The organization is building the first multi-disciplinary hospital in Kenya, and it will offer chiropractic, emergency medicine, dentistry, mental health, infectious disease treatment and osteopathy. They hope to attract doctors from the United States to work alongside African doctors.

“Since my first mission trip in 2012, the awareness of chiropractic has grown tremendously in Kenya. There are 7.5 billion people in the world, and this experience has taught me that the world needs more chiropractors.” ■

### RENOWNED CAREER

Over his 50-year career, Enrique Benet-Canut, D.C., CCSP and his wife have made essential developments in Mexico.



## WE HAVE TO GROW THE PROFESSION

Dr. Benet-Canut Makes a Mark in His Home Country

**ORIGINALLY FROM MEXICO CITY**, Enrique Benet-Canut, D.C., CCSP (Main, '66) enrolled in Palmer College in 1963, set on returning to his home country, bringing the healing art of chiropractic with him. When he returned after graduation, there were less than 10 chiropractors in the country. Yet with his wife Patricia Gregg, a practicing attorney, by his side to devote her knowledge of the law to chiropractic, they would leave an indelible mark on the profession.

“In the 1970s there was no official recognition of chiropractic,” says Dr. Benet-Canut. “I practiced without a license from 1966 until 1976 and had a lot of patients—artists, politicians, medical doctors, and entrepreneurs. I always found that when I explained logically what chiropractic is, most people understood it.”

A major turning point happened in 1970. While volunteering for a social

**“People ask me, ‘why do you keep working so hard?’ I say, it’s because it’s my duty to keep growing chiropractic.”**

—Enrique Benet-Canut, D.C., CCSP

program called the Institute of Protection to the Infancy, one of Dr. Benet-Canut’s patients referred a 10-year-old girl who had been deaf and mute since birth.

“After receiving care, her hearing was restored. The local news media ran a story on her recovery from chiropractic care, and from that point chiropractic began to get attention in the country,” Dr. Benet-Canut says. “I continued to work with kids for nine years, and people never forgot what chiropractic has done for children.”

This program eventually led to Dr. Benet-Canut, along with a small group of chiropractors, gaining the support of the Governor of the State of Mexico to start the first chiropractic program within an official university in Mexico.

Over his 50-year career, with his wife, Patricia Gregg, he led the effort to institute three chiropractic colleges within Mexico, was essential in the development of three professional chiropractic organizations—the Mexican Sports Chiropractic Association, Scientific Chiropractors of Mexico, and the Latin American Federation of Chiropractic—the first chiropractic association to be officially recognized by the Mexican government; and served within the World Federation of Chiropractors.

“People ask me, ‘why do you keep working so hard?’ I say, it’s because it’s my duty to keep growing chiropractic. Like B.J. Palmer says, this is history in the making. We’re very proud of what we’ve done.”

Despite the growth over the years, Dr. Benet-Canut urges there is more work to be done.

“Chiropractic is still the minority. We have to understand how chiropractic has evolved from one person, D.D., then B.J. We have to work together to grow the profession, feel proud of and not lose its basic principles,” also adding, “I cannot thank enough professors like Dr. Galen Price, Dr. Virgil Strang and Dr. Dave Palmer who taught me the Principles of Chiropractic. I think all chiropractors should go to Palmer at least once, because it’s the Fountainhead of chiropractic.” ■

Daring and Driven Alumni Giving Chiropractic to the World

**IN THE 125 YEARS** since the founding of the chiropractic profession, students have traveled from more than 75 countries to study at the Fountainhead and have gone on to practice in 60 countries around the world. Through these students, the original work of D.D. Palmer has had a global impact.



**AN INTERNATIONAL FIRST**

Almeda Haldeman, D.C. became the first chiropractor in Canada, and one of the first female chiropractors in the world.

## CHIROPRACTIC ADVOCATES

From Canada to South Africa, Three Generations of Haldemans Push Passed Boundaries to Care for Patients

**WHEN ALMEDA HALDEMAN'S HUSBAND** was diagnosed with diabetes around 1904, there was no medical intervention available. Determined to do everything in her power to help him, she went to the Minneapolis School and Cure, and educated herself in the new healing art of chiropractic, receiving her degree in 1905. Then, following the advice to move her husband to a cold, dry climate, they relocated to Saskatchewan, Canada and Almeda Haldeman, D.C. became the first chiropractor in Canada, and one of the first female chiropractors in the world.

While little is known about her career, these choices began a chiropractic family legacy that would span multiple countries and generations. When her son, Joshua Norman, began to lose his eyesight following a head injury, he wrote to B.J. Palmer for help. With B.J.'s encouragement, Joshua attended Palmer College of Chiropractic and graduated in 1926.

"He (Joshua Norman) became a mover and shaker within the profession in Canada," says Scott Haldeman, D.C., M.D., Ph.D. (Main, '64).

**"I realized someone had to do clinical research in chiropractic, so I enrolled in medical school. This was when MD's weren't allowed to take referrals from chiropractors."**

—Scott Haldeman, D.C., M.D., Ph.D

"He was responsible for piloting the legislation to license chiropractic in Saskatchewan, Canada and was a member of the first board of directors of the Canadian Memorial Chiropractic College.

Dr. Almeda Haldeman's legacy continued when Dr. Joshua Haldeman moved his family and his practice to South Africa in 1950, built one of the largest chiropractic clinics and actively pursued legislation to recognize chiropractic in the country. He then encouraged his son, Dr. Scott Haldeman, to attend Palmer College.

Following graduation from Palmer, Scott Haldeman, D.C. went on to earn a degree in physics and physiology followed by master's and doctorate degrees in neurophysiology based on chiropractic theories he had studied at Palmer.

"That's when I realized someone had to do clinical research in chiropractic, so I enrolled in medical school. This was in the 1970s when medical doctors weren't allowed to refer to or take referrals from chiropractors. I had a classmate who liked to crack jokes and he asked the professor, 'what if you're both a doctor and the chiropractor?' Of course, everyone knew he was referring to me."

Through three generations, Drs. Almeda, Joshua and Scott Haldeman crossed international borders, challenged professional boundaries, and contributed to the growth of the chiropractic profession, all while caring for thousands of patients. True to his grandmother's legacy, Dr. Scott Haldeman ended up as one of the individuals who testified before legislative task forces considering licensing of chiropractors in Quebec in 1972, New Zealand in 1978, at the Wilke versus AMA trial in 1981 and before the U.S. Congress that established the U.S. Department of Defense Chiropractic Demonstration Project in 1995. He has supported similar initiatives in multiple countries over the subsequent years. In this way he was completing what his grandmother started two generations prior. ■

## A LEGACY BEYOND PRACTICE

Willard Smith, D.C. Has Helped Award More Than \$60,000 in Scholarships Through His Fund

**SPREADING GENEROSITY**

Willard Smith, D.C. began an endowed scholarship for Christian chiropractic students to support their education now and always.

**LIKE MANY CHIROPRACTORS**, Willard Smith, D.C. (Main, '60) was drawn to chiropractic after experiencing its healing powers firsthand. The Oklahoma native dealt with migraine headaches at a young age, and after a "few accidents along the way," decided to seek help from his neighborhood chiropractor. He was 28 years old.

The care he received and the chiropractors he met piqued his interest in the chiropractic profession. Accompanied by wife, Marguerite, Dr. Smith made the trip to Davenport, IA, where he enrolled at Palmer College of Chiropractic in 1957. The rest, as they say, is 63 years of history.

Following his graduation, Dr. Smith set up shop in Rock Island, Illinois, but his chiropractic experience extends beyond the 55 years he spent in practice. There are his thirty-plus mission trips to countries like Ethiopia and Russia. Not to mention 40 years as a faculty member at Palmer, spending most of his time in technique classes.

But his greatest legacy may be the students who've benefited from Dr. Smith's generosity. In 1974, Dr. Smith and Marguerite made their first gift to Palmer College and have continued to make gifts in 53 of the last 56 years. The last year missed was 1998, the year that Marguerite passed. That's when Dr. Smith established the Marguerite E. Smith Memorial Endowed Scholarship for Christian Chiropractic Students to honor Marguerite, and support students who have a passion for chiropractic and share the Smith's value of the Christian faith. Over the last 22 years, the fund has awarded more than \$60,000 in scholarship support for students.

This December, Dr. Smith will turn 95 years old. And he will continue to give because he "wants to see the College progress and the students be successful." His words of wisdom about alumni giving back? "If they can, they should. When you consider yourself successful, you should share that with others. When you recognize a need, you do what you can to help. That's what a doctor does." ■

**"When you consider yourself successful, you should share that with others. When you recognize a need, you do what you can to help. That's what a doctor does."**

—Willard Smith, D.C.



**STEPHEN PAXTON, D.C.**  
(Main, '20)

Thank you for leaving a legacy in honor of your wife and in support of Palmer students. It is easy to take it for granted, but your generosity and commitment to use what God blessed you with to help others, blessed me and inspires me. Thank you for investing in the future of chiropractic and trusting in me enough to invest in me. I will strive to provide a good return on your investment.



**EMYLEE KAMPER**  
8th trimester  
Palmer Main Campus

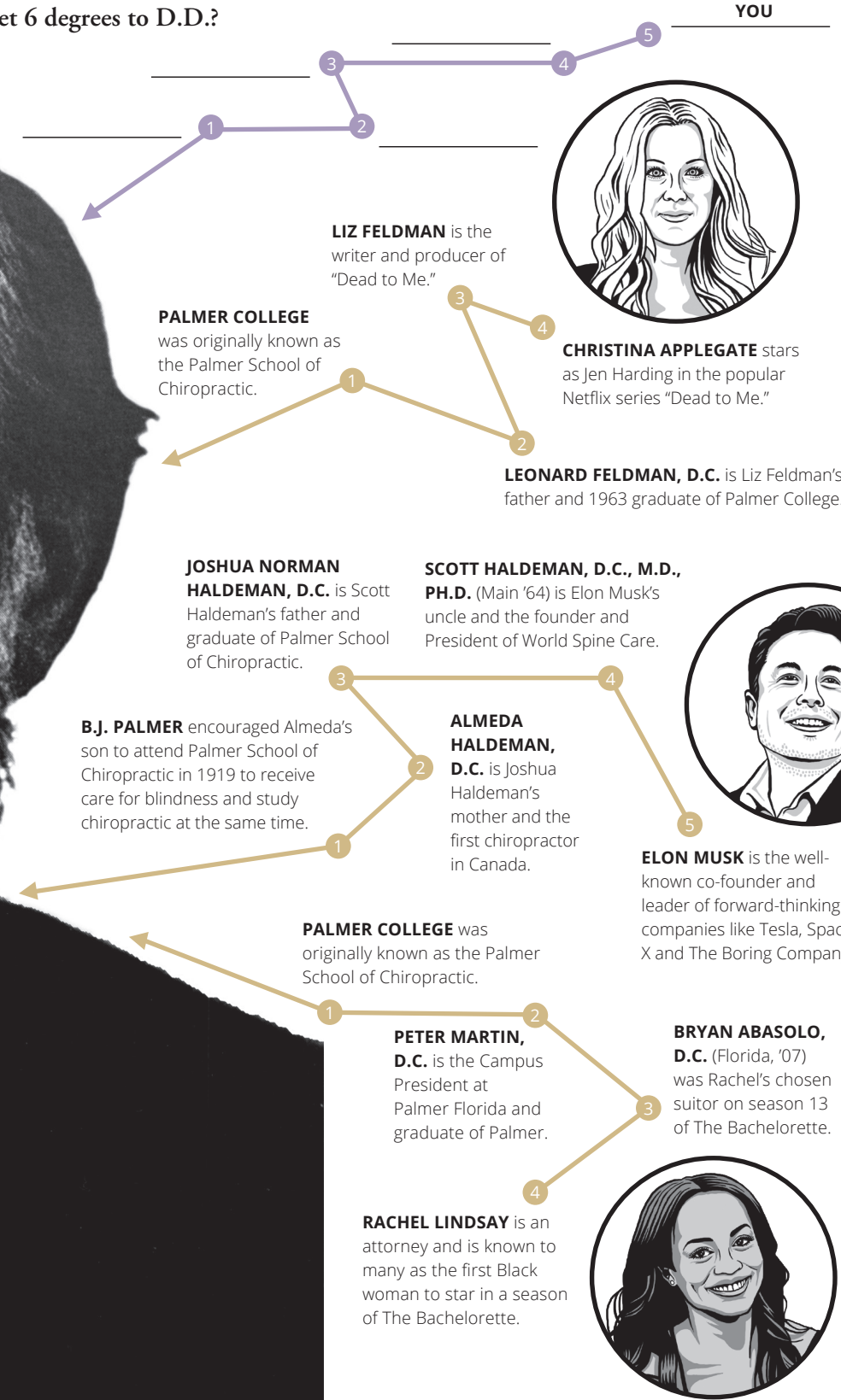
I am so grateful that Dr. Smith celebrates faith and academics by generously providing this scholarship. It has given me freedom to continue serving Christ outside of school, such as leading Palmer's chapter of the Christian Chiropractic Association and serving weekly in my local church. I am blessed to have been named a recipient of this scholarship and hope I can give back in the same way Dr. Smith has in the future.



# 6 DEGREES OF D.D. PALMER



Can you get 6 degrees to D.D.?



**MICHAEL JORDAN** and the Chicago Bulls played against the Utah Jazz in the NBA Finals in 1998.

**CRAIG BUHLER, D.C.** was the team chiropractor for the Utah Jazz in 1998 and currently runs Buhler Athletic Injuries & Human Performance and Certified A.M.I.T. Clinic in Utah.

**GARRETT NEFF, D.C., CSCS** (West, '10) joined Buhler's A.M.I.T. team in 2018.

**BILL MEEKER, D.C.**, is the Campus President at Palmer West and a graduate of Palmer.

**PALMER COLLEGE** was originally known as the Palmer School of Chiropractic.



**HENRY CAVILL** has played the part of Superman/Clark Kent in three movies since 2013.

**ALBERT MONDEGO**, Dantes's son in the film, was portrayed by a young Henry Cavill.

**JIM CAVIEZEL** portrayed Edmond Dantès, the title character and protagonist in The Count of Monte Cristo.

**ERIN CAVIEZEL, D.C.** is Jim Caviezel's sister and 2005 graduate of Palmer College.

**PALMER COLLEGE** was originally known as the Palmer School of Chiropractic.

**JOSHUA NORMAN HALDEMAN, D.C.** is Scott Haldeman's father and graduate of Palmer School of Chiropractic.

**SCOTT HALDEMAN, D.C., M.D., PH.D.** (Main '64) is Elon Musk's uncle and the founder and President of World Spine Care.



**ELON MUSK** is the well-known co-founder and leader of forward-thinking companies like Tesla, Space X and The Boring Company.

**B.J. PALMER** encouraged Almeda's son to attend Palmer School of Chiropractic in 1919 to receive care for blindness and study chiropractic at the same time.

**ALMEDA HALDEMAN, D.C.** is Joshua Haldeman's mother and the first chiropractor in Canada.

**PALMER COLLEGE** was originally known as the Palmer School of Chiropractic.

**PETER MARTIN, D.C.** is the Campus President at Palmer Florida and graduate of Palmer.

**BRYAN ABASOLO, D.C.** (Florida, '07) was Rachel's chosen suitor on season 13 of The Bachelorette.

**RACHEL LINDSAY** is an attorney and is known to many as the first Black woman to star in a season of The Bachelorette.



**THOMAS SIWA, D.C., M.D., PH.D.** is Jojo Siwa's father and 1994 graduate of Palmer College.

**PALMER COLLEGE** was originally known as the Palmer School of Chiropractic.

**JOJO SIWA** is a record-breaking YouTube and Nickelodeon star known for her singing and dancing talent, bubbly personality and signature hairbows.



ANSWERS TO PALMER TRIVIA: C.A

ILLUSTRATIONS BY BRENDAN WHIPPLE / THE NUMAD GROUP

PALMER.EDU



# CLASS NOTES

February 1, 2020—June 30, 2020

## '70s

**PAUL CRONK, D.C.** (Main, '74) celebrated the 100th anniversary of Stoke Chiropractic Clinic on May 3, 2020. The practice, located in Roanoke, Virginia, was started by his grandparents, Drs. John (Main, '20) and Marie (Main, '20) Stoke.

**GLEND A FOY, D.C.** (Main, '75) was awarded the Servant Leadership Award at the Women Chiropractors 2020 Virtual Convention because of her significant contributions to the chiropractic profession.

## '80s

**BEVERLY FOSTER, D.C.** (Main, '81) was appointed to the advisory board of the Fay W. Boozman College of Public Health at the University of Arkansas for Medical Sciences.

**LORA TANIS, D.C.** (Main, '89) was awarded the Maxine MacMullen Award at the Women Chiropractors 2020 Virtual Convention for her excellence, achievement, and contributions to advancing pediatric chiropractic.

## '90s

**MARK THAYER, D.C.** (Main, '92) was appointed to the South Carolina Board of Chiropractic Examiners.

**JASON LOTH, D.C.** (Main, '98) invented Dr. Loth's SpineAlign Pillow, a fully-customizable cervical contour pillow.

# IN MEMORIAM

February 1, 2020—June 30, 2020

### *Main Alumni* (listed by graduation year)

**RICHARD O. DORTCH, D.C.** (Main, '45) Feb. 14, 2020

**PHILIP G. HOUK, D.C.** (Main, '49) March 4, 2020

**ROY A. OTTINGER, D.C.** (Main '49) Feb. 24, 2020

**WILLIAM P. RYNIEWICZ, D.C.** (Main '49) May 29, 2020

**GLENDON H. JOHNSON, D.C.** (Main '51) Dec. 12, 2019

**MCCOY D. KANISTANAUX, D.C.** (Main '59) March 30, 2020

**HUGH NEWCOMB, D.C.** (Main '50) Feb. 18, 2020

**MYRLAND E. NIEDENS, D.C.** (Main '54) April 16, 2020

**FREDERICK E. NOVAK, D.C.** (Main '51) Feb. 22, 2020

**KAREN SLOTA, D.C.** (Main, '99) received the Glass Ceiling Breaker Award at the Women Chiropractors 2020 Virtual Convention in recognition of being the first woman appointed as the full-time chiropractor for a professional football team, the Detroit Lions.

## '00s

**STEVE SEELE, D.C.** (Main, '00) was appointed to the Indiana State Coroners Association board of directors.

**MARC FRITZ, D.C.** (Main, '07) was recognized as Outstanding ICS District President 2020 by the Iowa Chiropractic Society.

## '10s

**KEVIN MICHALAK, D.C.** (Florida, '10) celebrated 10 years in practice at Duncan Chiropractic Group in Michigan.

**WALTER J. ROSS, D.C.** (Main '57) March 5, 2020

**GEORGE W. SACHEN, D.C.** (Main '59) April 25, 2020

**THOMAS F. SNYDER, D.C.** (Main '52) Feb. 4, 2020

**DONALD F. STRUTT, D.C.** (Main '52) Feb. 2, 2020

**LOUIS WOLFSON, D.C.** (Main '50) April 21, 2020

**ROBERT E. YEOMANS, D.C.** (Main '59) May 6, 2020

**LESLIE E. BOWERS, D.C.** (Main '63) March 16, 2020

**DAVID M. BOYER, D.C.** (Main '69) March 29, 2020

**TERENCE G. BRADY, D.C.** (Main '69) April 4, 2020

**ED CASPER III, D.C.** (Main, '19) joined his father, Ed Casper, Jr., D.C. (Main, '88) at Casper Chiropractic in Utica, New York following graduation.

**ZACH TOMKO, D.C.** (Florida, '19) joined First State Health & Wellness as the lead chiropractor at the Lewes, Delaware location.

## '20s

**KARLEE DRESEN, D.C.** (Main, '20) joined Oelwein Chiropractic Clinic in her hometown of Oelwein, Iowa.

**AUSTIN GRAY, D.C.** (Main, '20) joined Schofield Chiropractic Group in Cedar Falls, Iowa.

**DIANA TYLER, D.C.** (Florida, '20) joined APEX Brain Centers in Asheville, North Carolina.

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

**RENE J. CHICOINE, D.C.** (Main '69) May 4, 2020

**LOUIS F. EICHORST, D.C.** (Main '69) Dec. 24, 2019

**CURTISS W. GEORGE, D.C.** (Main '69) Jan. 30, 2020

**ANTOINE H. HARRIS, D.C.** (Main '69) Aug. 20, 2019

**NED A. HUG, D.C.** (Main '63) March 31, 2020

**EARL JOHNSON, D.C.** (Main '61) April 10, 2019

**GARY W. JORGENSEN, D.C.** (Main '64) Jan. 21, 2020

**JAMES KNUDSEN, D.C.** (Main '63) Feb. 2, 2020

**WILLIE R. MAXWELL II, D.C.** (Main '66) Jan. 31, 2020

**WILLIAM A. MCMURRAY, D.C.** (Main '68) March 2, 2020

**DONALD D. NICKEL, D.C.** (Main '66) March 18, 2020

**FELIX PATEREK, D.C.** (Main '66) March 29, 2020

**JAMES T. STOENNER, D.C.** *faculty* (Main '63) May 16, 2020

**JAMES M. STRIGHT, D.C.** (Main '69) Dec. 28, 2019

**ROGER K. WADDELL, D.C.** (Main '65) May 22, 2020

**TERRY E. ANSPACH, D.C.** (Main '79) Feb. 16, 2020

**WILLIAM F. BAUMGARDNER, D.C.** (Main '70) April 8, 2020

**TERRY L. GALBRAITH, D.C.** (Main '70) April 9, 2020

**JOHN J. IZZO, D.C.** (Main '76) April 1, 2020

**TERRY H. LAWSON, D.C.** (Main '73) Feb. 11, 2020

**RONALD E. MARSHALL, D.C.** (Main '71) Sept. 7, 2019

**DENNIS L. MEDSKER, D.C.** (Main '76) April 24, 2020

**PAUL R. OTTINGER, D.C.** (Main '79) May 11, 2020

**DONALD R. SIMPKINS, D.C.** (Main '77) Jan. 25, 2020

**DENNIS M. STEPHENSON, D.C.** (Main '75) March 12, 2020

**GARY A. VAN SKYHOCK, D.C.** (Main '74) April 4, 2020

**MARK K. WERKING, D.C.** (Main '77) Feb. 25, 2020

**LARRY D. ARMSTRONG, D.C.** (Main '85) April 22, 2020

**JAMES V. BURCH, D.C.** (Main '83) Oct. 25, 2019

**FREDERICK G. EDDINGFIELD, D.C.** (Main '86) March 1, 2020

**ROBERT V. EDWARDS, D.C.** (Main '82) Unknown

**ERIC B. HERFERT, D.C.** (Main '82) Dec. 3, 2019

**PETER J. KENNEDY, D.C.** (Main '80) June 10, 2020

**BRENDA G. MILLER, D.C.** (Main '83) May 15, 2020

**DOUGLAS M. MILLER, D.C.** (Main '80) Feb. 27, 2020

**DAVID L. MITTELSTEDT, D.C.** (Main '86) May 16, 2020

**KIM A. REDDICK, D.C.** (Main '83) April 26, 2020

**KURT J. RUSSELL, D.C.** (Main '83) March 6, 2020

**GARY J. SANTORA, D.C.** (Main '81) Jan. 19, 2020

**NICHOLAS M. VIRGILIO, D.C.** (Main '82) April 11, 2020

**EDWIN G. KAUFFMAN, D.C.** (Main '95) May 11, 2020

**NEIL P. LEWIS, D.C.** (Main '96) Feb. 7, 2020

**DAVID A. OLSEN, D.C.** (Main '97) May 5, 2020

**TIMOTHY S. RISTER, D.C.** (Main '92) Feb. 11, 2020

**BRIAN D. SCHULER, D.C.** (Main '90) May 29, 2020

**MICHAEL D. THOMAS, D.C.** (Main '90) May 9, 2020

**STEPHEN P. VESELAK, D.C.** (Main '96) April 22, 2020

**ROBERT A. WARLEY, D.C.** (Main '90) Jan. 30, 2020

**RYAN M. BOND, D.C.** (Main '11) May 27, 2020

**KELLY R. BURNS, D.C.** (Main '09) Feb. 10, 2020

**ALICIA M. FARRELL-BARTON, D.C.** (Main '03) Aug. 17, 2019

**ROBERT J. LOREK, D.C.** (Main '11) Dec. 10, 2019

**KATHLEEN MCNICHOLS, D.C.** (Main '02) October 31, 2019

### *West Alumni*

**LOUIS MIHALKA, D.C.** (West '83) Dec. 6, 2019

**HIROKO MORI JOHNSTONE, D.C.** (West '95) Feb 27, 2020

# PARTING THOUGHTS

Alana Callender, Ed.D. on Why History Matters



### HISTORIAN AND AUTHOR

Alana Callender, Ed.D. recently published *Dr. Palmer: Chiropractor, World Traveler, Author, Lecturer, Civic Leader, Mother and Wife, the story Mabel Heath Palmer, D.C.*, available now online at [bookstore.palmer.edu](http://bookstore.palmer.edu).

**WHEN I WENT** to interview for the archivist position at Palmer College in 1982, I thought the professional school I was applying to work at was a law school. Even so, I got the job. It was the start of a wonderful career working throughout the campus—from archivist to the research department to admissions and even the foundation.

The Palmer College library had begun collecting archival material just two years prior to my arrival as archivist and serials librarian. I didn't stay in the position long, leaving the archives in the capable hands of Glenda Wiese, who built the collection into the juggernaut that it is today.

Fifteen years into my work at Palmer, chiropractic's centennial was celebrated across the world. Now a quarter of a century behind us, the moment brought an awareness of the necessity of preserving the profession's history. In 1997, we celebrated the centennial of the educational program and I became the first director of the Palmer Foundation for Chiropractic History, which was tasked with creating a chiropractic museum. As an aside, I took over management of the Palmer Residence from Archives.

The Palmer family and subsequent executives had a sense of Palmer's place in chiropractic history and squirreled away artifacts throughout the campus. With an intrepid band of work study students which included today's historian, Roger Hynes, D.C. (Main '98), we spent three years of weekends and evenings unearthing and organizing the greatest collection of chiropractic memorabilia ever assembled.

In an appeal to potential donors, I remember asking for "stuff." How do you ask for a heartometer if you've never seen or heard of one? And then the obverse: How do you get people to stop donating heartometers when you have 20 of them? Using a version of the old Marine adage, "donate them all and let us sort them out" became our collections policy. One of the hardest concepts to communicate with potential donors was that history is being made today—if items in current use are discarded, future historians will not be able to illustrate the progress made now.

I'm often asked why history matters. I believe we take deep, important lessons from history to allow us to inform the future decisions and directions we take as individuals, and in Palmer's case, a college and profession. Celebrating our heritage offers a chance for learning and reflection, and an opportunity to walk confidently into the future. ■



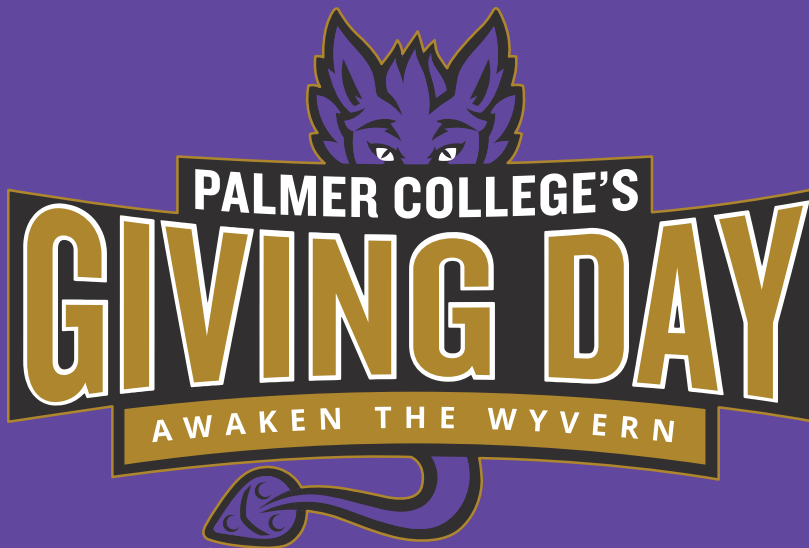


# PALMER

College of Chiropractic

Advancement Office

1000 Brady Street / Davenport, IA 52803



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## IT'S TIME TO AWAKEN THE WYVERN

[#AwakenTheWyvern](https://twitter.com/AwakenTheWyvern)

The education we provide is unmatched. But we will only continue to attract and graduate the best chiropractors of tomorrow with your help.

Please consider making a donation, and join us on **September 18, 2020** for Palmer College's Giving Day. Every gift counts and pushes us closer to our goal: to be *The* Trusted Leader in Chiropractic Education.® Today, and always.

Visit [palmer.edu/givingday](https://palmer.edu/givingday) or use the enclosed envelope to make a gift today.