

THE Tower

The Voice of Logan College

JUNE 2006



The William D. Purser, DC Center:
A work in progress
(see pages 4-5)



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and Friends of the College

The Tower

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Logan Researchers Present 12 Studies at ACC/RAC Conference

Logan College this year continued its tradition of presenting multiple research studies at the Association of Chiropractic Colleges/Research Agenda Conference (ACC/RAC) meeting. The 2006 ACC/RAC took place March 15-17 in Phoenix.

The Logan College contingent, led by Rodger Tepe, PhD, dean of research and development, gave a total of 12 platform and poster presentations. In addition, Dr. Tepe served as moderator of the "Topics in Basic Science" session.

"Logan College is proud to play a strong role in helping to advance chiropractic and chiropractic education on the research front," said Logan President George A. Goodman, DC, FICC. "Logan researchers are pursuing work that is vital to the future of our profession and are sparking strong engagement in high-quality research among our students."

ACC/RAC platform presentations of studies by Logan College researchers included:

- **"The Effect of Exercise and Custom-Made Flexible Orthotics on Blood Pressure and Heart Rate Variability,"** by John Zhang, MD, PhD and William M. Austin, DC.
- **"The Effect of Age and Gender on Heart Rate Variability in Normal Subjects,"** by John Zhang, MD, PhD and Dennis Enix, DC.
- **"Comparison of Active Release Technique and Proprioceptive Neuromuscular Facilitation for Improving Hamstring Flexibility**

– A Randomized Controlled Trial," by James W. George, DC; Rodger Tepe, PhD; Jason Clewis; Ryan House; Erik Schlobohm; and Clayton Skaggs, DC.

- **"The Effects of Active Release Technique on Carpal Tunnel Patients – A Pilot Study,"** by James W. George, DC; Rodger Tepe, PhD; Damien Busold, DC; Sarah Keuss, DC; and Clayton Skaggs, DC.
- **"Low-Back Endurance Strength in Post-Partum Women: A Pilot Study,"** by Clayton D. Skaggs, DC; Debbie Ducar, DC; Mark Hawkins; and Kevin Christie.

Logan College research studies on the poster presentation roster at ACC/RAC were:

- **"Applied Kinesiology in Chiropractic,"** by John Zhang, MD, PhD; Katharine Conable, DC; Terry Hambrick, DC.
- **"Chiropractic Adjustments Reduced Urinary Incontinence,"** by Phillip Haselden, DC and Rodger Tepe, PhD.
- **"The Effect of Low-Level Laser Therapy on Knee Osteoarthritis,"** by Nelson Marquina, DC, PhD; John Zhang, MD, PhD; and Ray Wiegand, DC.
- **"A Randomized Controlled Trial of the Effects of Instrument-Applied Cervical Manipulative Therapy on Cervical Ranges of**

Motion," by John Zhang, MD, PhD; and Dennis Enix, DC.

- **"The Effect of Cervical Rotation and Lateral Bending on Somatosensory Evoked Potentials at C2,"** by David Lenihan, DC, PhD.
- **"The Delayed Effect of Spinal Cord Injury on the Neuromuscular Junction,"** by David Lenihan, DC, PhD.
- **"Toftness System of Chiropractic Adjusting on Back Pain HRV and EMF,"** by Brian Snyder, DC and John Zhang, MD, PhD.

"Logan College is proud to play a strong role in helping to advance chiropractic and chiropractic education on the research front."

- George A. Goodman, DC, FICC
Logan President

The Tower
June 2006



December 7, 2005: More than 80 truckloads of concrete were used to fill the sinkhole at the Purser Center construction site.

February 8, 2006: Rock is broken in preparation for construction of the new connector roadway (behind the amphitheatre area) that will link the south entrance road, D.P. Casey Drive, to the east and north side parking lots.



February 8, 2006: Another view of the connector road construction. Despite this day's snow cover, construction preparation proceeded quickly in February as the weather was mostly dry.

The Logan Campus Takes on A New Look

The panorama is changing each week at the site of the William D. Purser, DC Center and other areas of the campus undergoing improvements, especially now that the shell of the Purser Center has emerged. Logan's intrepid coordinator of media production, Bob Morrison, has been documenting progress of the work, which is directed by general contractor S.M. Wilson & Co. of St. Louis. Mor-

rison has photographed sloping, grading and fill-in ground-work; the start of mechanical, electrical and plumbing components of the Purser Center; initial steel erection; and more. In addition to the photos shown on this page and the facing page, new construction photos appear frequently on Logan's web site. Visit www.logan.edu and click on the *Creating Community Connections* link in the **Hot News** box.



March 18, 2006: The new north road, shown from its Schoettler Road entrance, received a covering of gravel.



March 18, 2006: Work was in progress on the new Dr. Mark Eavenson Lake, required for drainage purposes.



March 18, 2006: Work was underway on the stage for the outdoor amphitheatre that will adjoin the Purser Center.



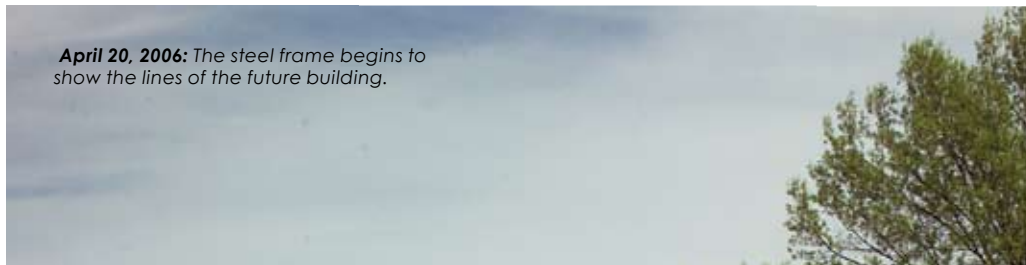
March 14, 2006: Workers began to place the piers for the Drs. Maurice and Laurel Pisciotano Lobby.



April 7, 2006: The first vertical piers are installed for the Purser Center.



April 10, 2006: Workers on the high beams must remove and replace their safety harnesses after every few feet of movement.



April 20, 2006: The steel frame begins to show the lines of the future building.



May 9, 2006: Outside wall panels on the north side of the Purser Center are in place.



Purser Center Campaign Mailers: Humor & A Message



"Everyone is Pitching in to Help Us Reach the Mabee Challenge Goal...How About You?"

Sharon Kehrer supervises as Drs. Norman Kettner and Patrick Browne hone their skills at digging.

A series of postcards mailed to alumni and friends of the college in recent months was planned to coincide with the approaching deadline (July 13) of the J. E. and L.E. Mabee Foundation's \$500,000 fund-raising challenge. The challenge grant is intended to support construction of the William D. Purser, DC Center.

"We wanted to show a sense of humor, while also reminding people how important this fund-raising challenge is to Logan College," says Patricia C. Jones, vice president of institutional advancement. Photos from some of the postcards appear on this page.

For more information about the campaign, contact the Office of Institutional Advancement at Logan.



"Hmm...Thinking About Making a Donation to Your Alma Mater?"

No matter how long ago you graduated from Logan, you are still an important member of the Logan community.



"It's Time to Stand-Up and Make Your Campaign Pledge. We Have. How About You?"

Employees representing nearly every Logan department showed their support of the Purser Center Campaign, called "Creating Community Connections."

Purser Center Naming Opportunities

Since the William D. Purser, DC Center naming opportunities were first announced in September, a number of items have been chosen for naming by donors who have contributed and made pledges to the campaign. Some items are still available for naming. The list below is updated through May 15.

NAMED ITEMS DONATION

William D. Purser, DC Center.....	\$2 million
The Maurice and Laurel Pisciotano Lobby.....	\$1 million
Dr. S. George Walters Main Hall.....	\$500,000
Dr. Mark Eavenson Lake and Fountain.....	\$100,000
Dr. Douglas M. and Jayne Cox Study Plaza Fountain.....	\$75,000
Maxine Miller Eggensperger Conference Room*.....	\$35,000
Logan College Alumni Association Arboretum.....	\$25,000
Dr. William C. Geske Manager's Office.....	\$20,000
Dr. George and Elizabeth Lukovsky Concessions	\$20,000
Flagpoles (3)	each \$7,500
American Flag – Drs. Anthony and Anne Bilott	
Logan Flag -- Dr. Alan P. Epstein	
Missouri Flag – Dr. Jason Strotheide	
Site entrance benches (19)	each \$5,000
Logan College Alumni Association	
Dr. Patrick and Jennifer Browne	
In memory of Dr. William Brunelle	
Dr. Anthony Calandro	
Dr. Kirk and Kay Carver	
Food Service Consultants, Inc.	
Freund and Co. Investment Co., LC	
Dr. James L. Gould	
Dr. Paul Henry	
Dr. Debra L. Hoffman	
Dr. and Mrs. Marc G. Malon	
Dr. Patrick and Donna Montgomery	
Dr. Bradley C. Morris	
Dr. Allen and Mitzi Parry	
Jimmy Dale Poe**	
Dr. Rodney and Leslie Small	
Dr. Alan and Emily Tang	
Dr. and Mrs. Frank Ungerland	
Dr. Jennifer and Robert Walpert	
Stationary plaza benches (10)	each \$2,500
In honor of Drs. Ralph Barrale and Ralph Filson	
In honor of Marion E. Carver and Francine Carver***	
Dr. Gary Casper and Dr. Rebecca Green	
Dr. William C. Geske	
GFI Digital	
Dr. James Gould	
Sharon and Wayne Kehrer	
Dr. Norman Kettner	
Modern Litho-Print Co.	
Dr. Luke E. Staudenmaier	

NAMED ITEMS DONATION

Curtis Cassel (TR,i Architects) Coat Check	\$1,000
Ticket offices (2)	each \$1,000
Dr. Lori L. Bents	
Doris T. Burrows	
Trees in the study plaza (23 named).....	each \$400
* by her son, Dr. Kelly Miller	
** by his son, Dr. David Allan Poe	
*** by Dr. Kirk and Kay Carver	

ITEMS AVAILABLE FOR NAMING DONATION

Entrance Plaza	\$150,000
Main entrance entry gate.....	\$150,000
Wireless technology/AV package	\$750,000
300-seat halls (2)	each \$250,000
Stage.....	\$250,000
Lecture Hall Vestibule.....	\$150,000
Green Room.....	\$75,000
Monumental Sign	\$75,000

A group initiative to name the monumental sign is underway by 1980 graduates. Contact the Office of Institutional Advancement at Logan for more information.

North entrance from Schoettler Rd.....	\$75,000
Entry Circle	\$50,000
VIP Lounge.....	\$50,000
Catering kitchen.....	\$35,000
20-foot stone gates (3)	each \$35,000
Asst. manager's office	\$15,000
Dressing room.....	\$15,000
Stationary plaza benches (5 remaining)	each \$2,500
1,500 seats (many remaining)	each \$500
Entrance plaza bricks.....	each \$150

Alumni Notes

Congratulations to . . .

☞ **Wes Stucki, DC (12/82)** of Flower Mound, Tex., chairman and CEO of American HealthChoice. In February the company announced that more than 500 patients in Texas used its telemedicine systems in 2005. Also, the company's TelmedCo subsidiary has expanded from eight to 14 telemedicine systems, operating in Texas and Tennessee. Telemedicine allows a physician to visit with a patient through the use of electronic stethoscopes, otoscopes and ophthalmoscopes that virtually connect the patient and the doctor. It is particularly useful for rural patients in need of second opinions or highly specialized health care services. The technology is used widely in Europe and in Canada. American HealthChoice has been featured in *Forbes* magazine.

☞ **Paul Spahn, DC, (4/85)** of St. Charles, Mo. Dr. Spahn was recently elected chairman of the United Way of Greater St. Louis — Tri-County Auxiliary board of directors. The board provides leadership of United Way efforts in Lincoln, St. Charles and Warren counties of Missouri. Dr. Spahn has had a chiropractic practice in St. Charles for 20 years. He first joined the United Way Tri-County Division board in 2002.

☞ **Jeffrey McKinley, DC (12/89)**, who was the Tennessee Chiropractic Association's "Chiropractor of the Year" for 2005. Dr. McKinley has practiced in Tennessee for 16 years, presently in McMinnville. Recognized for his long-term commitment to the state association, Dr. McKinley served as TCA president for 2004-05.

☞ **Kevin McClain, DC (12/92)** of Florissant, Mo., who has been named chairman of the board of the Florissant Valley Chamber of Commerce. Dr. McClain had previously served as vice chairman and treasurer of the organization. Dr. McClain's practice was voted the "#1 Best Chiropractic Office" in north St. Louis County by readers of the *St. Louis Suburban Journals* in 2000, 2001 and 2005.

☞ **Robert Dana, DC (8/94)**, who has a thriving private practice in Frisco, Tex. for humans as well as horses. His practice was featured in the February 27 issue of a local newspaper, *DMN Neighbors*.

Dr. Dana holds Diplomate status with the American Chiropractic Board of Sports Physicians, and also is board-certified by the American Veterinary Chiropractic Association. With his passion for equine chiropractic, Dr. Dana founded Rider's Edge in 2004 to provide performance chiropractic care to both horses and riders. Some of his better-known equine patients are on the rodeo and breeders circuit.

Dr. Dana has become the official chiropractic provider of the National Reining Horse Association and has provided chiropractic care at shows sponsored by groups such as the Texas Quarter Horse Association and the Texas Reining Horse Association. At major equine events, Dana and his staff of assistants provide exams and treatment to both human and equine athletes. These services include chiropractic care, physiotherapeutic treatment, emergency care and nutritional supplementation.

☞ **Tonya Cox Crabtree, DC (12/98) and J.R. Crabtree, DC (12/98)**, on the birth of their son, Carter Dale, on March 11. The doctors have a practice in Searcy, Ark. They were married in Costa Rica in August 2000. They have participated in two chiropractic mission trips: to Costa Rica in 2000, and to Ghana, Africa in 2004.

☞ **Kenneth Gilman, DC (12/98)** of Clarksville, Tenn. and his wife, Jenny, on the birth of their son, Luke Allen, on April 4.

☞ **Shawn Shapiro, DC (12/02)** of Portsmouth, N.H., who was featured in an article on the use of chiropractic to address childhood otitis media (ear infections). The article appeared on April 19 on *Seacost Online*, a local news web site in New Hampshire. The article describes as a nationwide trend of parents' frustration when antibiotics cause side-effects in their children, and subsequent use of

Students Call on Missouri Legislators

holistic health methods for treating their children's ear infections. In the article, Dr. Shapiro speaks positively of this growing acceptance and of chiropractic's success in both treating ear infections and in preventing future infections. The article also cites research indicating that the use of surgically inserted tubes does not prevent future ear infections or promote better hearing in children.

Condolences to . . .

☞ The family of **Harlan Shaw, DC (9/52)** of Albuquerque, N.M. Dr. Shaw passed away on April 23 after experiencing congestive heart failure. He practiced in Albuquerque for about 50 years.

☞ The **Doyle** family, on the death of **Bill Eugene Doyle, DC (1/64)**. Dr. Doyle, of Jacksonville, Ill., passed away on March 12. Dr. Doyle shared his enthusiasm for chiropractic widely, influencing numerous people to enter the profession, including four of his six children: **Dennis Doyle, DC (1/80)**; **Kelly Doyle, DC (1/83)**; **Anna Doyle, DC (1/91)**; and **Edwin Doyle, DC (12/92)**.

Dr. Doyle and his children established the Doyle family scholarship fund at Logan College.

On March 14, more than 30 students from Logan College joined field doctors on a trip to Jefferson City, Missouri's capital, for the annual Missouri State Chiropractors' Association Legislative Day. The students and doctors attended a luncheon with legislators and their aides in the capitol rotunda, and visited individual legislators' offices. They worked to expand awareness of the importance of legislation introduced by Logan graduate and State Rep. Charles Portwood, DC, representative for Missouri's 92nd House district, seeking to update Missouri's chiropractic scope of practice.

"The scope of practice in Missouri has not been updated since 1982," says Allen Parry, DC, Logan archivist and adviser to the Logan chapter of the Student Missouri State Chiropractors Association. As the Tower was going to press, efforts were underway in the legislature to place the updated scope of practice law as an amendment to another bill.

"The students had an excellent experience in Jefferson City and enjoyed being able to meet the field doctors in atten-



Students and doctors gathered on the steps of Missouri's capitol building.

dance," says Dr. Parry. "They ranged from recent Logan graduates to Dr. Paul Cornelius, who graduated in 1940 and is a great inspiration to us all."

Dr. Parry credits student Casey Kangus with doing an outstanding job of organizing Logan's participation in the event.

Become A Charter Member of the Benefactors' Circle

To commemorate this exciting time in the college's history, Logan has established the *Benefactors' Circle* to honor and recognize donors of \$1,000 or more. All donors who meet the criteria for the Benefactors' Circle during its first fiscal year (September 1, 2005 – August 31, 2006) will be considered "Charter Members."

Charter members' names will be listed on a Benefactors' Circle plaque in the William D. Purser, DC Center. Although the Benefactors' Circle has been established in conjunction with the campaign for the Purser Center, it is designed to be a long-term component of the college's fund-raising program.

In appreciation for the support of these donors, Logan College will:

- Offer each Benefactors' Circle member the opportunity to name two seats in the Purser Center
- Invite all Benefactors' Circle members to an annual black-tie dinner. The 2006 Benefactors Circle dinner will take place Saturday, November 11 at Forest Hills Country Club in Chesterfield, Mo. Members will enjoy free tuition for the Logan postgraduate seminar, "Unique Options for Enhancing Your Practice," taking place that weekend. There will also be a two-hour presentation during the seminar especially for Benefactors.

Logan Student Who Served in Iraq

The journey to his anticipated August graduation from Logan College has been a long one for Xavier Tipler, interrupted by 13 months in Iraq as a staff sergeant for a U.S. Army reserve unit.

As an undergraduate student at Central Methodist College in Fayette, Mo., Tipler had little inkling of how his next several years would unfold. The varsity football, basketball and track team member from New Madrid, Mo. was pursuing a degree in athletic training at Central Methodist. Then, he met an admissions representative from Logan College who had come to the campus to recruit students.

"I didn't know much about chiropractic, but it sounded very interesting," says Tipler. "I began researching the field. I liked the idea of providing health care and really having a one-on-one relationship with the patient, providing a service to help the patient get better."

After completing his undergraduate degree at Logan, Tipler joined the Army Reserves. He completed basic training, and then enrolled at Logan College.

"I had little expectation of ever needing to serve overseas," says Tipler. "Then the September 11 attacks happened. Of course, we all knew then that we could be deployed."

Late in 2003, Tipler left for three months of training with his reserve unit, which was to work in transportation in Iraq. The unit's mission was to provide security for those transporting food, supplies and personnel. With roadside



Staff Sergeant Xavier Tipler

bombs responsible for many casualties in Iraq, the reservists knew the job would be a dangerous one. Then, the unit made the news as it prepared to leave for Iraq.

As news reports described the lightweight Humvees used by troops in Iraq and their vulnerability to bombs, manufacturers of heavy-weight, armored Humvees reported that they would need 18 months to produce the number of the more protective vehicles needed Iraq. Industrial Enterprises, a sheet-metal fabricator in Jefferson City, Mo., where

Tipler's unit was headquartered, agreed to provide supplemental armor for the unit's trucks and Humvees.

"Our unit (the 428th Transportation Company) was the first allowed by the Army to take our own steel to Iraq to reinforce our vehicles," says Tipler. "Once we were there, we worked hard to maintain all the procedures that could help us avoid casualties. Thankfully, we did not lose anyone in our unit."

Based on the strong performance by the unit during its 13 months in Iraq, the 428th Transportation Company received the Army's Meritorious Service Medal.

"Being in charge of younger soldiers, I really felt that responsibility," says Tipler. "I wanted them all to get home safely. But while it was a very challenging experience, it was also a great opportunity to learn. We got to talk to the Iraqis who worked on our base. A painter who worked for us told me a lot about the culture

and politics of Iraq, and the differences between the various types of Islam. He tried to teach me some Arabic as well, which didn't work out very well!

"There are many very good people in Iraq," says Tipler. "It's a complex situation, but many of them are appreciative and expressed that they wanted us to be there."

The 428th was located in an area outside Baghdad near the dangerous main road that leads south to Kuwait, which was riddled with insurgent-generated violence. Tipler's unit worked to maintain

Iraq Set to Graduate

good relations with residents of nearby villages.

"Every Saturday or Sunday, we would go into the village and take food to the people, and shoes that our families and friends sent us to give them," says Tipler. "Other units collected things like school supplies from people at home. The humanity work is essential to what we're doing in Iraq."

In March 2004, Tipler completed his tour, returned home and prepared to re-enter Logan College. He was happily welcomed home by his family, including his now four-year-old son, Xaivier, Jr., and his wife, Melanie Graham, whom he met at Logan and married on Christmas Day, 2003, just before leaving for Iraq. The couple will graduate from Logan together in August.

Re-entering Logan as a Trimester 8 student, Tipler began work on his clinical requirements at Logan's Southroads Health Center in south St. Louis County, and at the college's free clinic at the St. Patrick Center in St. Louis. While continuing to treat Health Center patients, he also completed an eight-week rotation at the college clinic at the U.S. Veteran's Administration Jefferson Barracks Medical Center.

"Being in charge of younger soldiers, I really felt that responsibility, I wanted them all to get home safely."

- Staff Sergeant Xaivier Tipler

"Logan was very helpful both when I left and when I came back, so that I could start again where I left off at the end of Tri 7," says Tipler. "At the V.A. clinic and at the St. Patrick Center, we see such a wide variety of patients and conditions, which has been great in terms of learning. At the V.A. clinic, we have many people with chronic pain, sometimes related to injuries they received while on active duty."

Tipler also has been active on campus before he left for Iraq and since returning. Before he was deployed, he was the president of the Logan chapter of the Student American Black Chiropractors Association and was vice president of his class. He has also been active in the Gonstead Club, and is a member of the Student American Chiropractic Association.

Looking ahead to graduation, Tipler and his wife are investigating practice opportunities near Boston, which is her hometown.

"With so many great opportunities expanding for chiropractic on military hospitals and in the V.A. system, eventually I would be very interested in returning to work with the military as a chiropractor," says Tipler. With his background in athletic training, a specialty in sports chiropractic also is a possibility.

Tipler feels it is likely that chiropractic will become a specialty for commissioned officers, and is especially interested in that possibility. In the meantime, he will enjoy his work wherever he is.

"It brings me a lot of joy when patients feel better," he says. "At the V.A. clinic, we see many patients who are very tired of pills and really want an alternative. It's great to be able to help them, and to maintain a positive atmosphere at the clinic that they seem to like."

Logan Students' Recent Service to the Country

In addition to Xaivier Tipler, students who have served in Iraq and on other overseas military missions in recent years have included:

Beth Fajen: Fajen is now on her second tour of duty in Iraq, after having served a year-long first tour;

Barney Blaine: Blaine, a U.S. Army veteran who had joined the reserves before enrolling at Logan, has been providing weapons training in the Philippines since 2002, to soldiers on their way to Iraq and Afghanistan;

William Weinman, DC: Dr. Weinman served in Iraq from February 2003 – August 2003, and then returned to Logan, graduating in December 2004;

Ryan Johnston: Johnston left Logan College to join the U.S. Air Force and served for four years, including two tours of duty in Iraq. He was reinstated as a Logan student at the beginning of this trimester.

Logan students **Amanda Howell** and **Linda Rodenbaugh** have had loved ones in the military overseas. Howell's fiancé, U.S. Marine Corps Sergeant Ryan Weemer, served in Iraq and was awarded a Purple Heart. They plan to marry in July. Rodenbaugh's son, Seth, was in Afghanistan and also has received a Purple Heart. E-5 Sergeant Rodenbaugh, a U.S. Army soldier, is in training in California and will then be based in Hawaii.

Some Logan employees also have family members who have been serving overseas. They will be recognized in the September issue of the Tower.



Justin Allen Brown had three family members assisting Dr. Goodman with his academic hooding: from left, his aunt (Dr. Debe Elaine Williams); his dad (Dr. Steven R. Brown); and his mother (Dr. Sandra Lynn Brown).



Kendra R. Catron was accompanied during the hooding ceremony by her grandfather, Dr. Lynn Buckley.



Jeffrey A. Burbank was accompanied during the hooding ceremony by his fiancé, Dr. Teresa Tindull.



Dawn Marie Weinman was accompanied during the hooding by her husband, Dr. William Greg Weinman.



Assisting with the hooding of Joseph Charles Fiorino Jr. was his dad, Dr. Joseph Charles Fiorino.



Carl Glaettli waited to congratulate his son, Joseph Noah Glaettli.



Commencement speaker Dr. Arlan Fuhr (right) is pictured with Logan President Dr. George A. Goodman.

April 2006 Commencement Features Dr. Arlan Fuhr As Speaker

Logan's 149th commencement took place April 22 at Harris-Stowe State University in St. Louis.

Arlan Fuhr, DC gave the commencement address. Dr. Fuhr, who graduated from Logan College in 1961, co-developed Activator Methods Chiropractic Technique with W.C. Lee, DC. Activator Methods is a method of adjusting the spine and/or extremities utilizing the patented Activator instrument, which uses only a small amount of force.

Dr. Fuhr has more than 35 years of experience in private practice in Minnesota and Arizona. He holds six patents for assessment, analysis and chiropractic treatment; has published 25 peer-reviewed publications; and contributed to several books, including *Principles and Practice of Chiropractic*.

Dr. Fuhr has a chiropractic practice in Phoenix and also leads research on Activator Methods through Activator Methods International, an organization that he founded. He speaks on the technique nationally and internationally.

As always, the graduating class included many members of legacy graduates accompanied by family members or others close to them who have received the doctor of chiropractic degree. In addition to those pictured on this page, Jason L. Lucas was accompanied during the hooding ceremony by his wife, Dr. Candice Christine Lucas, a classmate who received her academic hood just before him.

All photos on this page by FreezFrame.



Melanie Allen Howell was accompanied by her husband, Dr. Jeffrey Steven Howell, a classmate who received the academic hood just before her.



Younchoul Ryoo was accompanied during the hooding by his brother, Dr. Yeonil Ryoo, a classmate who received the academic hood just before him.



Eric Alan Starbuck was accompanied during the ceremony by his fiancé, Dr. Cindy Jungwirth.



Dr. Michael Alan Vishon assisted Dr. Goodman with the academic hooding of his brother, Ernest Antone Vishon.



Dr. Christopher Clem assisted with the hooding of his brother, Derek Collen Clem.



Jeannetta Victoria Young was accompanied during the academic hooding by her brother, Dr. Richard Morales.

149th Commencement

Saturday, April 22, 2006

Harris-Stowe State University
Saint Louis, Missouri

Honors and Awards

Summa Cum Laude

Jamie M. Showers
Karen A. Biser

Magna Cum Laude

Vivian Isabel Solivan
Daniel John Judge
Jennifer Christine Frees
Jeannetta Victoria Young

Cum Laude

James E. Whidden IV
Kristen Lynn Sowalsky
John (Chin-Suk) Cho
Rocky J. Sexton
April Faith Richmond

Health Care Center Consultants

John (Chin-Suk) Cho
Matthew Leon Enneking
John Michael Hardimon
Daniel John Judge
Joshua Ryan Luster
Christopher Paul McBride
Aaron Matthew Mobley
Gregory W. Pursley
Christian Gabriel Rivera
Ernest Antone Vishon
Luccus Lee Workman

Logan Health Center Achievement Awards

Christina Marie Anshus
Karen A. Biser
Lucas Patrick Bromley
Angela L. Dotts
James Aaron Sloan

Outstanding Service Awards

Basic Science Division Award

Jamie M. Showers

Chiropractic Science Basic Technique Award

Mohsen J. AbuKhudeir

Chiropractic Science Diversified Technique Awards

Jennifer Lindsay Blei
Joshua Arnold Kilpatrick

Chiropractic Science Division Award

Elaine Ann McClintock

Clinical Science Division Award

Jamie M. Showers

Graduation Department Award

Angela Marie Hummel

Postdoctoral and Related Professional Education Award

Jennifer Lindsay Blei

Radiology Department Award

Jamie M. Showers

Research Department Awards

Alan Herndon Levy
Michael R. Solomon
Luccus Lee Workman

Logan Alumni Association

Student Doctor Award

Christina Marie Anshus

Who's Who in American Universities and Colleges

Christina Marie Anshus
Karen A. Biser
Jennifer Lindsay Blei
Scott James Braun
John (Chin-Suk) Cho
Rejina Louise Diekemper
Tammy Joy Doriot
Angela L. Dotts
Matthew Leon Enneking
Joseph C. Fiorino, Jr.
Jennifer Christine Frees
Erika Jelean Galloway
Kyle Sumio Hack
Sarah Beth Hart
Daniel John Judge
Kurt Tyler Lanigan
Jerome J. Murphy
Shawn Michael Pala
April Faith Richmond
Yeonil Ryoo
Youchoul Ryoo
Eric Michael Seeley
Rocky J. Sexton
Jamie M. Showers
Vivian Isabel Solivan
Kristen Lynn Sowalsky
Ramie Marie Stiles
Dawn Marie Weinman
James E. Whidden IV
Jeannetta Victoria Young



Joshua A. Kilpatrick
Educational Coordinator



Tameka T. Daniels
Secretary



Alan H. Levy
President



Marlone Allen-Hewell



Mohamed J. AbuKhader



Tina M. Anshus



Leah A. Baker

Logan College



Lucas Patrick Bromberg



Justin Allen Brown



Jeffrey A. Burbank



Kendra R. Catron



Kimberly E. Chiswood



Richard C. Eckles



Brian England



Matthew L. Ennsing



Mark A. Farhang



Jason Griffith Fenwick

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Ryan A. Gullett



Kyle Hack



John Hardamon



Cam S. Harrod



Wes Heatherly



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April 2006



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April Richmond
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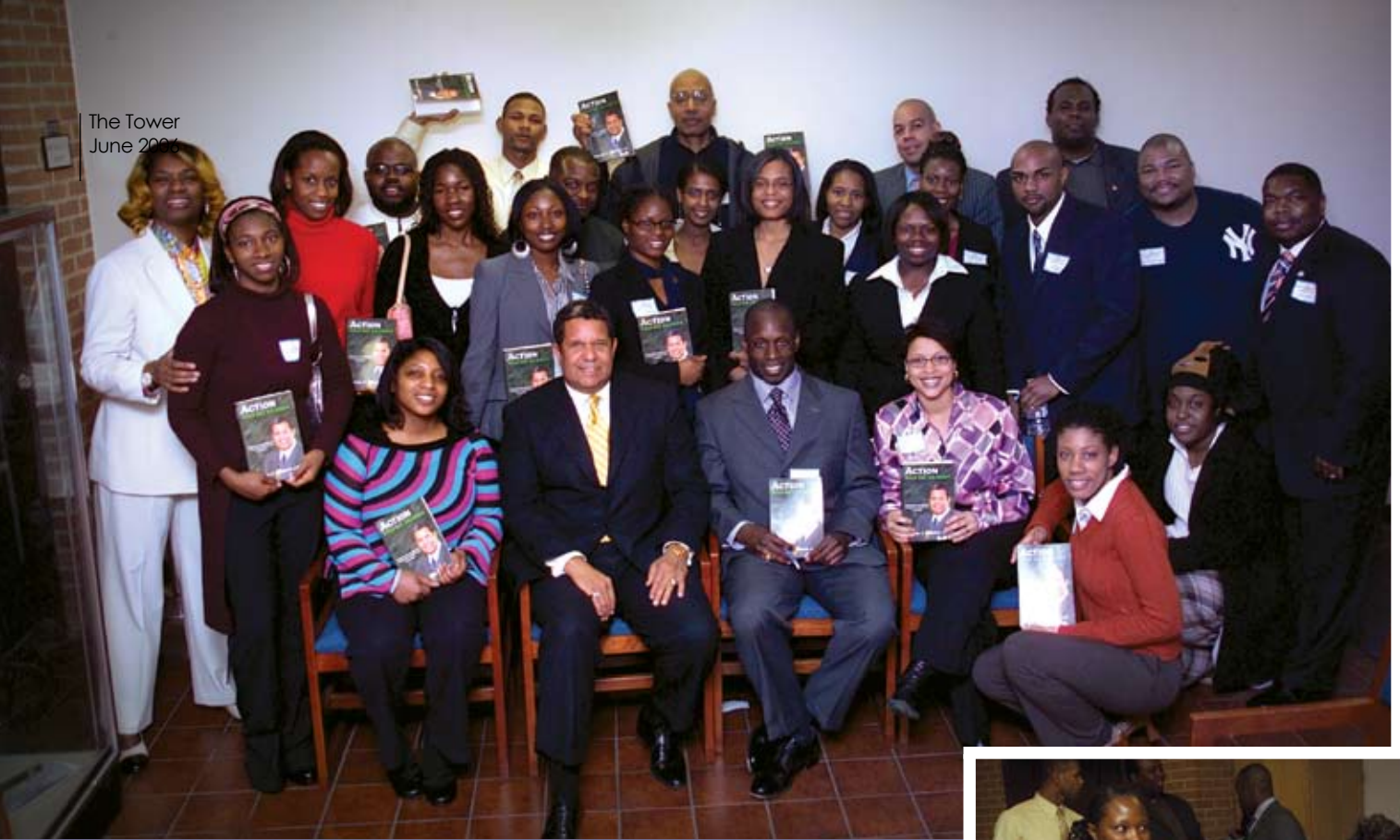
Michael E. Solomon
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2006



Attendees at the ABCA Conference gathered for a photo.

Speaker Mike Roberts' signs a copy of his book, *Action Has No Season*, for student Betty Griggs.



Logan Hosts American Black Chiropractors Association Regional Conference

Logan College of Chiropractic hosted the 2006 Central Region Winter Conference of the American Black Chiropractic Association on February 10 and 11.

L.T. Faison, president of the Logan chapter of the Student American Black Chiropractic Association (SABCA), coordinated the conference with the assistance of other students and faculty member Doris Bell, DC, adviser to Logan SABCA. Field doctors active in the ABCA and more than 50 students attended the conference. Students in attendance represented Logan College,

as well as National, Cleveland and the Palmer colleges.

Logan President George A. Goodman, DC, FICC welcomed the conference attendees to campus. ABCA representatives on the speakers' roster included association President Fadairo Afolabi, DC; Treasurer Rodney Williams, DC; and Juneau Robbins, DC, ABCA Central Regional representative.

The conference keynote speaker, Michael L. Roberts, JD, is a St. Louis entrepreneur and brother of Logan trustee Steven Roberts, JD, vice chairman of the

board. Logan faculty members speaking during the conference included Dr. Bell, as well as Norman W. Kettner, DC, DACBR, chairman of the Logan Radiology Department; Patrick Montgomery, DC, assistant professor of chiropractic sciences; and Maxine Morris Stewart, DC, Logan Health Centers clinician.

Field practitioners speaking at the conference included William Robinson, DC and Leonard Wilbert, DC. Also speaking was Logan student Adam Bordes, a Certified Strength and Conditioning Specialist (CSCS).

Faculty in the News

Gary Sanders, PhD, associate professor of basic sciences,, participated in the Part I Test Committee in Greeley, Colo., at the headquarters of the *National Board of Chiropractic Examiners* (NBCE) on April 21-22, 2006. The Part I Test Committee is composed of faculty members from chiropractic colleges throughout the United States. Test committee members are selected based on their expert knowledge in specific subject areas.

Dr. Sanders is a specialist in pathology, one of six basic science areas included on the NBCE Part I examination. NBCE examinations are offered twice yearly at chiropractic colleges across the United States and in several foreign countries. The NBCE develops, administers and scores standardized written examinations for candidates seeking chiropractic licensure throughout the United States and in several foreign countries. The NBCE also produces and administers a practical skills examination for use in chiropractic licensure.

Patrick Montgomery, DC, FASA, assistant professor of chiropractic sciences, has renewed an old Logan College tradition. Founder H.B. Logan, DC often led informal discussions of chiropractic during the 1940s, on the campus where Logan made its home from 1936 until 1973. Among those exchanging information and perspectives were Logan faculty members, visiting field doctors, national chiropractic leaders and members of the Logan family, including Dr. Logan's son, Vinton Logan, DC. On

warm evenings, they would gather on the wide veranda of the main building, known as "Old Main," with students listening in on the roof of the veranda.

Fast forward 60-plus years to Logan's Chesterfield campus, and a similar atmosphere prevailed at Dr. Montgomery's "Fireside Chats," which he hosted every other Tuesday evening at the campus pavilion from late last fall until April. Continuing even when outdoor temperatures were in the single digits, the talks attracted an average of 50 students, some students' spouses, and a few additional faculty members. Attendees enjoy a roaring fire in the pavilion fireplace, provided by the Logan Physical Plant, and free hot chocolate. Topics discussed have included chiropractic history; comparisons of chiropractic

theories and their contributions to the evolution of chiropractic; expression of philosophy in chiropractic techniques; chiropractic pediatrics and educating parents about posture and chiropractic care; explaining the choice to enter chiropractic to family members and friends; political participation; and chiropractic and medical relations from the early 20th century through the Wilkes trial era, to the present.

"Students like the idea of a comfortable, idea-stimulating, relaxed atmosphere to discuss the profession that they have decided to dedicate their lives to," says Dr. Montgomery, who teaches chiropractic philosophy and Logan Basic Technique in the Chiropractic Science Division.

Continued on page 18.



Dr. Montgomery and students gathered at the pavilion for the winter series of Fireside Chats.

Continued from page 17.

"I think experiences like this stand out in students' memories for the rest of their lives," adds Dr. Montgomery. "The program also helps add another unique dimension to the Logan educational experience."

Dr. Montgomery plans to continue hosting chats during the summer trimester, probably with cold beverages and without the fire as St. Louis summer temperatures soar. The Fireside Chat program is sponsored by the Logan chapter of Pi Kappa Chi chiropractic fraternity.

Joseph Howe, DC, DACBR, instructor in the Logan radiology department and one of the first leaders of the chiropractic radiology specialty, was honored

at a day of events at Southern California University of Health Sciences/Los Angeles Chiropractic College. The occasion was the dedication of the *Howe Building*, the university's diagnostic imaging facility.

The university named the building for Dr. Howe's parents, the late Mabel J. Howe, DC and Lawrence E. Howe, DC, chiropractic pioneers who practiced in New Cumberland, Penn.

Dr. Joseph Howe graduated from Palmer College of Chiropractic in 1952 and completed a residency in radiology at National College of Chiropractic. He was one of the first DCs to take and pass the chiropractic certification examination. He was a leader of the specialty's early research, training and certification initiatives, and trained and mentored many current chiropractic radiology leaders. He established the postgradu-

ate residency programs in radiology at National and Los Angeles chiropractic colleges, and was a faculty member at LACC for 20 years. Now semi-retired in St. Louis, Dr. Howe is a part-time faculty member at Logan.

Norman W. Kettner, DC, DACBR, chairman of the Logan radiology department, attended the events at Southern California University. Dr. Kettner joined the radiology chairmen from National and Los Angeles colleges in speaking in tribute at Dr. Howe's luncheon. Dr. Howe's wife, Dee; more than 20 other members of their family; and several former students of Dr. Howe's also attended the dedication ceremony and luncheon.



Dr. Howe (second from right) is pictured with (from left): Reed Phillips, DC, DACBR, president of Southern California University of Health Sciences; chiropractic radiologist Terry Yochum, DC, DACBR; and Dr. Kettner.

Logan Welcomes New Employees to Student Services Department

Christine M. Schutz, PhD, Sandra L. Perriello, MS (Ed) and Shirley Schaper, MSW have joined Logan College. Dr. Schutz is the college's new dean of student services and also is an instructor of clinical science. Perriello and Schaper have been appointed associate dean of student services and counselor, respectively.

Dr. Schutz has 27 years of experience in psychotherapy with individuals, groups and families, most recently in private practice with St. Louis Counseling Services, Inc. She also has worked as a human resources executive and as an organizational and training consultant and has extensive experience with intellectual and personality assessment

tools. She is the author of the *Aetna Life & Casualty Agency Personnel Guide*.

Dr. Schutz received her doctoral degree in applied psychology from the University of Missouri and her master's degree in clinical psychology from Southern Illinois University in Carbondale.

Perriello has more than 20 years of experience in educational administration and teaching. Her experience includes serving as registrar for a system of online universities, including the American Military University, American Public University and American Community College. She also has managed admissions, registration, academic advising, financial aid and other

functions at several institutions, including Old Dominion University, the George Washington University Center for Professional Development, and Virginia Tech.

Perriello received a master of science degree in education, with a concentration in adult and continuing education, from Virginia Polytechnic and State University.

Schaper has operated her own counseling service, working with individuals, couples and families, and has been employed by several counseling services in the St. Louis area and in Indianapolis. Before entering the counseling field she was director of child welfare for Marion County, Ind., and worked in other social ser-

vices positions and in special education.

Schaper's professional credentials include certification from the Academy of Certified Social Workers (ASCW). She is a licensed clinical social worker in Missouri. She received her MSW (master of social work) degree from the Indiana University School of Social Services and also has a master of arts degree in religion from Concordia Seminary in St. Louis. She is the author of sections addressing counseling in several Concordia Publishing House publications, including *Places in the Heart*, *In the Mirror of Your Heart* and *Pastoral Theology*.

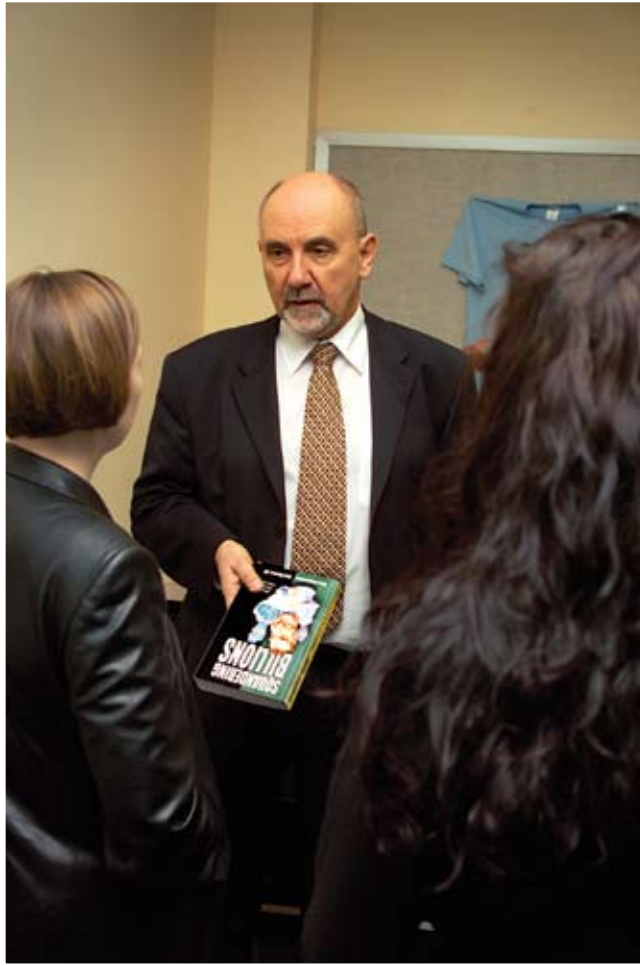
Logan Hockey Team Takes League Championship



The Logan College Hockey Team went undefeated in the 2006 "18-and-Over" league at the Summit Center, an ice rink in Chesterfield near the college. The league also includes a team from the University of Missouri – St. Louis and five other local adult teams.

The Logan players continued their strong performance in the league championship competition. They won the championship game, 7-3, on April 19. Among those cheering the team to victory were Logan President George A. Goodman, DC, FICC; Elizabeth Goodman, DC, PhD; and Patrick Montgomery, DC, FASA, an assistant professor in the Chiropractic Science Division and faculty sponsor for the team.

The team captain was Bill Robinson.



Dr. Nixdorf Speaks on Campus

Speaking at an all-college assembly on March 29 was Don Nixdorf, DC, executive director of the British Columbia Chiropractic Association and co-author with journalist Gary Bannerman of the book, *Squandering Billions: Health Care in Canada*. The book addresses Medicare's constant demand for more money, a characteristic of both the U.S. and Canadian Medicare systems. The authors focus on improving federally funded health care by focusing on how money is spent within the system and evaluating the effectiveness of care delivered by health professionals. Dr. Nixdorf reports that spinal and spine-related conditions account for almost a third of daily Medicare utilization, and that appropriate care of these conditions could have a significant impact on costs.

Spring "Slice of Logan" Is A Success

Logan's Admissions Office hosted another successful "Slice of Logan" event on Saturday, April 1. Cynthia Sutton, assistant director of admissions/operations, reports that a total of 175 people, including 83 prospective students, visited the campus and participated in a campus tour, anatomy presentation and "mock adjusting" class. Guest speakers at this event included Debra L. Hoffman, DC, a 1980 Logan graduate and a member of the Logan Board of Trustees; and Larry S. Arbeitman, who graduated in 2003. Both DCs spoke about their experiences at Logan College and fielded questions about their respective practices. In addition, faculty and staff members as well as students were on hand to answer questions ranging from matriculation standards to housing.

The Slice of Logan program is held three times a year – in April, June and October – and draws students from across the United States and Canada. The next Slice of Logan event will be June 24. For more information, contact the Admissions Office at 800/533-9210.

Logan Faculty Members in the News

Patrick Montgomery, DC, FASA, an assistant professor in the Chiropractic Science Division, was featured in the April edition of *Chiropractor Monthly*. Dr. Montgomery was interviewed by freelance writer Tracey Porpora for an article entitled, "Sitting Down on the Job: Discomfort from Tailbone Pain."

Laney Nelson, DC, DACBSP, director of the BIO-FREEZE® Sports and Rehabilitation Center at Logan College, was the page 3 guest columnist for the May issue of *Chiropractor Monthly*. Dr. Nelson submitted an article, entitled "Consider a Referral to a Chiropractic Sports and Rehabilitation Center for Your Sports Injury Patients," to the publication.

A report about Norman Kettner, DC, DACBR, FICC, chairman of the Logan Radiology Department, and his selection as the American Chiropractic Association's "Academician of the Year" appeared in the "Newsmakers" column of the March issue of *St. Louis Commerce* magazine. *Commerce* is the official publication of the St. Louis Regional Commerce and Growth Association.

St. Patrick Center Expands Clinical Facility

After 15 years of providing services to Catholic Charities of St. Louis on a part-time basis, the Logan College Health Centers opened a part-time free clinic at the St. Patrick Center, just north of downtown St. Louis, in 2003. Today, the Logan clinic serves the center's clients and neighborhood residents on a full-time basis. The St. Patrick Center, which is affiliated with Catholic Charities of St. Louis, has positively impacted the lives of more than 65,000 homeless St. Louisans since its establishment in 1983.

Now Logan College will have a larger and more convenient facility in which to serve patients at the St. Patrick Center.

On April 28, the St. Patrick Center held a dedication ceremony for the official opening of 15,000 square-feet of newly developed space in a portion of its complex that is known as The Partnership Center. The Partnership Center is a three-story facility that houses eight organizations providing services to St. Patrick Center clients, including the Logan Health Centers.

U.S. Senator Jim Talent of Missouri and St. Louis Mayor Francis Slay joined Dan Buck, CEO of the St. Patrick Center, in cutting the ribbon on the new facility. Senator Talent and Senator Kit Bond, also of Missouri, secured a total of more than \$600,000 in congressional

appropriations to help fund the St. Patrick Center expansion.

Maxine Stewart, DC, clinical faculty member at the Logan College St. Patrick Center clinic, says the expanded facility gives Logan twice the floor space of its previous area, which will significantly increase patient flow capabilities.

"We now have the capability of treating five patients, and having one patient in consul-

"We now have the capability of treating five patients, and having one patient in consultation, simultaneously."

- Maxine Stewart, DC

tation, simultaneously," says Dr. Stewart. "We usually have six interns here each day. They now have more space for their activities – not only patient care, but meetings and review of patient files as well."

The health wing of the St. Patrick Center expansion also includes space for the Grace Hill Medical Center and a dentist, both sharing a receptionist and reception area with the Logan clinic.

"This means that when we refer patients back and forth, they do not have to go back to the main desk of the St. Patrick Center," says Dr. Stewart. "It is a very convenient set-up for patients. It is also an easier logistical process for us to work with our colleagues here in offering the best care possible to our patients."

In addition to the St. Patrick Center, Logan facilities offering free services for low-income and homeless patients include a full-time, outpatient clinic opened in 1988 at the Salvation Army Harbor Light Center in St. Louis. The college also operates a part-time clinic at the Salvation Army Adult Rehabilitation Center in St. Louis.

Logan Adds Nine New 3+3 Partners

Rob Smith, associate director of admissions, reports that Logan has increased the number of its 3+3 articulation partnership agreements by adding Mt. Vernon Nazarene University in Mt. Vernon, Ohio; the University of Nebraska – Kearney; Indiana University – Kokomo; Greenville College in Greenville, Ill.; Henderson State University in Arkadelphia, Ark; Lincoln University in Jefferson City, MO; Philadelphia University in Philadelphia, Penn; Pittsburg State University in Pittsburg, Kan.; and California University in Pennsylvania.

Lincoln University is the first historically black college or university to partner with Logan College. Logan currently has articulation agreements with 34 partner institutions in 19 states, including its newest additions.

The 3+3 partnership, an innovative program developed by the Logan admissions department, enables students to complete three academic years of study at their undergraduate universities, and then transition into Logan's doctor of chiropractic program. After successfully completing two to three semesters at Logan, these students receive bachelor's degrees from their undergraduate universities. Under an articulation program, the time required for completion of both an undergraduate degree at another institution, and the doctor of chiropractic degree at Logan, is reduced by a year.



Dr. Carver provides care for a resident of a Chadian village.

Alumnus Provides Chiropractic Care in Chad on Mission Trip

When Dr. Kirk Carver sold his chiropractic practice in Huntingtown, Md. in 2005, he did so with an unusual future plan: He entered training to be a full-time missionary with the Grace Brethren International Missions.

A 1988 Logan graduate, Dr. Carver

served on the Alumni Association Board of Directors from 1991-2003. He served as board secretary, and as chairperson of association committees for membership development and chiropractic practice management seminars for Logan students.

Although his U.S.-based missionary

training is expected to continue until January 2007, followed by a year of study at a French language school in France, Dr. Carver gained his first experience on a mission in Chad in February of this year. He traveled to the African country with his wife, Kay, a massage therapist who still

works in the chiropractic office he owned. They joined a team that included a cardiologist, a physician's assistant, a nurse, three support personnel and the Carvers' pastor. They were joined in Chad by career missionaries and several interpreters.

After a stop at the Grace Brethren mission facility in Moundou, Chad, the team headed into the bush for 10 days. They visited villages that are only accessible during the dry season, which extends from late fall until April. One day it took 10 hours for the team to travel 65 miles over the rough terrain.

Grace Brethren evangelists had visited the villages on the team's schedule to let residents know that the health care providers would be coming.

"There is a great need for health services in Chad," says Dr. Carver. "The country has one doctor for each 22,000 people. There is no history of chiropractic there. As far as I know, I was the first DC to provide care in the country."

Explaining chiropractic to the Chadians was a challenge. French translators worked for the team as interpreters, but there are 180 tribal groups in Chad and a different dialect is spoken in each region.

"Once we had people lie down on the table and relax, and began working on them, they were very receptive to chiropractic," says Dr. Carver.

Although many Chadians visiting the team had conditions that DCs in the United States see routinely, such as disc problems and hypertension, they also attracted people with malaria, parasites, large hernias, HIV/AIDS, and numerous other conditions.

"One of the doctors traveling with us grew up in Africa and is very familiar with tropical diseases, so he was a great mentor," says Dr. Carver.

The team usually provided patient care at sites used as churches by the Grace Brethren in the tribal communities. Their services were available to people of all religions in the region, including Christians, Muslims and practitioners of traditional animist religions.

"There is a great need for health services in Chad. The country has one doctor for each 22,000 people. There is no history of chiropractic there. As far as I know, I was the first DC to provide care in the country."

- Dr. Kirk Carver

The Carvers expect to spend two years in mission work in North Central Africa in Cameroon after they complete their year of language study in France. They developed strong feelings for Chad, however, as a result of the professional and spiritual growth that they experienced in their work there, as well as the people they met.

"While we are in Cameroon, we hope to be able to return to Chad on occasion," says Dr. Carver. "There is a very dramatic need for care there."

Logan Provides Services at Program for Homeless Veterans

Logan archivist Allen Parry, DC led a group of four Logan Health Center interns providing services at the St. Louis County Veterans Services "Stand Down" on Saturday, April 29 at the Soldiers Memorial in downtown St. Louis.

Dr. Parry, a Vietnam veteran, for many years has arranged for Logan's participation in the stand down event, which assists homeless U.S. military veterans in reentering the workforce. The

veterans receive assistance with health and wellness issues from Logan College, visiting nurses and dentists. Legal services and Veteran's Administration benefit information also are provided. In addition, food and clothing were distributed to veterans attending this year's stand down program.

"Our interns this year provided services to about 75 people, out of 250 attendees at the

event," says Dr. Parry. "We offered muscle work, information about chiropractic, and referrals to the other health care providers on-site as needed. Everyone was very appreciative of our work, and of Logan's participation in the stand down."

Health Centers Marketing Director Kim Ownbey arranged Logan's participation, and recruited interns to work with Dr. Parry.



Doctor to Doctor

This issue of *Doctor to Doctor* continues our new series, "Why I Adjust":

Why I Adjust

"I adjust to relieve pain and suffering. Also, knowing that we cannot separate structure and function, I always check to see if a viscerosomatic problem remains after I have adjusted the patient. The effect is frequently immediate. The patient is grateful and often surprised at the profound effect a chiropractic adjustment can have."

Howard Loomis, DC
Madison, Wisconsin
1968 Graduate, Logan College of Chiropractic
President, Loomis Institute of Enzyme Nutrition

Patient Education

Dr. Ralph Barrale introduces a submission on patient education:

"Patient education is an important component in chiropractic care. Patients who understand the 'big picture' realize that chiropractic offers more than just pain relief or symptomatic care. Chiropractic enhances wellness and performance. It is a whole lifestyle system.

At right is an email that illustrates this concept. This message was sent to my colleague, Ralph Filson, DC, by one of the chiropractors for the San Diego Padres. Dr. Filson is the team chiropractor for the St. Louis Cardinals. This email really points up the difference in patients whose doctors have gone the extra mile and really taken the time to explain the many benefits of regular chiropractic care."

Ralph Barrale, DC
1969 Graduate, Logan College
Professor, Chiropractic Science Division, and
Dean of Postgraduate Education

Message to Dr. Filson:

"Dr. Filson,

My name is **** * and I am one of the chiropractors for the San Diego Padres. Last weekend I worked at the World Baseball Classic. The only two Dominican players that wanted chiropractic work were Julian Tavarez and Albert Pujols. It seems that every player the Padres get from the Cardinals is very knowledgeable about chiropractic. Woody Williams is always checked and Ray Lankford was also someone who used my services a lot.

I wanted to ask what kind of introduction you are doing for these guys. I certainly have players who understand what chiropractic is and use us all the time, but other players don't and never even try our services. Maybe I've just seen your best clients, but it seems remarkable that all the Cardinals I've met are fired up about chiropractic.

Any words of wisdom?"

Dr. Filson's response:

"Although patient education can be done with brochures, by a CA, with videos, etc., the most effective patient education comes directly from the doctor of chiropractic.

Dr. Jim Parker used to emphasize this advice, 'When the ball is on the one yard line, don't risk a fumble. Carry it over yourself.'"

Ralph Filson, DC
1969 Graduate, Logan College
Professor, Chiropractic Science Division

Hyperkyphosis

Dr. Barrale also would like to recommend to Doctor to Doctor readers an article on hyperkyphosis, which he summarizes below:

An article that appeared in the *Journal of the American Geriatrics Society* reported that a study of 1353 participants with a mean age of 73 years concluded that, "Older men and women with hyperkyphotic posture have higher mortality rates."

The article's title is, "*Hyperkyphotic Posture Predicts Mortality in Older Community-Dwelling Men and Women: A Prospective Study.*"

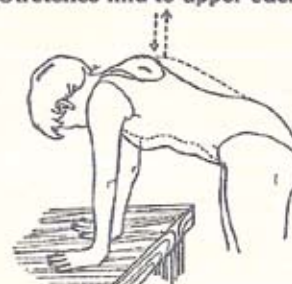
CORNER EXERCISE (Stretches upper chest, shoulders)



With hands at prescribed level, lean in toward corner keeping chest up and exhaling.

- ___ Times, hands chest level
- ___ Times, hands head level
- ___ Times, hands above head level
- ___ Times a day

UPPER BACK STRETCH (Stretches mid to upper back)



With chin in, arms straight, raise upper back toward ceiling, inhale. Relax, exhale, and lower spine letting shoulder blades come close to each other.

- ___ Times
- ___ Times a day

ARM RAISE (Stretches/strengthens shoulder & mid back)

Interlock fingers and raise arms as high as possible while exhaling. Keep chest up, chin in.

- ___ Times
- ___ Times a day



SHOULDER ROTATION (Stretches/strengthens shoulder girdle)



Holding rubber tubing, move hands apart while exhaling and pinching shoulder blades together slightly. Keep elbows bent to 90 degrees and at sides, chest up.

- ___ Times
- ___ Times a day

The results indicated that those with hyperkyphotic posture were approximately two times more likely to die from pulmonary causes. It was also found that those with hyperkyphotic posture had a 2.4 times greater mortality rate from atherosclerosis. The study also suggested that it is possible that hyperkyphotic posture reflects an increased rate of physiological aging. The study further suggested that hyperkyphosis is associated with poor physical function.

The study was conducted by medical researchers, not chiropractic researchers. The final suggestion in the article is that interventions specifically targeted at improving posture may result in reduced mortality rates.

Chiropractors have always known that faulty posture and increased thoracic kyphosis result in rib-cage compromise

and associated pulmonary disease. Specific adjustments to the spine coupled with appropriate exercise and lifestyle changes can reduce or correct hyperkyphosis and promote longer healthier life.

Shown here are some exercises that may be helpful for patients with thoracic hyperkyphosis. They should be used in conjunction with the chiropractic adjustment.

(If you would like to read the article, please contact the Logan Learning Resources Center and request it. It appeared in The Journal of the American Geriatric Society, October 2004-Vol. 52, No. 10). To reach the Learning Resources Center, call 636- 227-2100 or toll free 800- 782-3344; or, e-mail the LRC at circdesk@logan.edu.)

In Our Next Issue

We will be highlighting patient newsletter tips, with some input from Dr. Al Chamberlain. If you would like to contribute additional newsletter ideas or samples, please send them to tower@logan.edu. If you have additional ideas for items that you would like to see featured in Doctor to Doctor, please contact Dr. Ralph Barrale at 636- 227-2100 or toll free at 800-842-3234; or by e-mail at ralph.barrale@logan.edu. Doctor to Doctor also welcomes submissions to the "Why I Adjust" feature.

Upcoming Postgraduate Seminars

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, if unforeseen circumstances arise, program faculty, locations, dates and tuition rates are subject to change. 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.

Special Seminars

The Adjustment- How It Works and Why It is the Best Treatment

Instructor: Glenn Bub, DC, DCBCN
6/3-4 Logan College
Chesterfield, MO

Metabolic Syndrome, Functional Foods and the Common Diseases of Aging

Instructor: John Maher, DC, DCCN, FAAM
6/17-18 Logan College
Chesterfield, MO

Applied Kinesiology – Beyond the 100-Hour Course

AK and Energetic Medicine
Instructors: Katharine Conable, DC, DIBAK & Bert Hanicke, DC, DIBAK
6/24-25 Logan College
Chesterfield, MO

Auriculotherapy

Instructors: Jim Shores, Ph.D. & Gary Ditson, DC
7/15-16 Logan College
Chesterfield, MO

Treatment of Soft Tissue Injuries

Instructor: Thomas Hyde, DC, DACBSP®
7/22-23 Logan College
Chesterfield, MO

Scoliosis Spinal Rehabilitation

Instructor: Gary Deutchman, DC
7/29-30 Logan College
Chesterfield, MO

Nutritional Adjustment as a Major Central Therapy in Clinical Practice

Instructor: William Shaw, PhD
8/5-6 Logan College
Chesterfield, MO

Scoliosis Vestibular Rehabilitation for the Chiropractor

Instructor: Marc Lamantia, DC, DACNB
8/26-27 Logan College
Chesterfield, MO

Chiropractic Assistant Program

Session #5: Spirit-Mind-Body Connection

Instructor: Craig Scarpelli, DC
6/3 Logan College
Chesterfield, MO

Session #6: Legal Considerations

Instructor: Elaine Moss, JD
7/8 Logan College
Chesterfield, MO

Session #7: Insurance Billing & Coding

Instructor: Scott Hainz, DC, CHCQM
8/5 Logan College
Chesterfield, MO

Basic Acupuncture

Session #5

Instructor: A. Rand Olson, DC, Dipl.Ac.
6/3-4 Logan College
Chesterfield, MO

Session #6

Instructor: Dennis Baker, DC, FIAMA (Adv)
7/8-9 Logan College
Chesterfield, MO

Session #7

Instructor: A. Rand Olson, DC, Dipl.Ac.
8/5-6 Logan College
Chesterfield, MO

The 100-Hour Whiplash Certification Program

Session #4: Advanced Diagnostics

Instructor: D. Robert Kuhn, DC, DACBR, ART®
6/17-18 Logan College,
Chesterfield, MO

Session #5: Cervical Biomechanics and Specific Adjustments for the Whiplash Patient

Instructors: Ralph Barrale, DC & Ralph Filson, DC
7/8-9 Logan College,
Chesterfield, MO

Session #6: Treatment & Rehabilitation of the Cervical Spine Injury

Instructor: Laney Nelson, DC, DACBSP®
8/12-13 Logan College
Chesterfield, MO

Acupuncture II: The Protocols

Miracle Points and Master Points

Instructor: Dennis Baker, DC, FIAMA (Adv)
6/24-25 Logan College
Chesterfield, MO

Three-Needle Technique

Instructor: C. E. Foland, II, DC
7/29-30 Logan College
Chesterfield, MO

Women's Health

Instructor: A. Rand Olson, DC, Dipl. Ac.
8/26-27 Logan College
Chesterfield, MO

Insurance Consultant/Peer Review

Session #6

Instructor: Scott Hainz, DC, CHCQM
6/24-25 Logan College
Chesterfield, MO

Session #7

Instructor: Scott Hainz, DC, CHCQM
& James George, DC
7/15-16 Logan College
Chesterfield, MO

Session #8

Instructor: Scott Hainz, DC, CHCQM
8/19-20 Logan College
Chesterfield, MO

Trimester 3 Students Demonstrate Research Skills

Katherine M. Burkemper, a Logan Trimester 3 student, co-authored a research article that appeared in the February 2006 issue of *Musculoskeletal Disorders*. The title of the article is "Influences of Obese (ob/ob) and Diabetes (dh/db) Genotype Mutations on Lumbar Vertebral Radiological and Morphometric Indices: Skeletal Deformation Associated with Dysregulated Glucometabolism." Burkemper's co-author is David R. Garriss, PhD, professor of cell biology at the University of Missouri-Kansas City.

Dr. Garriss was Burkemper's research laboratory instructor during her senior year of undergraduate study. In reporting the publication to Logan College, he said that Burkemper's "contributions and efforts are notable with respect to her continued interest in applied health care."

Another Trimester 3 student, Xephyr Day, has joined the Logan College research team as a student research assistant. Day comes to Logan from Acadia University in Wolfville, Nova Scotia, where she received bachelor's degrees in biology (with honors) and mathematics/statistics. She brings expertise in the use of STATISTICA, the statistical software used by the Logan research division.

Day is currently co-investigator on a clinical trial titled, "The Effects of Reactive Neuromuscular Training on Muscular Endurance as Measured by the Side Bridge Test," with Logan research faculty members Michael Vianin, DC (principal investigator), Dennis Enix, DC and Clayton Skaggs, DC.

The Logan Directory:

Campus Departments

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. Also, please visit the college web site at www.logan.edu. Make purchases from the Logan Bookstore by visiting the store's web page at www.loganbookstore.com.

College Departments Assisting Alumni

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

Logan Alumni Association: membership and association services information; information about Logan's annual Homecoming and Class Reunions;

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

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

Financial Aid Office: student loan repayment information;

Career Development Office: associateship listings and practices for sale;

Health Center: appointments for professional courtesy adjustments for alumni;

Health Centers Community Relations Department: Sample-marketing materials used by the Logan Health Centers are made available to Logan alumni upon request. Materials include a New Patient Planner, screening forms, patient referral scripts, and proposals for lectures and scoliosis screenings at businesses;

Radiology Department: information about services related to diagnostic imaging;

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

Academic Affairs: recently posted faculty position openings;

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

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

Archives: information about the history of Logan College and the history of chiropractic; exhibits for special events.

Registrar: Academic credentialing information, records information and transcript services.

Public Relations: Information about Logan College for the media and for the general public.

Departmental Fax Numbers:

General Support Services: 636-207-2424

Admissions: 636-207-2448

Learning Resources Center: 636-207-2421

Radiology: 636-207-2421

Health Center: 636-207-2404

Registrar: 636-207-2431

Public Relations: 636-209-2402

The Logan Web Site: www.logan.edu

E-mail Contact for Alumni Notes Items for the Tower:
tower@logan.edu

Creating Community Connections

LOGAN



Help us bring the best of Logan College to students, the St. Louis community and the chiropractic profession. Join us as we build a spacious, contemporary auditorium complex with outdoor elements that complement the scenic beauty of the campus. For more information about the campaign for the William D. Purser, DC Center, contact:

Patricia C. Jones

*Vice President of Institutional
Advancement*

636-227-2100 or 800-782-3344

patricia.jones@logan.edu

Deadline of the J.E. and
L.E. Mabree Foundation
\$500,000 fund-raising
challenge: **July 13, 2006.**



Logan College of Chiropractic
The TOWER
1851 Schoettler Road
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Chesterfield, MO 63006-1065

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