



# The Tower

The Voice of **LOGAN**

Winter 2010

**Logan Gathers Leaders to Prevent  
Cognitive Decline & Promote Chiropractic**

**Giving Back to Those Who Give All**

**Celebrating the Logan Family**

## A Look Inside

**Logan's New Educational Wing  
& Groundbreaking Celebration**





# News & Notes

- 20 Logan News Briefs
- Faculty in the News
- 21 Alumni Notes
- Student News
- 22 Logan in the Community
- 24 Postgraduate Seminar Schedule
- 25 The Logan Directory



# Features

- 1 The President's Young Advisors Council
- 2 Logan First Responders Chiropractic Care Program
- 4 Preventing Cognitive Decline
- 6 Logan Breaks Ground for Educational Wing
- 8 Benefactors' Circle Dinner
- 10 Chiropractic: A Family Tradition
- 12 Carrying a Torch for Logan
- 13 Community-Based Internships at Scott AFB
- 14 Alumni Feature: Dr. Joan Wittock Diekfuss Regan
- 16 The Logan Family
- 19 Dean's List – Summer 2010



Sen. Orrin G. Hatch (R-Utah)

*Chris Whetton had heard the U.S. Senator from Utah share dozens of stories over the course of 30 years, but this was the first time Chris would hear his grandfather make an address to the future doctors of chiropractic of Logan College ... see page 10*

A Publication of Logan College of  
Chiropractic for Alumni, Students,  
Employees and Friends of the College

#### THE TOWER

Volume XXX, No. 4, Winter 2010

The Tower is published four times a year:  
Spring, Summer, Fall, Winter.

#### Logan Board of Trustees

Steven C. Roberts, JD, LL.M.

*Chair of the Board*

Debra L. Hoffman, DC

*Vice Chair of the Board*

#### Board Members

Susan Crump Baker, DC

Cynthia L. Baudendistel

Anthony Bilott, DC

Anthony W. Calandro, DC

Christophe Dean, DC

Nicholas Gatto, DC

Paul Henry, DC

Carmen Jacoby Hutchcraft, DC

Charles G. Kim, MBA

Rick A. McMichael, DC

Mark O. Reeve, DC

Robert J. Stearley

Rachel Storch, JD

#### Advisory Board

Richard M. Bruns, DC

#### Logan Administration

George A. Goodman, DC, FICC

*President*

Sharon Kehler, MBA

*Vice President,*

*Administrative Affairs*

Patricia C. Jones

*Vice President,*

*Institutional Advancement*

Patricia Marcella

*Chief Financial Officer*

Robert M. Scott, DC, PhD

*Vice President, Academic Affairs*

#### Photography

Cover photo by Dave Preston.

Additional photography by Fawn Knoll,

Vince McGee, Jerry Naunheim,

Cliff Pollack, Dave Preston

and Shawn Saunders.

*The Tower is produced quarterly  
by the departments of Institutional  
Advancement and Public Relations.  
Reader comments can be sent to the  
editor via e-mail at [tower@logan.edu](mailto:tower@logan.edu).*

Thomas F. Keller

*Associate Vice President, Public Relations*

*Tower Editor*

#### THE TOWER

Logan College of Chiropractic

1851 Schoettler Road

PO Box 1065

Chesterfield, MO 63006-1065

[tower@logan.edu](mailto:tower@logan.edu)

[www.logan.edu](http://www.logan.edu)

1-800-782-3344

# The President's Young Advisors Council

Logan College of Chiropractic has invited a cadre of contemporary graduates from the doctor of chiropractic and master's programs to serve on The President's Young Advisors Council. The newly formed council and its members will meet with Logan President Dr. George A. Goodman annually, acting as his sounding board and offering ideas and suggestions to enhance the Logan educational experience.

## Council Objectives:

- Provide input on starting a practice today
- Identify ideas/courses to enhance the curriculum
- Share how the college can better serve recent graduates
- Offer perspectives and experiences with educational debt
- Participate in a forum to provide honest input to students and respond to students' questions
- Support Logan's regional enrollment and fundraising outreach

## Council Members:

Dr. Larry Arbeitman – 8/03

Dr. Mayur M. Reshamwala – 8/03

Dr. Frank Vaught – 4/04

Dr. Melissa Banjai – 04/05

Dr. Martin W. Warren – 4/07

Dr. Tim Hutti – 08/07

Dr. Tejal Patel – 12/07

Dr. David Heitman\* – 4/08

Dr. Lindsay Banks – 8/08

Dr. Jason Alviene\* – 8/08

Dr. Stephanie Sanger – 12/08

Dr. Amy Sau – 12/08

Dr. Jose Ramirez – 8/09

Dr. John Bartemus – 8/09

Dr. Charbel Harb – 12/09

Dr. Marie Tholl – 12/09

Dr. Konstantine "Dino" Pappas – 12/09

Dr. Adam Pye – 8/10

Manalapan, New Jersey

Pinellas Park, Florida

Bolingbrook, Illinois

Ellisville, Missouri

Tampa, Florida

Charleston, Illinois

Arlington, Virginia

Madison, Wisconsin

Alton, Illinois

Port St. Lucie, Florida

St. Louis (Clayton), Missouri

St. Peters, Missouri

Bangor, Maine

Mooresville, North Carolina

Indianapolis, Indiana

New Lenox, Illinois

Orland Park, Illinois

Amherstburg, Ontario, Canada



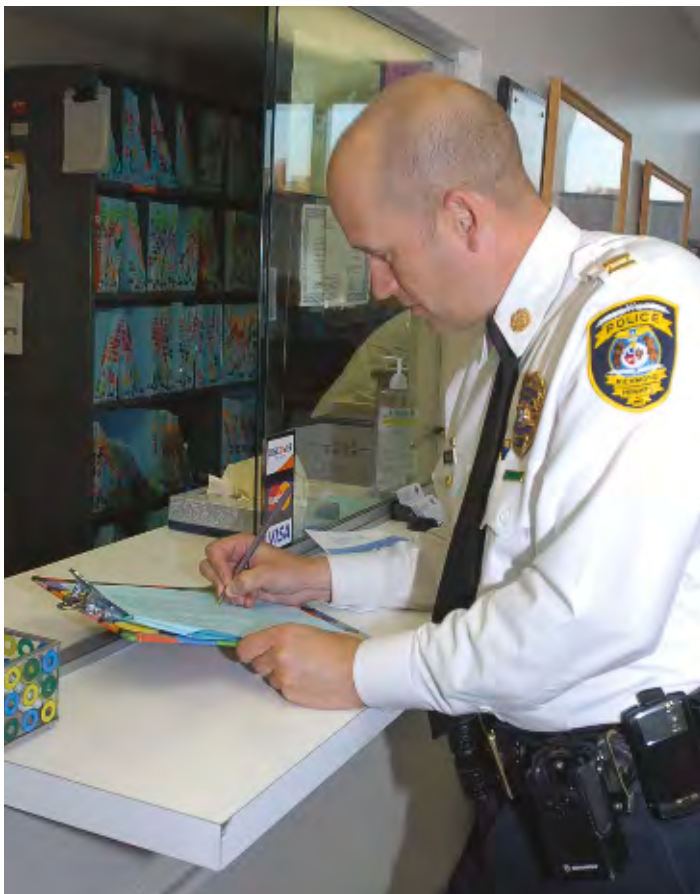
*\*Also holds the Master of Science in Sports Science and Rehabilitation from Logan*

# Giving Back to Those Who Give All

**Logan's First  
Responders  
Chiropractic  
Care Program  
benefits men  
and women on  
the front lines.**



Every day, countless men and women sacrifice their own personal safety so that our neighborhoods, our cities and our world can be safe. Whether rushing to douse the blazes of a house fire or risking enemy attack in order to help a fellow soldier, first responders make a true difference in our lives. These brave individuals are so deserving of thanks, and Logan College of Chiropractic is honored to share its gratitude by offering the First Responders Chiropractic Care Program. This program, launched in late September, provides complimentary services to police officers, firefighters, emergency medical ambulance technicians and returning military soldiers (since 9/11).



### Saying Thanks, Meeting Needs

Chiropractic is highly beneficial to workers in all fields, and it is especially helpful to first responders, whose careers are physically (not to mention mentally) demanding. Capt. Craig Mueller knows the rigors of the job firsthand. Before assuming his current administrative position with the Richmond Heights Police Department, Mueller spent his time patrolling the streets. In his 14 years with the department, he has never been without his heavy work belt, which places a strain on his lower back.

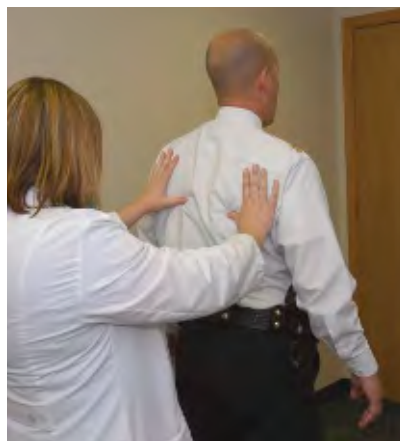
When the chief of police handed out brochures describing the First Responders Chiropractic Care Program, Mueller leapt at the opportunity.

“This program is extremely useful, and I’m very appreciative of Logan,” said Mueller, who receives his complimentary chiropractic care at the Southroads Health Center in south St. Louis County. “Chiropractic helps me meet the demands of my job.”

### The Wide Reach of Chiropractic

Thanks to chiropractic’s holistic approach, the senior interns who staff Logan’s five suburban health centers can provide relief for issues that go far beyond back and neck pain. First responders experiencing everything from headaches to carpal tunnel syndrome to arthritic joints can benefit from treatment. This integrated approach to well-being can improve first responders’ quality of life, both on and off the job.

While the First Responders Chiropractic Care Program is new, Mueller’s knowledge of chiropractic’s benefits is not. The



law-enforcement veteran has been receiving chiropractic treatment for more than ten years. When he’s not at work, Mueller is outside and active, running triathlons, riding motorcycles and competing in mountain-bike races. Mueller credits chiropractic with his ability to stay fit and healthy.

### Helping People Who Help Many

First responders who participate in Logan’s new program receive a variety of beneficial treatments. According to Dr. George A. Goodman, president of Logan College, the initial clinic visit includes a consultation and review of health history, a physical examination, X-rays and interpretation (if indicated to be necessary), urinalysis and complete blood count (if indicated to be necessary), and a report of findings with treatment recommendations. In addition to receiving adjustments, first responders also have access to Logan’s wellness program services.

“The administrators, faculty, staff and students of Logan College of Chiropractic very much appreciate the sacrifices and services provided by the brave men and women who risk their lives every day to keep us safe from harm’s way,” said Dr. Goodman. “We believe that providing free chiropractic care to these first responders is the very least we can do to show our thanks.”



# Preventing Cognitive Decline

## Logan Gathers Health Care Leaders to Share Prevention Strategies



Imagine looking into the mirror and not recognizing the person staring back at you. Receiving visits from unknown people who say they are your spouse or your child. Living inside a body where your brain betrays you and refuses to release the memories it's holding hostage.

For more than 5 million Americans and their countless loved ones living with a degenerative brain disease that is intent on robbing its victims of their individuality long before their bodies fail them, the search for answers is constant. How fast does Alzheimer's disease (AD) progress? What, if anything, can slow its progression? How can we improve daily living for our loved one?

Today, there remains only one certainty with AD: There is no cure.

"When you are dealing with a disease and treatments that are not curative, the health care community must look for ways to prevent neuro-degeneration," said Norman Kettner, DC, DACBR, DCBCN, FICC. "There are reversible risk factors with AD—stimulating cognitive, physical and social activities; vascular health and diet all represent prevention strategies. Chiropractic clinicians are in a unique position to help educate and empower patients and work with them to modify their lifestyles to reduce disease risk."

At Logan, Dr. Kettner chairs the radiology department, but he is also a student. For decades he has studied the most complex system in the universe: the brain.

"The brain is home to an intricate system of networks that communicate within milliseconds over long distances," said Dr. Kettner. "What researchers are trying to understand is how cognitive decline impacts these networks."

For a better look at how the brain may work, Dr. Kettner employs functional magnetic resonance imaging (fMRI). "Imaging is a key contributor to enhancing our understanding of the brain and its learning and memory mechanisms."

He also examines the sensory motor system and how environmental inputs, chiropractic manipulation, acupuncture, movement patterns (the founding principles of rehab) and other sensory stimulants impact neuroplastic processing in the nervous system.

While this level of study can take years, time is of the essence for combating AD as it's projected that 13.4 million Americans will have the disease by 2050. "The genetic code took 15 years of investigation," said Dr. Kettner. "Researchers have investigated the neurological code for more than 100 years, and we've really only scratched the surface."

### Taking a Stand

On October 28, doctors of chiropractic, medicine and philosophy gathered inside Logan's William D. Purser, DC Center to share research and strategies for preventing cognitive decline in older adults. As part of Logan's 4th National Symposium on Complementary & Alternative Geriatric Health Care, geriatric health care leaders one-by-one took to the Purser Center's stage to condense years of clinical study and research into a four-hour course.

The presenters spoke of the basic science and clinical evidence underlying the techniques for enhancing cognitive function and preventing decline.

Presentation highlights include:

To perform cognitive tasks such as memory and executive functions such as calculation, different areas of the brain must interact in a cooperative and coordinated function across relatively long distances. These complex networks of interactions are also known as brain functional networks. Conference

organizer and facilitator Dr. Kettner reviewed the recent advances and neuroimaging evidence for the structural and functional disconnections in the brain networks of AD patients.



Abhilash K. Desai, MD, reported “research to date suggests the potential to develop a midlife and late-life dementia risk predictor in the

near future.” He said such a tool can help reduce an individual patient’s risk of future dementia as well as improve public health by reducing incidence and prevalence of dementia.

Dr. Desai employs a holistic approach for improving brain health, recommending exercise, nutrition, mindfulness training, stress management, music, laughter, nature, touch, spirituality and creative expression to improve brain health and emotional wellbeing. He presented his daily nutrition recommendations to promote brain health, which include:

- Four to six servings of fruits daily, berries are best.
- Four to six servings of vegetables and legumes, beans, lentils and peas. Tomatoes, beets and green leafy vegetables are best for brain health.
- One to two servings of Omega-3 food, such as Omega-3-rich fish (wild sockeye salmon, albacore tuna, farmed rainbow trout, etc.), walnuts, kiwi, flax seed and Omega-3 enriched foods.
- One to two servings of monounsaturated fatty acids, such as cold-pressed extra-virgin olive oil, canola oil and avocados.
- Green tea, 4-8 oz.
- Water, 24-40 oz.
- Three to six servings of whole grains.
- Nuts (three to five pieces), tree nuts like walnuts, almonds, pecans, hazelnuts and macadamia nuts preferred.
- Spices, including turmeric (considered most beneficial of all spices), cinnamon, cloves, red pepper, black pepper, ginger and garlic.

Arthur F. Kramer, PhD, shared perspectives from his research on the effects of exercise on the brain and cognition.

Dr. Kramer’s professional interests include cognitive neuroscience, cognitive and brain plasticity, aging, attention, perception and human factors. He reported: “There is converging evidence at the molecular, cellular, behavioral and systems levels that physical activity participation is beneficial to cognition. Such evidence highlights the importance of promoting physical activity across the lifespan to reverse recent obesity and disease trends, as well as to prevent or reverse cognitive and neural decline.”

In particular, Dr. Kramer has found aerobic fitness training can have a “positive effect on multiple aspects of brain function and cognition.”

Joseph Flaherty, MD, addressed complementary and alternative medicine (CAM) techniques for preventing cognitive decline.



Dr. Flaherty spoke of the brain’s plasticity, saying that even in adults, the brain physically changes its brain maps based on what a person uses or pays attention to, both physically and mentally. He shared outcomes from the Cochrane Central Register of Controlled Trials to illustrate how four types of CAM protocols and therapies—tai chi, yoga, meditation and ginkgo—work to promote brain health. He instructed participants to recommend CAM techniques for patients so long as they are individualized and don’t negate the Western medicine diagnosis.



John E. Morley, MB, B.Ch., is involved in development of new treatments to combat AD. For the symposium

participants, he discussed the role of diet and exercise in preventing cognitive decline in the aging population. He reported nutrients are implicated as a risk factor for AD and shared research

supporting the role of Omega-3 in healthy diets and brains, noting a diet that contained the naturally occurring Omega-3 fatty acid docosahexaenoic acid (DHA) increased relative cerebral blood volume in the study specimen.

Dr. Morley also shared research citing the benefits of physical exercise, including a Canadian study of 4,615 adults over 65. Those with high levels of physical exercise were associated with reduced cognitive impairment.

## Progress and Prevention

The lessons the symposium and its presenters left behind provide critical instructions for the promotion of healthy lifestyles. As leaders in the chiropractic community, the wellness and manual care we uniquely provide will not only impact the human body, but can prove powerful enough to help the aging American populace free itself of the suffering that only the deteriorating brain can impose.

## Presenting Faculty:

Norman W. Kettner DC, DACBR, DCBCN, FICC, Professor and Chair of the Department of Radiology at Logan College of Chiropractic.

Abhilash K. Desai, MD, Associate Professor and Director of Saint Louis University’s Center for Healthy Brain Aging.

Arthur F. Kramer, PhD, Director of the Beckman Institute at the University of Illinois in Urbana and Professor in the Department of Psychology, the Campus Neuroscience Program and the Institute of Aviation.

Joseph H. Flaherty, MD, Staff Physician and Medical Director, Home Based Primary Care, St. Louis VA Medical Center and Associate Professor, Department of Internal Medicine, Division Geriatrics, Saint Louis University.

John E. Morley, MB, B.Ch., Director of Geriatric Research, Education, and Clinical Center (GRECC), St. Louis VA Medical Center Director of Endocrinology and Geriatrics, Dammert Professor of Gerontology, and Director of the Center of Aging Successfully.

# Logan Breaks Ground, Plans to Enhance Clinical Training

**It's official. Dignitaries have gathered. Dirt has been dug.**

On November 12, Logan College held a groundbreaking ceremony for its new 13,000-square-foot, multi-level educational wing. The three-story project will include:

- A smart classroom accommodating 133 students
- An admissions suite providing guests with a welcoming reception and waiting area
- An adjoining outdoor courtyard offering students a private setting for quiet study or reflection

Logan President Dr. George A. Goodman said the educational wing is designed to enhance student-faculty collaboration and accelerate clinical training from the classroom to the exam room. The assessment center, referred to by Dr. Goodman as the “building’s jewel,” will permit real-time clinical assessments to improve patient care, including everything from the proficient application of chiropractic techniques to clinicians’ “bedside” manner and patient rapport.

The project’s chief architect, TR,i Architects Vice President Curtis Cassel, says the design team worked to create real-world-inspired exam rooms. He said the assessment center will serve as a site for confidence-building for the budding practitioner, adding that the educational wing will offer Logan students a competitive edge with its unmatched environment for clinical training and aptitude.



Members of the Logan College Board of Trustees, the Logan College Alumni Association, Logan Students Doctors' Council, representatives from the city of Chesterfield and St. Louis County, faculty, staff and students attended the official Nov. 12 groundbreaking ceremony announcing the development of Logan's new educational wing on campus. Pictured at lower right is Logan President Dr. George Goodman (left) with project architect Curtis Cassel.

## Architectural Renderings



Exterior



Site Plan



Lobby



Media Room



Lecture Room

The educational wing is designed to enhance student-faculty collaboration and accelerate clinical training from the classroom to the exam room. Logan President Dr. George A. Goodman

**The \$4.9 million privately funded educational wing will become a reality in 2012.**



---

# Diamonds Are Forever

---



Logan held its yearly Benefactors' Circle Dinner on November 13 in the lobby of the William D. Purser, DC Center. Benefactors' Circle members are individuals who make annual donations of \$1,000 or more during Logan's fiscal year. Here is a selection of photos from this year's festivities.



# Chiropractic: A Family Tradition

As U.S. Senator Orrin G. Hatch took the stage as speaker for Logan College's 163rd commencement ceremony, one student among the graduating class that morning was particularly interested in the message being delivered.

Chris Whetton had heard the U.S. Senator from Utah share dozens of stories over the course of 30 years, but this was the first time Chris would hear his grandfather make an address to the future doctors of chiropractic of Logan College.

Known for being one of the first politicians to advocate chiropractic and support the availability of and funding for chiropractic care, Sen. Hatch has spoken on behalf of the chiropractic profession throughout his career. He has presented

at the American Chiropractic Association's annual National Chiropractic Legislative Conference and lent his support to amendments and legislation promoting benefits of chiropractic in the health care model.

"I think he has always had an interest in chiropractic," said Chris, grandson of Sen. Hatch. "He's been seen by chiropractors, and I know it's helped him in many areas because with the rigors of his schedule and work, he needs to be in good health."

## Family Ties

Sen. Hatch came from humble beginnings in Pittsburgh, working his way up through odd jobs. Instilled with determination and a strong work ethic from a young age, he earned a bachelor's degree in history from Brigham Young University and went on to earn a law degree from the University of Pittsburgh.

Hatch practiced law in both Utah and Pennsylvania before being persuaded to run against three-time incumbent Sen. Frank Moss. Everyone was saying there was no chance he'd win, Chris said, adding that his grandfather has retained his senatorial status since 1976.

"I think we all have someone in our lives whom we really respect and look up to," he said. "For me, it's my grandfather. He's been successful and he's just a genuine person."



Chris Whetton with his grandparents, Sen. Orrin and Elaine Hatch.

Chris can't think of a time when he wasn't aspiring to be like his grandfather. Even as a youngster growing up in Yucca Valley, California, Chris valued his grandfather's deep sense of family.

"Family has always been a big thing with him and that side of my mom's family," Chris said, noting that his grandfather and his grandmother Elaine had six children. "No matter how busy he is, he always finds time to get together with us, and that was always very special."

As the oldest grandson among 30 grandchildren, and now several great-grandchildren, Chris said getting to spend one-on-one time with Sen. Hatch can sometimes be a challenge, so it's no surprise that some of the best memories Chris has of his grandfather are of the special times they've spent together. Chris recalls a time when he was playing on the high school golf team and his grandfather was in town visiting.

"We must have walked five or six miles around the golf course," Chris said. "He was so interested in what I had to say. It's the little things like that, where I've been able to have a real tie with him. People think he's so busy, but when he's around, he's fully engaged and always makes a point to find out what's going on in my life."

### Service to Others

The two maintained a close relationship after Chris and his family moved from California to Ogden, Utah, and even when Chris left home to attend Western Wyoming Community College on a musical theater scholarship.

It wasn't until after a two-year mission trip to the Philippines that Chris started to question a career in musical theater and gave becoming a doctor of chiropractic some serious thought.

Chris did not have to look far to find good reasons for becoming a doctor of chiropractic. Chiropractic, he said, has been a part of his life since day one. Both Chris' father, Randy, and Chris' paternal grandfather, Russell, are chiropractors in Utah, and Chris' uncle, Jamie Whitlock, is a practicing doctor of chiropractic in California.

With a family of chiropractors and a grandfather who has long supported the profession, Chris considered the idea of serving others through chiropractic.

"My grandfather has always been a great example of service not only [through] his responsibilities as a senator, but his actions within the church and devotion to his family," Chris said. "He and many other people in my life have set great examples of service, and that's been a real inspiration to me."

Chris learned about Logan College through a seminar recruiter, and says that the institution's philosophy and curriculum resonated with him immediately. Through a lot of thought and prayer, Chris made the decision and enrolled at Logan. It was then, he said, that everything fell into place.

For Chris, the next two years brought marriage, accelerated science program classes and, finally, subjects and coursework for a doctor of chiropractic degree.

### Shaping Lives

Today, Chris enjoys the fact that he and his grandfather are able to share several common interests: their devotion to faith and family, service to others, and endorsement of chiropractic. They also share a philosophy for working hard.

"As doctors of chiropractic, we serve others so others can do what they've set out to accomplish," Chris said. "If there's something you want, you've got to work hard at it, and working hard is one thing I'll be able to take to the bank."

Chris found out firsthand the value of hard work by serving as a chiropractic intern at Scott Air Force Base near O'Fallon, Ill. Working under Dr. Charles Portwood, a Dec. 1991 Logan graduate who served as a Missouri state representative for eight years after becoming a doctor of chiropractic, Chris said his appreciation for servicemen has increased tenfold.

While Logan College has given Chris the knowledge and tools to become a successful doctor of chiropractic, he would probably agree that his grandfather has given him the motivation he needed to make it to graduation day.

"He's always been a big proponent of you deciding your own future and just going for it without backing off," Chris said.

After graduation, Chris and his wife Carolina, along with their children (Jeremiah, 4; Zeb, 2; and Myles, 9 months) are moving back to Ogden, Utah, where Chris will work alongside his father.

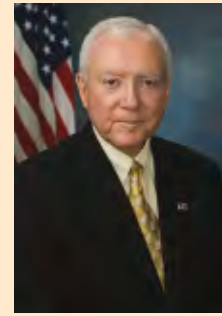
Aside from basic chiropractic care, Chris intends to focus on full-body nutrition, wellness and acupuncture, which will be a new practice area for his father's clinic. He also would like to extend chiropractic care to servicemen at an Air Force base in Utah by utilizing the experience he garnered as an intern.

When Chris looks at chiropractic, he doesn't just see a career. He sees a life serving others as it has served and helped shape the lives of the people he loves.

"As for my grandfather, if not for chiropractic, he might not have been able to continue doing what he does," Chris said. "I can only imagine he'll continue to support chiropractic care for a long time."

## In His Own Words...

### An Advocate of Chiropractic



*The following excerpts are from an interview with Sen. Hatch conducted by the editorial staff at Dynamic Chiropractic. Hatch's comments ran in the article "Orrin Hatch: Presidential Candidate, Chiropractic Advocate" published in the Nov. 1, 1999 issue.*

"I can remember how I had a skeptical viewpoint of chiropractic. I was a medical liability defense lawyer and defended doctors in medical malpractice cases.

I'll never forget (the time) I had one of the leading orthopedists in the world come in, and I said, 'What do you think about chiropractors?' He made sure the door was closed and looked all around to make sure nobody else was in the room, then he whispered to me, 'I believe in it.' He said, 'I actually 'manipulate' under anesthesia, but only under anesthesia. I wouldn't want anybody to know I do that.' He knew that spinal adjustments were important.

When I went to Utah, I worshipped in a congregation that had a chiropractor. We were friends, and I'd kid him about his profession, and said I believe in what you do, and it didn't affect me until one day at the Securities and Exchange Commission in Washington. I had this big valise with all these filings in it. I got into the cab and flipped it forward in front of me, and my back went out.

I had to fly all the way back to Utah in abject pain. I went to bed that night and couldn't get out of bed the next morning. I had to roll off onto my knees, and I thought, I can't live with this. So I called my friend, the chiropractor in my congregation. He came right over, and within a matter of minutes had me back on my feet.

From that point on, I've been a very solid believer in chiropractic, but I was a believer before because of what that orthopedist had told me. I've been involved in a number of rear-end collisions and have a very touchy back and neck condition. I have to say, I've been to a number of chiropractors who have been greatly helpful and happy to alleviate some of the pain, so I'm a great believer in chiropractic. I've had many chiropractor friends, and I've had a lot to do with a number of the chiropractic colleges.

I believe there are many instances where chiropractic is the only solution. You can go to doctors the rest of your life, and they won't solve it as quickly as chiropractors will, especially when it comes to spinal adjustments because the spine is subluxed or out of kilter."

# Carrying a Torch for Logan

## Chiropractic Mentor Gives Students Guidance on Sports Medicine Education

It was 2002 in Salt Lake City, Utah, when the world's most competitive athletes came together for the XIX Olympic Winter Games. While more than 2 billion television viewers worldwide were tuned in to watch the action, chiropractor Dr. Jeff Roderick was experiencing it firsthand, working directly with the Olympic athletes.

**O**ur job was to treat and evaluate athletes from other countries who did not have their own chiropractic council at the games," Dr. Roderick said.

The opportunity was made possible by Dr. Roderick's professional accomplishment, becoming a Certified Chiropractic Sports Physician and through a friendship formed with Dr. Laney Nelson, the current director of the BIOFREEZE® Sports & Rehabilitation Center at Logan.

"I met Dr. Nelson at an event before the winter games when I was studying at Parker College of Chiropractic," said Dr. Roderick. "He invited me to visit Salt Lake City to learn more about his practice and sports medicine as a specialty."

In addition to serving on the staff of Cottonwood Hospital in Salt Lake City, Dr. Nelson founded the Utah Chiropractic Sports Injury Council and served as the Utah chiropractic liaison to the World Olympics Association Winter Olympics in 2002.

Dr. Roderick quickly came to admire Dr. Nelson's approach to chiropractic. He learned the proper way to treat athletes and how to collaborate with an athlete's medical staff. Fortunately for Dr. Roderick, that visit to Salt Lake City evolved into something much bigger.

"As the liaison for the Winter Olympics, Dr. Nelson asked me if I wanted to join his team as they worked with athletes at the 2002 games," said Dr. Roderick. "I thought, 'Are you serious? Of course I would!'"

Dr. Roderick considers his experience at the Olympic Games to be one of the highlights of his career. He now has his own practice in Rexburg, Idaho, and also volunteers as the local high school team doctor for all team sports programs, including football and volleyball.

### Mentoring Matters

By way of Dr. Nelson's example, Dr. Roderick also mentors students interested in sports medicine and chiropractic care by volunteering as an intern coordinator at nearby Brigham Young University. Through the program, Dr. Roderick invites junior-level students to become chiropractic assistants at his practice, Madison Ridge Chiropractic.



"All the students that come to me have a passion and interest in the profession," he said. "They are looking to further their education by getting hands-on experience and their next step is to transfer to a chiropractic college."

Just as Dr. Roderick welcomed guidance from established doctors when he was studying chiropractic, his student interns now look to him for advice on where to get the best education. For students interested in a career in chiropractic sports medicine, Dr. Roderick refers them to Logan's BIOFREEZE Sports & Rehabilitation Center headed by Dr. Nelson.

"I tell my students, 'If you want to get out of school and be way ahead of me and other chiropractors in the industry, go to Logan,'" Dr. Roderick said. "Dr. Nelson has an expert team, plus the latest technology to help students stay competitive."



Dr. Roderick is an active ambassador of Logan's sports and rehabilitation program, referring more than 10 students to the college throughout the past six years. He says Logan's experienced faculty and staff make it an easy recommendation.

"Throughout my career, I have come to know faculty from Logan and I'm always impressed by their professionalism," Dr. Roderick said.

As Dr. Roderick looks back fondly on the experiences his mentor, Dr. Nelson, provided, he says that becoming a mentor himself has advanced his practice.

"Mentoring helps me stay on top of the latest research and remain current," Dr. Roderick said. "As I work with students and discuss patient cases, I find that I'm more engaged and it really benefits my practice.

"In sports medicine, mentoring helps me stay on top of my game."

## What Logan Students and Faculty Say About Dr. Roderick

"Dr. Roderick taught me how to make a personal connection to patients and athletes," said student **Ryan Walton**, now in his tenth trimester at Logan. "He is very sincere and believes that Logan is the best place to study. He really helped me make an informed decision to come here."

"The way Dr. Roderick ran his practice and worked with athletes made me realize that sports medicine was something I really wanted to pursue," said student **Jaron Banks**, now in his first trimester at Logan. "He told me that Logan was where things were really moving forward in chiropractic care, and that Logan could provide the best connections and opportunities."

"What makes Jeff so special is that he is not only a pioneer in sports medicine, but also a leader in the community," **Dr. Laney Nelson** said. "He is the kind of doctor that everyone wants because he is an expert at elevating each patient's level of personal performance."

## Logan Students Complete First Community-Based Internships at Scott AFB



Pictured at top right: Charles Portwood, DC, (far left) along with Logan's Drs. George Goodman and Elizabeth Goodman (far right) celebrate with Logan Tri-10 students Lakendra McCollum and Christopher Whetton on the recent completion of their community-based internships at Scott Air Force Base in O'Fallon, Ill.

The students worked with health care providers in the 375th MDG that is currently transitioning to a new model for primary care called "Medical Home." The underlying principle is to align each patient with his or her personal provider/provider team to establish patient-centered care.

Other team members included Col. Pennie Pavlisin; (pictured in bottom photos at right with Logan students); Senior Commander Col. Jill Sterling, MD; Lt. Col. Mark Brooks, MD; Maj. Mocha Robinson, physical therapist flight commander; civilian Amy Koudelka and chiropractic assistant Donna Bingham.

The challenge coins held by the students (see top photo) bear the military organization's insignia or emblem. They are given to prove membership when challenged and enhance group morale.



# Letters from Logan

Alumni Feature: Dr. Joan Wittock Diekfuss Regan

*"Exams have been rolling in like the tide, one seems scarcely to have passed before the next one comes over, leaving us washed out. ... It really keeps us all 'on our toes' mentally, though there are no mental slackers here."* Joan Diekfuss (Regan) 1944



With her days consumed by classes and rigorous coursework, Joan Diekfuss (Regan) found refuge in her dorm room, where she could release her thoughts on life as a Logan student. With pen held tightly in hand, the future Dr. Regan treated the unmarked sheets of paper before her like a canvas, painting her poetic words across the page to capture the fleeting moments she would spend learning and training to be a doctor of chiropractic.

*"Even though the kids are full of nonsense now and then, I've never been in a school where studying was given such systematic and careful attention," she wrote on Oct. 15, 1942. "At the dorm here, everyone tries to study during approximately the same hours, with the result that there's a period of peace and quiet every evening, broken only by the even tic-tic-tic of the typewriter. I love this school. ..."*

Dr. Regan came to Logan at the prompting of her first love, her husband Walter Diekfuss, DC. With her husband nearly 400 miles away tending to his practice outside Milwaukee, she embraced her new Logan family in St. Louis, which helped her through her chiropractic studies and her pregnancy with eldest child Joyce, who was born in 1943 while Dr. Regan was a student at Logan.



Once the young wife and mother graduated as a doctor of chiropractic, she moved back home to Wisconsin to reunite her family and launch her career. Dr. Regan built her practice on her solid convictions that chiropractic's holistic approach to health care and knowledge of the body's biomechanics could restore function and maintain good health.

"You see, I've come to believe that man has regressed so far into the labyrinth of materialism and mortality, however self-created, that he has bent and twisted and distorted his own conception of himself—his body," she wrote. "It's going to take a 'material' method to return that body and mind to a realization of normal function. Basic Technique is that method and not a lot of hacking away at living flesh and bone, or revolting pill-chewing."

## Perseverance

In 1953, following Walter's untimely passing, Dr. Regan was left to raise her daughter and manage the family practice without her husband. She relied on the knowledge she gained from Logan and the lessons she learned from her family to help her manage the responsibilities of both mother and chiropractic physician.

Dr. Regan was no stranger to struggle. Raised primarily by her grandparents, she grew up in the small town of Oconto, Wis. Dr. Regan's mother had to support her family after her own husband's untimely death, and she did so by traveling the country managing public relations for Heinz products. At home with her grandmother, who had 9 children of her own, the small homestead bustled with kids and grandkids, numbering 12 to 15 people living together at a time. Although money was tight, Dr. Regan had a plentiful supply of family support and was influenced by the strong women in her family who modeled independence.

## Family Time

The 1960s marked a period of new beginnings for Dr. Regan. She married Thomas Regan and moved to Fond du Lac, Wis. Together they welcomed daughters Anne Regan Oberlander and Ellen Regan Burmeister. For the next several years, Dr. Regan would stay home to raise her three girls.

While she was not in daily practice, Dr. Regan and chiropractic remained intertwined. She kept her license active, treating family, friends and neighbors. Her daughter Ellen recalls bringing home a schoolmate with a dislocated finger. Most moms would provide TLC and a drive to the emergency room, but at the Regan household, the girl was promptly treated and returned home with a smile on her tear-soaked face.

“When you talked with Mom, her conversations always turned to chiropractic,” says daughter. “She constantly thought and spoke about chiropractic even when she wasn’t in practice.”

Dr. Regan’s commitment to family and community led her to active roles with the local Girl Scouts, Parent-Teacher Association and the League of Women Voters. Ellen says that while her mom didn’t “work” when she was growing up, she was always busy, striving to make a difference in her children’s lives and the lives of those in their community.

## *The Chiropractic Calling*

After more than a decade caring for her children, Dr. Regan decided to return full time to caring for patients. She established a new practice in 1975 that specialized in chiropractic care for women and children.



Dr. Regan brought her love of family and home into her practice, which was an old house that had already been converted into a chiropractic clinic that surrounding patients with a cozy, home-like environment. As for equipment, Dr. Regan relied on the Logan Basic Technique and her eyes and hands to assess and treat her patients.

“My mom was extremely professional in practice,” says Ellen. “She was always referred to as Dr. Regan because she took her title seriously. She wore a lab coat when adjusting patients and insisted patients be gowned so she could properly assess their body movements.”

Ellen says exams began the moment the patient walked through the door. “Mom was detailed. She would make sure her patients were wearing the right shoes for proper gait and would assess their whole body movement as they approached the exam room. Her patient visits would last about 25 minutes.”



(Above) Dr. Regan pictured in 1996 at her Fond du Lac practice in Wis. with one of her favorite kinds of patients. Dr. Regan also authored several chiropractic books for children, including *The Happy Little Spine*. (Below left) Dr. Regan at her office in Pewaukee, Wis. around 1950.



Dr. Regan’s sole focus was patient care. Her mantra was simple: don’t forget the patient. She would often tell Ellen and her sister Anne, whose first jobs were working as their mom’s receptionists, that patients come to you in pain and in need of help. Dr. Regan instructed her daughters that her practice wasn’t about running a business but about giving patients outstanding chiropractic care. In fact, she prided herself in getting patients better in as few visits as possible.

Her contributions to the patient community extended far beyond the walls of her practice. “She was so loved by her patients,” Ellen says. “Mom was interactive and instructive, always trying to share her knowledge and love of chiropractic with the community.”

Dr. Regan regularly appeared on local cable and radio shows to offer lessons on biomechanics and their application to everyday life, the importance of proper gait and the need for healthy lifestyles. She also understood the significance of ergonomics.

Dr. Regan often lectured at factories and worked with local unions to help laborers safely complete their work and avoid health problems due to repetitive motion. Her excellent patient care and community outreach earned Dr. Regan the Lifetime Achievement Award from the Wisconsin Chiropractic Association in the late 1990s.

## *Perpetual Gifts*

At the age of 86, Dr. Regan retired from patient care. “Mom planned to practice until she was 100,” Ellen says. “She was diagnosed with breast cancer in 1999 and the last couple of years finally caught up with her. Despite her need to retire, Mom was adamant that she find the right person to take over her practice as it was a number-one focus in her life.”

For Dr. Regan, the “right” person was one who practiced Logan Basic.

In October 2009, Dr. Joan Regan passed away. Among the vast gifts she’s left behind—her children and grandchildren, more than 10,000 patients and their improved health, and a lifetime of lessons on chiropractic and healthy behaviors—she’s also given us her words. Dr. Regan’s letters from Logan provide timeless gifts, which are cherished by her family with excerpts graciously shared with her extended Logan family.

*“This school is strictly super and every day the many intricacies of life are presented to us students by really fine instructors.”*  
Joan Diekfuss (Regan) Sept. 11, 1942.

# The Logan Family

Students and their families  
prepare for a life with chiropractic



*In this issue, we share the stories of three families at Logan College. We learn how their lives have been affected by chiropractic, why they chose the path of becoming doctors of chiropractic and how they are now living a life of chiropractic for themselves and the ones they care about the most—their families. While each comes to Logan from different parts of the continent, from different backgrounds and for different reasons, they all have one common interest: helping make a difference in the health and wellness of others.*

## Kyle and Adina Robbins: Raising a Chiropractic Family

Hundreds of miles from their hometowns in Ontario and New Jersey, Kyle and Adina Robbins both found their calling to be chiropractors at Logan College.

Logan not only brought them both together, but gave them a new perspective on what it means to be a chiropractor in the modern world of health care.

“When I got to Logan, I really learned what it meant to practice chiropractic,” Kyle said. “I learned more about the history, philosophy and the variety of things chiropractors can do to help people. Some of the older students

helped me understand the importance of what we can do in the community, and for me that was a real eye-opener.”

Kyle graduated from McMaster University in Ontario, Canada, with a degree in kinesiology in 2006 and enrolled at Logan the following year on the advice of his chiropractor, Dr. Jenny Pelisek, an April 1997 Logan graduate.

Adina grew up experiencing firsthand the benefits of chiropractic. As a child, her asthma symptoms were relieved following regular adjustments by her family’s chiropractor. Years later,

an encounter with pronator teres syndrome prompted her to consider a career in chiropractic.

Leaving her six-year position in dental hygiene, Adina headed off to Logan for a fresh start.

“It was hard at first to leave my whole family,” Adina said. “I left a really good career and my own apartment, but I was tired of living for my paycheck and longed for a place I could be happier.”

Logan provided her with the solution Adina needed. Not only did she meet Kyle on her first day of school, but she

found the support to pursue her desired career.

"Having someone know what you're going through was instrumental," she said. "Kyle's been a huge supporter for me, and even though we have different thoughts or views on aspects of chiropractic, we have a common understanding."

As December 2010 graduates, they are now thinking about ways to incorporate chiropractic into their child's life. (They became first-time parents on Nov. 29, 2010 with the arrival of Weston Eli Robbins.) Kyle said he looks forward to raising his family in a chiropractic environment, now having the knowledge and empowerment in health and wellness.

"There have been a variety of people who have taught me and my family about chiropractic and health," he said. "It's exciting for my child to be born into that, and I see many families at Logan embracing that as well."

Adina said while she feels there's only a small group of people who think like they do when it comes to chiropractic care for children, she is doing her best to find ways to expose their first-born to the chiropractic model of care.

Following graduation, Kyle and Adina plan to diversify their practice areas: Kyle would like to concentrate on upper cervical work as well as help people who suffer with specific body imbalances, which can produce biomechanical, psychosocial and biochemical symptoms. Adina intends to work with children and pregnant women, and apply her background in dental by focusing on the positive impact chiropractic can have on patients with temporomandibular joint disorder.

"There's no doubt, this is what we were both supposed to do," Kyle said.



## Marcel Popa: Bridging Cultures with Chiropractic

Up until eight years ago, chiropractic was a foreign concept to Marcel Popa. The Romanian native puts it simply: "We didn't have it there."

Without knowing what he was missing, Marcel graduated from Missouri State University in Springfield in 2005 with a bachelor's degree in biology. However, when his plans to attend dental school didn't come to fruition, he decided to work for the family hardwood-flooring business with his father and three brothers.

"The money was good and it was nice working with my family, but in the back of my mind, I knew it just wasn't for me," he said. "I always wanted to do something else."

The turning point was in 2008 when Marcel's father turned to chiropractic after suffering from back problems. "It struck me how when my father went in, he could barely walk, and when he came out, he was completely different," he said. "After that adjustment he felt so much better. It was amazing and that's when I knew."

**"It was hard at the beginning to leave my family for school, but now they come to the Logan campus almost every day. We enjoy the fountain, student center and the pond. Logan has a good family atmosphere and we look forward to attending more community events in the future."**

That fall, Marcel shadowed two doctors of chiropractic in Mt. Vernon, Missouri, to learn more about the profession and soon started visiting a chiropractic physician himself. It was his DC who told Marcel to go to Parker College of Chiropractic, but when he searched online for other schools, he found Logan.

"Once I came here and saw it, that was it," he said. "I was not going to look anywhere else."

Marcel's wife Angela fully supported her husband's desire to attend Logan and pursue a career in chiropractic. Marcel said it was Angela's encouragement that helped him through times when he had to be away from their children, Landon now 2 1/2 and Sophia, 1 year.

"It was hard at the beginning to leave my family for school, but now they come to the Logan campus almost every day," he said. "We enjoy the fountain, student center and the pond. Logan has a good family atmosphere and we look forward to attending more community events in the future."

Marcel has befriended other Logan students who also have children. He said he looks around in his classes and is always surprised to see so many students like himself.

"I never thought it would be like this," he said. "It's very special to sit in class and see more and more people in the same boat as me."

Like many students who have families at Logan, Marcel sees the benefits of chiropractic for children and looks forward to raising Landon and Sophia in a chiropractic family. He also believes kids should get adjusted right after they are born, just as he did for his youngest.

"Chiropractic for children is amazing," he said. "Before I moved to Logan, I never took Landon to the chiropractor, even though he suffered from bad ear infections. Right around the time the doctors wanted to put tubes in his ears, I started taking him to get adjusted and the ear infections stopped. Now, Landon is examined by Dr. Patrick Montgomery (Logan faculty member) every week."

Marcel said he is constantly amazed by the impact of chiropractic, and is considering Logan's master's program in sports science and rehabilitation. Upon graduating from Logan in December 2012, Marcel said his dream is to open his own practice in southwest Missouri where his family and in-laws currently live. He also wants to help spread the word about the benefits of chiropractic.

"I'm sure there are many people like me, who didn't know about chiropractic, and it's important to think about how you can help," he said. "I see the need to educate my community on the benefits of chiropractic."



### **Rick Sarchenko: Making a Better Life Through Chiropractic**

Rick Sarchenko always saw himself as a designer and builder. Whether it was working as a mechanic or being in construction, he enjoyed using his hands and reveled in the engineering complexities behind a car or building.

Rick established himself in northern Michigan where he ran a variety of businesses, from a reindeer farm to a mom-and-pop motel. However, following a devastating loss in a line of business, Rick started to question his future.

"My heart just wasn't in it anymore and I wanted a more gratifying career," he said. "I wanted to be a role model for my children."

Rick decided to go back to school and earn an associate's degree in auto-CAD,

keeping in line with his passion for designing and building. Unfortunately, Rick suffered another setback.

A medical condition that put him in the hospital when he was a teen resurfaced. The medication he was taking started causing side effects so Rick decided to quit taking painkillers and enlisted the help of chiropractic physicians Dr. Douglas Springborn and Dr. Douglas Herbert.

During routine visits, Rick discovered that chiropractic eased the pain of his medical condition. He also confided in Dr. Springborn about his future and desire for career in engineering, but it was Dr. Springborn who steered Rick toward a career in chiropractic.

"One day he said, 'Rick, the body is the most amazing piece of engineering there is.' I looked at him, and said, 'I never thought of it that way.' I couldn't see how

chiropractic could fit into my career goals until Dr. Springborn said that.”

Though Dr. Springborn was not a graduate of Logan, he was a strong supporter of the institution, having worked with Dr. Josephine Lee, an instructor in Logan’s Clinical Science Division, who also teaches Sacro Occipital Technique seminars.

Rick could have attended Palmer, since it was actually closer to his home in Michigan, but he said he trusted Dr. Springborn’s endorsement and enrolled immediately. Rick made the hard decisions of leaving his family in Michigan and selling his businesses to begin Logan’s accelerated science program in the fall of 2008. He relied on a video phone to stay in touch with his wife Cate and children (Jaide, 9; Ethan, 6; and Adrian, 4) when he couldn’t drive the 15 hours it took to get home.

“It was tough, but a lot of my motivation for what I am doing comes from my family,” he said. “I come from a family of blue-collar workers and there aren’t many degrees among them. I want my kids to know that anything is possible, and I hope I’m setting an example for them to follow.”

Overcoming the age barrier as a non-traditional student was the one of the biggest obstacles for Rick when he arrived at Logan. Joining a fraternity helped ease his transition. Rick is still active within the fraternity and now serves as a representative for Standard Process® by promoting Standard Process products at school and encouraging his fellow students to attend seminars.

“I’ve taken a real interest in the nutritional component since it was a nutritional deficit that threw my own body out of balance,” he said. “Being

involved as a representative for Standard Process has also allowed me to build a network outside of the Logan community.”

Rick’s family has since moved to St. Peters, where Cate is taking courses in occupational therapy at St. Charles Community College. She plans to work as a chiropractic assistant alongside Rick when he graduates in December 2012. Rick says his children enjoy attending Logan’s “Hare in the Air” and Homecoming events, and he and his wife benefit from the company of other Logan students with families.

“We’re all here to support each other, and like many others, everything I’m doing is for my family. I want to give them a good quality of life and I want them to enjoy life,” he said. “To me, that’s chiropractic.”

## DEAN’S LIST - SUMMER 2010

Ian P. Ahearn . . . . .8TR	Miranda L. Davis . . . . .9TR	Jared Ryan Kennedy . . . . .8TR	Elisabeth M. Pang . . . . .5TR	Chelsea M. Sogard . . . . .6TR
Craig A. Akridge . . . . .10TR	Theodore W. Davis . . . . .8TR	Monica Rose Kiefer . . . . .6TR	Lindsay K. Parry . . . . .8TR	Todd J. Sonquist . . . . .2TR
Lacey M. Akridge . . . . .10TR	Katelyn Ann Dawson . . . . .6TR	Noel T. Kite . . . . .3TR	Mehal Devanand Patel . . . . .4TR	Jack Dean Stanfield . . . . .9TR
Steven A. Antonioti . . . . .6TR	Justine W. DeMaio . . . . .10TR	Joseph D. Kling . . . . .6TR	Jordan Cole Patterson . . . . .3TR	John Nicholas Stefanopoulos . .9TR
Carson R. Aune . . . . .8TR	Cody A. Dimak . . . . .4TR	Jamie L. Knorr . . . . .1TR	Elizabeth A. Paunicka . . . . .6TR	Trenton S. Stevens . . . . .8TR
Elizabeth Victoria Azhar . . . . .9TR	David G. Doiron . . . . .8TR	Henry William Krug . . . . .7TR	Franklin Vaughn Payne . . . . .9TR	Aaron L.T. Stinson . . . . .6TR
Cassandra Jean Baar . . . . .3TR	Jake Hunter Doster . . . . .4TR	Loriann Marie Laugle . . . . .5TR	Natalie Brooke Pendergrass . .8TR	Amanda Marie Stolle . . . . .7TR
Emily Marie Barks . . . . .8TR	Michael David Dumond . . . . .5TR	Jerry Dale Leech . . . . .2TR	Lacey Ann Perrett . . . . .4TR	Kelly M. Svitak . . . . .10TR
Patrick J. Battaglia . . . . .4TR	Scott D. Dunaway . . . . .3TR	Zachary C.R. Leible . . . . .6TR	Ronald G. Peterson . . . . .10TR	Conrad M. Taylor . . . . .8TR
Darron Everett Bell . . . . .2TR	Jonathan Lee Elson . . . . .6TR	Daniel B. Leonard . . . . .9TR	Trevor J. Peterson . . . . .3TR	Katrina L. Thompson . . . . .10TR
Luke A. Bennett . . . . .8TR	Jeanne M. Engert . . . . .2TR	Jinpu Li . . . . .2TR	Jason S. Pirigyi . . . . .6TR	LaRissa M. Tilley . . . . .6TR
Philip J. Berardi . . . . .1TR	Anthony R. Forrest . . . . .5TR	Elyssa M. Lindenberger . . . . .6TR	Jesse D. Politowski . . . . .1TR	Levi H. Tolle . . . . .10TR
Jonathan C. Bergen . . . . .1TR	Jacob M. Funk . . . . .10TR	Rachel C. Loeb . . . . .10TR	Michael A. Preneta . . . . .8TR	Lindy Shea Tolleson . . . . .10TR
David T. Bergmann . . . . .6TR	Mary E. Gandy . . . . .8TR	Lorenelle Lofquist . . . . .8TR	Adam A. Pye . . . . .10TR	Jamie Renee Tripp . . . . .9TR
Jeffrey K. Binder . . . . .2TR	Glenn M. Gibson . . . . .1TR	Nadia Rachael Lowers-Esmail .8TR	Elizabeth R. Quenzer . . . . .6TR	Randi Rhae Tyler . . . . .4TR
Jason G. Biondo . . . . .8TR	Jana Leigh Gibson . . . . .3TR	Robyn Clair Mackie . . . . .6TR	Tyrel James Reichert . . . . .1TR	Bradley Richard Verburg . . . . .9TR
Joseph P. Blampied . . . . .6TR	David A. Glazer . . . . .6TR	Jordan H. Mackner . . . . .6TR	Benjamin F. Rhoades . . . . .6TR	Andrea Nicole Verdeyen . . . . .9TR
Whitney L. Blount . . . . .8TR	Megan E. Goss . . . . .8TR	William B. Martin . . . . .10TR	Jennifer L. Richardson . . . . .6TR	Nicholas R. Wachtel . . . . .6TR
Cara E. Bowling . . . . .3TR	Lisa A. Griffith . . . . .6TR	Justin H. Mathis . . . . .4TR	Joshua Randal Rivard . . . . .3TR	Kristie B. Wallace . . . . .10TR
Joshua Levi Bradburn . . . . .3TR	Lena G. Haggerty . . . . .8TR	Carolyn P. Maxfield . . . . .4TR	Ryan A. Rooyakkers . . . . .8TR	Ryan Scott Walton . . . . .9TR
Kristina Lynn Brazier . . . . .8TR	Andrew Joseph Hall . . . . .3TR	Samuel R. Mayfield . . . . .8TR	Kathryn E. Russell . . . . .8TR	Carla Jeanne Ward . . . . .9TR
Kristi M. Brehon . . . . .10TR	Leon C. Hansmeier . . . . .6TR	Krista N. McGrady . . . . .10TR	Sharonrose A. Samelak . . . . .6TR	Kevin P. Ward . . . . .7TR
Meaghan S. Brent . . . . .10TR	MaryAnne M. Harrington . . .6TR	Carolyn L. McGrath . . . . .7TR	Breane Michelle Schafer . . . .10TR	Kyle Scott Warren . . . . .9TR
Shaun M. Briggs . . . . .6TR	Leslie Brooke Hawkins . . . .10TR	Lance W. Meyer . . . . .10TR	Meghan Victoria Schaffer . . .9TR	Daniel J. Weessies . . . . .6TR
Daniel A. Brink . . . . .8TR	Roderick M. Heasty . . . . .3TR	Alex D. Mitchell . . . . .4TR	Joshua A. Schanuel . . . . .10TR	Kathryn E. Weessies . . . . .8TR
Nicholas Andrew Brown . . .10TR	Heidi Marie Heath . . . . .4TR	David K. Miyasaki . . . . .9TR	Darcee A. Schmidt . . . . .6TR	Jonathan R. Weimer . . . . .9TR
Tyler B. Bryant . . . . .3TR	Kathleen H. Hechst . . . . .10TR	Kelsey Jo Mohror . . . . .3TR	Alyssa J. Schneider . . . . .8TR	Jason B. Williams . . . . .5TR
Laura Michelle Buck . . . . .3TR	Emily M. Hecker . . . . .8TR	Sara L. Molnar . . . . .9TR	Kyle Edward Schneider . . . .4TR	Nathan R. Williams . . . . .10TR
Amanda N. Bundich . . . . .9TR	Andrea R. Hoglen . . . . .8TR	Noah J. Moos . . . . .10TR	Christina R. Seibert . . . . .8TR	Benjamin Paul Williamson . . .4TR
Sloan Danielle Burdick . . . .1TR	Bryan T. Howland . . . . .1TR	Michelle L. Moser . . . . .10TR	Jared A. Seigler . . . . .8TR	Brice A. Wiltgen . . . . .6TR
Bailey R. Carroll . . . . .10TR	Brittany L. Hummert . . . . .8TR	Jared A. Newman . . . . .5TR	Shelly Ann Severns . . . . .8TR	Megan Amelia Wollin . . . . .9TR
Martina T. Castro . . . . .10TR	Jonathan A. Hutti . . . . .5TR	Mitchell B. Nielsen . . . . .2TR	Michael S. Sharkey . . . . .10TR	Justin T. Woodrow . . . . .2TR
Jessie Kay Clarke . . . . .3TR	Tyler Mark Ideus . . . . .9TR	Jason W. North . . . . .10TR	Timothy A. Skaggs . . . . .10TR	Amanda Kay Wyant . . . . .9TR
Jesse C. Cooper . . . . .4TR	Robert M. Innis . . . . .9TR	Jennifer E. Nudo . . . . .3TR	Emily Tirzah Slechticky . . . .9TR	Daniel Luis Yinh . . . . .10TR
Amy L. Cortese . . . . .9TR	Colby S. Johnson . . . . .3TR	Lydia D. Ogden . . . . .7TR	Jilynn L. Sloppy . . . . .8TR	Alicia M. Yochum . . . . .6TR
Nicholas S. Curry . . . . .8TR	Nathan E. Kantz . . . . .10TR	Devin Scott Orton . . . . .10TR	Derek Dion Smith . . . . .4TR	Jamie C. Zajac . . . . .8TR
Clinton J. Daniels . . . . .10TR	David P. Kauffman . . . . .6TR	Jason Scott Ozbourn . . . . .8TR	Derek P. Smith . . . . .6TR	Bradley T. Zinkel . . . . .8TR
Bonnie E. Davis . . . . .8TR	John H. Keefe . . . . .2TR	Matthew A. Palm . . . . .1TR	Matthew C. Smith . . . . .8TR	

# LOGAN NEWS BRIEFS

- On Oct. 2, Logan College of Chiropractic held a very successful "Slice of Logan." The 35th event drew 106 visitors to the Logan campus and was presented by **Dr. Elizabeth A. Goodman**, dean of university programs, and **James Paine**, dean of student services. Featured guest speakers included **Dr. Jennifer McCleary** and **Dr. Kern G. McMurtrie**, both Logan graduates.



- Logan President **Dr. George A. Goodman**, members of the Logan Cabinet, Logan Board of Trustees, Logan College Alumni Association, and other distinguished guests, conducted the official "groundbreaking" ceremony for the Logan educational wing on Nov. 12 in the lobby of the William D. Purser, DC Center. The new multi-level facility will include an assessment center, smart classroom, outdoor plaza, and an admissions and financial aid suite.
- Thomas Keller**, Logan's associate vice president of public relations, was elected as a vice chairman of the Chesterfield Chamber of Commerce.

## FACULTY *in the News*

**Cheryl Hawk, DC, PhD, CHES, FICC**, Logan's director of clinical research, was recently appointed to the Research Working Group of the Academic Consortium for Complementary and Alternative Health Care. Additionally, the Council on Chiropractic Guidelines and Practice Parameters presented Dr. Hawk with its "Person of the Year" award.

**Dr. Nicholas Farha**, director of Logan's web-based education, developed a manuscript on best practices in online education, titled *Handbook of Research on Practices and Outcomes in Virtual Worlds and Environments*, which was accepted for publication.

An educational research project conducted at Logan, titled "Differences in learning and study strategies inventory scores between lower and higher grade point average chiropractic students," by **Christine Schutz, PhD, Meghan Gallagher, BA, and Rodger Tepe, PhD**, has been accepted for publication in the *Journal of Chiropractic Education*. The manuscript will appear in the March 2011 edition of this peer-reviewed and indexed journal. The research project was designed to investigate study skills strategies and attitudes that are most important for academic success.

**Joseph Unger, Jr., DC, FICS**, was honored with the "Researcher of the Decade" award from the Sacro Occipital Research Society International (SORSI)

during the annual Chiropractic Cranial and SOT De Jarnette Symposium held in Clayton, Mo. Dr. Unger is adjunct faculty and teaches Sacro Occipital Technique at Logan.

**Dr. Brett Winchester**, instructor in the Chiropractic Science Division, was invited to teach for the Anglo-European College of Chiropractic, the oldest and largest chiropractic college in Europe. At the university, located in Bournemouth, England, Dr. Winchester taught gait analysis; demonstrated various adjustments for treating restricted joints in the body's lower extremity and pelvis region; and provided instruction for patient exercise programs.

**Joseph Mannion, MS**, adjunct faculty in Logan's graduate division, presented a workshop called "Teaching sport psychology in interdisciplinary environments: Challenges, opportunities, applications, and outreach" at the 25th Annual Conference of the Association for Applied Sport Psychology in Providence, R.I.

**Dr. Katharine Conable**, associate professor at Logan, attended the International College of Applied Kinesiology annual meeting in Berlin, Germany, where she chaired a meeting of the International Board of Examiners.

**Dr. Deborah Ducar**, instructor in Specialized Techniques, was featured in the *St. Louis Post-Dispatch* article "Acupuncture Helps Cancer Patient." The feature describes how Dr. Ducar used acupuncture to successfully treat a breast cancer patient for nausea, fatigue and bone pain.

### Logan Announces New Hires

**Dr. Cheryl Hawk**, director of clinical research, Research and Development Department

**Danielle Spath, MS, DC, CCSP**, assistant director in the Sports & Rehabilitation Department

**Dr. Kathy Dooley**, assistant professor of anatomy, Basic Science Division

**Dr. Melissa Engelson**, resident, Sports & Rehabilitation Department

**Dr. Brian McGaughran**, resident, Sports & Rehabilitation Department

**Diane Ruffin**, SQL query and report specialist in the Information Systems Department

**Christina Marcurio**, patient service representative at Logan's Southroads Health Center

**Cheryl Maestas**, part-time secretary/library assistant

**Tabitha Obialo**, LRC part-time secretary/library assistant

# Alumni NOTES

## Congratulations to ...

### Class of September 1975

**Dr. Henry J. Cousineau**, who was named Michigan Chiropractor of the Year. Dr. Cousineau of Riverview, Mich., practices with his two daughters who are also doctors of chiropractic.

### Class of August 1984

**Dr. Glenn Manceaux**, Immediate Past President of ACA and member of the ACA Board of Governors, who was recently selected as the 2010 ACA Chiropractor of the Year. Dr. Manceaux is also the 2009 Logan Alumnus of the Year and currently serves as Chairman of the Houma-Terrebonne Chamber of Commerce in Louisiana.

### Class of August 1994

**Dr. Cindy Nackers Munson** was recently named the 2010 Wisconsin Chiropractor of the Year. Dr. Munson practices and lives in Plymouth, Wis., with her husband, Darren and daughters, Maggie (7) and Molly (3).

### Class of April 1999

**Dr. Michael J. Springfield** of Greeley, Colo., who was recently elected president of the Colorado Chiropractic Association.

### Class of August 2000

**Dr. Eric Waldorf** and his wife Karen, who announced the birth of their second child, Chase Logan. Chase was born on Tuesday, Oct. 26. Dr. Waldorf has also authored his first book, titled *YES Chiropractic Can Help You*, available on amazon.com as well as at his website, www.waldorfchiro.com.

### Class of April 2007

**Dr. Steve Baker** and his wife Miranda, who welcomed their first child, Maverick Edward, on Nov. 3.

### Class of December 2007

**Dr. Spencer Henderson**, who was named the Idaho Association of Chiropractic Physicians' new District 5 representative for the greater Twin Falls area.

### Class of April 2009

**Dr. Jason Welsh**, who was named the team doctor to Don Schumacher Racing, a premier racing team in the National Hot Rod Association.

### Class of August 2009

**Dr. Vicky Lease**, who purchased All Ease Chiropractic in Morgantown, Ky.

### Class of December 2009

**Dr. Frank Scali**, who was recently asked to be a part of the team that is re-writing *Gray's Anatomy*. Dr. Scali will be the first doctor of chiropractic to write for the anatomy textbook.

### Class of April 2010

**Dr. Curt Kippenberger** and his wife Krista, who were recently featured in the *Columbia Missourian* for opening Focus on Health Chiropractic in Cherry Hill, Mo.

### Class of April 2010

**Drs. Ryan and Allyson Kathalynas**, who were featured in the *Southern Illinoisan* for opening their practice in West Frankfort, Ill.

## Logan College of Chiropractic Expresses Sincere Sympathy to ...

### Class of February 1953

The family of **Dr. John A. Bohan**. Dr. Bohan passed away on Oct. 2. He is survived by his daughter **Christine Bohan-Chapuis**, Logan class of December 1989, son-in-law **Pierre-Yves Chapuis**, Logan class of April 1989, and brother **Dr. Donald Bohonko**, Logan class of 1958.

### Class of January 1968

**Dr. Gary Ditson** on the loss of his mother, Goldie M. Ditson of Wentzville, Mo.

Faculty member **Dr. Ron Grant** and his family. Dr. Grant's wife, Paula Grant, passed away on Oct. 10.

## student news

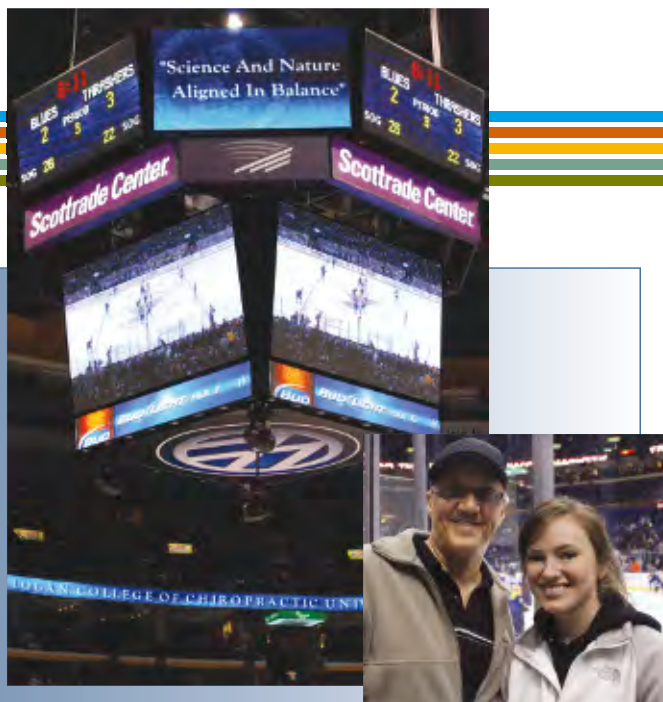
A profile of Logan Student Doctors' Council President **Julian McMurray**, a Tri-9 student, was recently published in the *St. Louis American's* "Your Health Matters" section. This publication is the number one African-American newspaper in the nation.

## Notes and Corrections

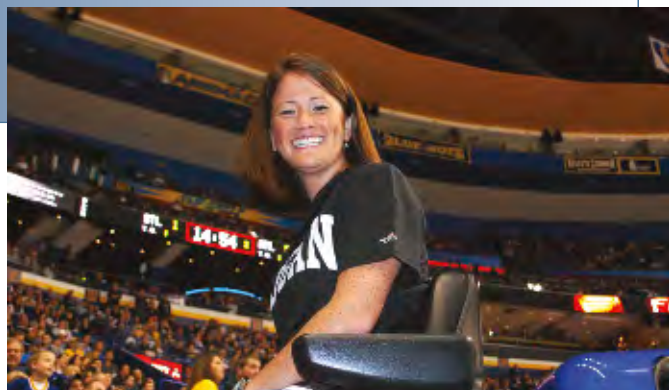
Cliff Pollack provided photographs for the September issue of *The Tower*.

*Correction:* In the Alumni Notes report of Dr. David A. Hefner's July 22, 2010 passing, his Logan graduation date was listed incorrectly. Dr. Hefner was a 1981 Logan College of Chiropractic graduate.

# LOGAN *in the* Community



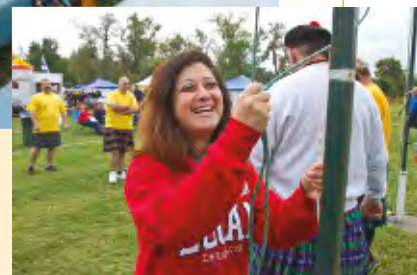
Logan sponsored "Chiropractic Professionals Night" with the St. Louis Blues on Saturday, Oct. 30. Thirty Logan students attended the game at the Scottrade Center. ●



Logan was the major sponsor for the Chesterfield Chamber of Commerce's 9th Annual Gumbo Flats Pumpkin Run, a 5K and 10K Run/Walk, held Saturday, Oct. 23 at Chesterfield Towne Center in Chesterfield Valley. Logan interns offered runners soft-tissue techniques and stretching both before and after the race. ●



The Logan Health Centers staff served as the official chiropractors of the 8th Annual Scottish Festival and Heavy Athletics Games held Oct. 1-2 in Forest Park. Also, **Brian Burnett** and **Steven Williams**, two Logan students who participated in the Scottish Games, took first place in their divisions. ●





This fall, the Logan Health Centers' interns and practitioners were active in the community, providing free health screenings, participating in health fairs and presenting informative lectures at more than 47 locations. Event highlights included the Missouri Baptist University Fall Family Carnival, American Diabetes Association "Step Out Walk" at Creve Coeur Lake and the AARP 14th Annual Celebration of Life Senior Health Fair. ●



Logan held its fall Field Day on Oct. 13 with students participating in games of volleyball, 3-vs.-3 basketball and kickball. Additional competitions included washers, ladder-golf, and tug-of-war pick-up games. Needless to say, fun was had by all who participated. ●



# Upcoming POSTGRADUATE SEMINARS

**January 8-9**

**Basic Acupuncture  
#4 (20 hours)**

Instructor: Dennis Baker, DC,  
FIAMA, FASA

**Missouri Required Hours**

Instructors: D. Robert Kuhn,  
DC, ART®, DACBR &  
M. Kathleen Kuhn, DC  
Location: Cape Girardeau, Mo.

**Low Back Pain Diagnosis  
and Treatment**

Instructors: Michael Wittmer,  
DC, Anthony Miller, DC and  
Michael Julia, DC

**January 15-16**

**Whole Food Nutrition #5**

Instructor: Joseph Olejak, DC

**Advanced Acupuncture:  
MicroSystems  
Acupuncture**

Instructor: Gary Ditson, DC

**January 22-23**

**Chiropractic Treatment  
of the Post-Stroke Patient**

Instructor: William Huber,  
DC, DACAN, DCBCN, MS

**January 29-30**

**Physical Diagnosis  
& Low Tech Rehab**

Instructor: Mario Fucinari, DC

**February 5-6**

**Acupuncture Review  
Class (Sat only)**

Instructor: Dennis Baker, DC,  
FIAMA, FASA

**The Adjusting,  
Supportive and  
Rehabilitative Approach  
to Common Sports  
Injuries**

Instructor: Kirk Lee,  
DC, CCSP

**Extreme Exam Makeover**

Instructor: K. Jeffrey Miller, DC  
Location: Paducah, Ky.

**February 12-13**

**Whole Food Nutrition #6**

Instructor: Joseph Olejak, DC

**Multi-Disciplinary  
Practice: The Team  
Approach**

Instructor: Mark Eavenson, DC

**February 19-20**

**Intro to Auriculotherapy**

Instructor: Gary Ditson, DC

**Step by Step Diagnostic  
Imaging for the  
Practicing DC**

Instructor: D. Robert Kuhn,  
DC, DACBR, ART®

**February 26**

**Stand Taller-Live Longer**

Instructor: Steven  
Weiniger, DC

**March 4-6**

**Performance Academy**

Instructors: Norman Kettner,  
DC, DACBR and Laney  
Nelson, DC, DACBSP®

**March 5-6**

**Internal Health  
Specialist #1**

Instructor: Howard Loomis,  
DC, FIACA

**Basic Acupuncture #1  
(20 hours)**

Instructor: Dennis Baker, DC

**March 12-13**

**Whole Food Nutrition #7**

Instructor: Joseph Olejak, DC

**Rehab Certificate  
Program #1**

Instructor: Laney Nelson,  
DC, DACBSP

**March 26-27**

**Comprehensive  
MRI Imaging**

Instructor: R. Terry Yochum,  
DC, DACBR

**April 2-3**

**Internal Health  
Specialist #2**

Instructor: Howard Loomis,  
DC, FIACA

**Basic Acupuncture  
#2 (20 hours)**

Instructor: Dennis Baker,  
DC, FIAMA, FASA

**April 9-10**

**Whole Food Nutrition #8**

Instructor: Joseph Olejak, DC

**Rehab Certificate  
Program #2**

Instructor: Laney Nelson,  
DC, DABCSP

**April 16-17**

**Advanced  
Auriculotherapy**

Instructor: Gary Ditson, DC

**Weight Lifting Strength  
and Conditioning**

Instructors: Michael Wittmer,  
DC and Anthony Miller, DC

**April 30-May 1**

**Charrette Adjusting  
Protocols**

Instructor: Mark  
Charrette, DC

Contact the Logan Postgraduate Department at 1-800-842-3234 for additional information on all seminars.

While every attempt is made to offer each program as announced, program faculty, locations, dates and tuition rates are subject to change if unforeseen circumstances arise. Pre-registered participants will be notified of changes. Logan College is not responsible for any expenses incurred as a result of program adjustments or cancellations.

# THE LOGAN DIRECTORY

The directory is intended to help make it easier for alumni to stay in touch with Logan College. We look forward to hearing from you.

Logan College's toll-free phone numbers are:

(800) 782-3344  
(Main Switchboard)

(800) 533-9210  
(Admissions Office)

(800) 842-3234  
(Postgraduate Department)

In the St. Louis area call (636) 227-2100.

E-mail contact for *Alumni Notes* items for *The Tower*: [tower@logan.edu](mailto:tower@logan.edu)

Also, please visit the college Web site at [www.logan.edu](http://www.logan.edu). Make purchases from the Logan Bookstore by visiting the store's Web page at [www.loganonlinebookstore.com](http://www.loganonlinebookstore.com).

**Logan Alumni Association:** membership and association services information; information about Logan's annual Homecoming and Class Reunions. Room 110 (636) 227-2100, ext. 2401

**To rent the William D. Purser, DC Center** for wedding receptions, lectures, business meetings, private parties or community events, please contact Emily Ratliff, Purser Center event planner, by phone 636-227-2100 ext. 1881 or fax 636-207-2411. Purser Center rental is available to the Logan family and for public use.

## COLLEGE DEPARTMENTS ASSISTING ALUMNI

**Admissions Office:** information about enrollment at Logan and contacts for prospective student referrals

**Archives:** information about the history of Logan College and the history of chiropractic

**Bookstore:** services for alumni wishing to purchase books, office supplies, Logan College apparel and novelty items

**Career Development Office:** associateship listings and practices for sale

**Financial Aid Office:** student loan repayment information

**Health Center:** appointments for professional courtesy adjustments for alumni

**Health Centers Marketing Department:** sample marketing materials used by the Logan Health Centers are made available to Logan alumni upon request. Materials include: new patient marketing planner, introduction to marketing and media booklet and lecture templates.

**Human Resources:** recently posted faculty and staff position openings

**Institutional Advancement:** information about the college's fundraising campaigns and assistance with general donations and contributions to be targeted for specific purposes, such as scholarships

**Learning Resources Center:** literature searches; other research-related assistance

**Postgraduate Department:** information and registration for license renewal seminars and postdoctoral specialty programs

**Public Relations:** information about Logan College for the media and for the general public

**Radiology Department:** information about services related to diagnostic imaging

**Registrar:** academic credentialing information, records information and transcript services

**Research:** current research underway by Logan faculty and the Logan Research Division

**Student Services Office:** posting of part-time job notices from alumni on student bulletin boards

## DEPARTMENTAL FAX NUMBERS

Admissions . . . . .	(636) 207-2425
General Support Services . . . . .	(636) 207-2424
Health Center . . . . .	(636) 207-2404
Institutional Advancement . . . . .	(636) 207-2402
Learning Resources Center. . . . .	(636) 207-2448
Postgraduate and Continuing Education . . . . .	(636) 207-2400
Public Relations . . . . .	(636) 207-2402
Radiology . . . . .	(636) 207-2429
Registrar. . . . .	(636) 207-2431
Research. . . . .	(636) 207-2417

Logan College of Chiropractic is an equal opportunity institution with a strong commitment to the achievement of excellence and diversity among its students, faculty and staff. Logan College of Chiropractic does not discriminate on the basis of race, color, religion, age, disability, gender or national origin or any other legally protected status in admissions.

**LOGAN**  
COLLEGE OF CHIROPRACTIC  
UNIVERSITY PROGRAMS



**THE TOWER**

1851 Schoettler Road  
PO Box 1065  
Chesterfield, MO 63006-1065

RETURN SERVICE REQUESTED

LOGAN'S **75<sup>TH</sup>**



Non-Profit Org.  
U.S. Postage  
PAID  
Logan College of  
Chiropractic

