Meet Michael A. Mestan, DC, EdD
President of New York Chiropractic College

On September 1, Michael A. Mestan, DC, EdD, became president of New York Chiropractic College, succeeding Frank J. Nicchi, DC, MS, who served 17 years in the position. Dr. Mestan’s journey to the presidency began when, as a child, he worked in his father’s chiropractic office, making small repairs, maintaining the landscaping, and the like. During that time, he observed the gratitude of patients who benefited from chiropractic care and the strong, positive influence his father had in the community. With a natural attraction to the biological sciences, Mestan’s quest for a career soon led him to consider following in his father’s footsteps.

Our new president earned his Doctor of Chiropractic degree at the National University of Health Sciences, completed a residency in diagnostic imaging at the Southern California University of Health Sciences, and in 2013 was awarded a Doctor of Education degree by the Warner School of Education at the University of Rochester.

Before beginning his career in higher education, Mestan practiced with his father, Dr. Ron Mestan, in Missouri, and maintained radiology reading practices in California, Kentucky, Missouri, Texas, and New York. While practicing in Missouri, he accepted a position teaching radiology at Parker University, where he soon became department head of radiology and director of the radiology residency. In 2002, he joined New York Chiropractic College as a department head and subsequently held a number of increasingly responsible appointments until being named executive vice president and provost in 2010.

In 2015, knowing that Dr. Nicchi was approaching retirement, the Board of Trustees appointed a Succession Committee. Following many months of due-diligence, including discussions with Mestan, senior leadership, Faculty Senate officers, and others, the Committee and the entire Board concluded that Mestan was the best choice to be the next president of the College. On October 15, 2016, he was offered and accepted the position.

Speaking for the Board of Trustees, Dr. Thomas De Vita observed: "Dr. Mestan is an outstanding choice. We are confident in his ability and excited to support him as he leads the College to even higher levels of excellence in the future."

Reflecting on his appointment, Mestan noted: "It is a great honor to have the opportunity to serve NYCC as its next president. The College has a rich history of great leaders, faculty, and alumni who serve the public through academic excellence, quality patient care, and professional leadership. I accept the responsibility of keeping NYCC moving into the future while advancing our mission and never forgetting who we are or where we came from."

Dr. Mestan will be formally inaugurated at an investiture ceremony on October 21.
Two Join NYCC Leadership Team

On September 1, New York Chiropractic College welcomed two new members to its senior staff: Drs. Anne E. Killen and J. Todd Knudsen.

Anne E. Killen, DM, is vice president of academic affairs. Reporting to NYCC’s president, Dr. Michael A. Mestan, Dr. Killen oversees the day-to-day College operations in the Division of Academic Affairs, working with the administrators of those areas. In addition, she works with the administrative staff in Enrollment Management, Finance and Administrative Services, and Institutional Advancement in fulfilling the mission of the institution. Dr. Mestan stated: “We are delighted Dr. Killen has joined us. Given her education and background, she is exceptionally qualified to serve as our chief academic officer, overseeing the College’s diverse academic offerings.”

Killen brings to NYCC 16 years of experience in higher education gained at nearby Keuka College, where she completed her bachelor’s degree. After five years as a probation officer for Yates County, she joined Keuka in 2001 as marketing coordinator and assumed progressively responsible roles in administration, ultimately becoming associate vice president of its Center for Professional Studies in 2012. She also held the faculty rank of assistant professor and taught several undergraduate and graduate courses, including research, leadership, organizational change, business communications, and adult development and life assessment.

During her time at Keuka, Killen completed a Master of Science in Adult Education at Elmira College, a Doctor of Management at the University of Maryland University College, and graduate certificates in human resource development and training, and for four of those years was the elected part-time town justice of the Town of Jerusalem. She is a graduate of the National Leadership Institute’s programs in leadership development and executive coaching. In 2016, Killen received the William C. Hine Distinguished Service Award, a national recognition for service to adult students in higher education.

J. Todd Knudsen, DC, is vice president of institutional advancement and special projects. Reporting to President Mestan, Dr. Knudsen oversees the offices of Institutional Advancement, Alumni Relations, and Center for Career Development and Professional Success. In addition, he serves as the College’s spokesperson and liaison with external agencies, the media, legislative bodies, and professional organizations.

Originally from California, Knudsen, a second-generation chiropractor, attended Brigham Young University before enrolling in Los Angeles College of Chiropractic, now part of the Southern California University of Health Sciences. There, he completed his Doctor of Chiropractic degree (Dr. Keith Wells was one of his instructors), a bachelor’s in human biology, and a three-year residency in radiology. A board-certified radiologist, he operated a private radiology practice for three years before joining the National University of Health Sciences, where he spent seven years as director of the Department of Diagnostic Imaging, the National MRI Center, and the Diagnostic Imaging Residency Program. (He was hired by and reported to Dr. David Odiorne, whose position he has filled at NYCC upon Odiorne’s retirement in August.) He then returned to the Southern California University of Health Sciences as director of the Diagnostic Imaging Residency and eventually became dean of the Los Angeles College of Chiropractic (he was now Dr. Wells’s boss!), vice president for academic affairs, and president’s chief of staff/vice president for government affairs, while holding the rank of associate professor. He also attended a program for educational leadership and management at Harvard University’s Institute for Educational Management. Having lived in Spain for two years, he speaks Spanish fairly well.

Knudsen has served on the executive committee for the Council of Colleges of Acupuncture and Oriental Medicine; as vice chair of the Association of Chiropractic
Killen (cont’d)

Originally from Clay, New York, just north of Syracuse, Killen lives in Branchport with her husband, Patrick, who is retired from the Yates County Sheriff’s Department and is currently the town supervisor of the Town of Jerusalem; daughter Mary Katherine, or “MK” (20), a senior at St. Bonaventure University; son Daniel (10), a 5th-grader at St. Michael’s School in Penn Yan; and their three pets – an 8-month-old German shepherd named Asgard, a chocolate Lab named Maggie, and an African gray parrot named Stella.

In her spare time, Killen enjoys attending St. Bonaventure’s basketball games, quilting, and refashioning wedding gowns into “angel gowns” for the organization Rachel’s Gift. She also volunteers for the local hospice home, and for the past several years has organized an annual swim across Keuka Lake to raise funds for its benefit.

“I am thrilled to be a part of the NYCC community,” stated Killen. “The accomplishments and talent of the faculty, staff and students permeate the culture, making NYCC a truly Great College to Work For.”

Dr. Killen’s office is in Room 201A of the Kenneth W. Padgett Administration Building. She can be reached at akillen@nycc.edu or 315-568-3226. SC

Knudsen (cont’d)

Colleges; as secretary/treasurer, vice president, president, and past president of the American Chiropractic College of Radiology; and as a member of the Council on Chiropractic Education’s Site Team Academy. Dr. Mestan stated: “The depth and breadth of Dr. Knudsen’s experience in natural healthcare education will be a tremendous resource for NYCC. His skills in fostering strength-based relationships with all stakeholders and advancing the professions we serve will support every aspect of our mission.”

Knudsen and his wife of 32 years, Kristi, now live in Canandaigua with Pepper, their 11-year-old Chihuahua mix. The eldest of their four children, Cody (28), lives in the Washington, D.C., area with his wife and two children, and works for the government. The other three live in Utah: Jacob (26) and his wife Krista, both computer programmers, live in American Fork; Kali (23), a fashion blogger, husband Dallin, and son Grayson live in Provo; and Braden (19) attends Utah Valley University. Outside of work, Dr. Knudsen enjoys camping, hiking, fishing, and operating his ham radio.

“I’m delighted to be here,” Knudsen says. “I’ve been to NYCC five or six times for various things and have always loved it here. It is evident that people love their jobs, and you can’t say that about every place.”

Dr. Knudsen is located in Room 203 of the Kenneth W. Padgett Administration Building. He can be reached at tknudsen@nycc.edu or (315) 568-3146. SC

Let’s Talk

Short-term, drop-in (15-30 minutes), confidential consultation and support for a variety of issues. Available to all students. No appointment necessary.

When: Wednesdays, 9:00-10:00 AM & 2:00-3:00 PM
Where: Campus Health Center

Quick Coping Tips, Relaxation Strategies, Brief Meditation, Stress Management, & More!

For more information contact: counseling@nycc.edu or 315-568-3064

Center for Career Development & Professional Success

Fall Trimester Events
Nov. 2 - CCDPS on the Move
Nov. 16 - SCORE, ACA3 - 220, 12 - 2
Retirement Luncheon for Dr. Frank Nicchi

Filled with humor, emotion, and fond reminiscing, the farewell retirement luncheon on July 28 for Dr. Frank J. Nicchi, New York Chiropractic College’s president since 2000, was attended by faculty and staff from the Seneca Falls campus as well as the Rochester, Levittown, and Depew health centers.

A special edition of Transitions magazine lovingly compiled by Dr. David Odiorne, then special assistant to the president, along with Peggy VanKirk, Kathy Hadley, and Amanda VanTassel, as well as a video painstakingly produced by Dr. Fiona Jarrett-Thelwell with the help of the Educational Technology Department’s Bernie Cecchini, Morris Houghton, and Josh Gilfus, captured numerous well wishes, remembrances, and testimonials to Dr. Nicchi and his tenure at the College.

Dr. Michael Mestan, then executive vice president and provost, who succeeded Dr. Nicchi as NYCC president on September 1, presented him with a crystal plaque commemorating his dedication and service to the College and the chiropractic profession. Dr. Steven Feldman then read a poem from the Faculty Senate, which had been printed and framed as their gift to Dr. Nicchi.

Following remarks by Nicchi, the luncheon concluded with the unveiling of an oil portrait of him that will hang on the President’s Wall in NYCC’s library alongside those of other former presidents of the College.

Dr. Nicchi’s family - daughter Carrie Ann, son Chris, and wife Carol - with the oil portrait of Dr. Nicchi.

Padgett Portrait Unveiled

At a ceremony this past July, the Cultural Heritage Management Committee unveiled an oil portrait of Dr. Kenneth W. Padgett, NYCC chancellor and past president, which now hangs on the President’s Wall in the NYCC library.

The President’s Wall provides insight into the history and accomplishments of the select few who have served as president of the institution.

For the full article on the event, see page 32 of Transitions magazine, 2017 Volume 4, available on www.nycc.edu.

Drs. Frank Nicchi, Kenneth Padgett, and Michael Mestan at the portrait unveiling in the NYCC library on July 11.
Steven Feldman, DC, MSACN (’81, ’08) Retires

NEW YORK CHIROPRACTIC College bid a fond farewell to Dr. Steven Feldman in August as he embarked on the next chapter of his life.

A 1981 graduate of the Doctor of Chiropractic program at NYCC, Dr. Feldman, who also graduated from the Master of Science in Applied Clinical Nutrition program in 2008, was a fixture at the College for 31 years and held the rank of assistant professor. Since 1986, he has taught courses in diagnosis, assessment, ethics, soft-tissue technique, and clinical services, and assisted in other assessment, rehabilitation, therapy, and technique courses. From 1991 to 1995 he served as director of the Campus Health Center, and in 1996 became its senior clinician, a position he held until his retirement in August.

Over the years, Feldman has served on the Faculty Senate and a number of committees. Most recently, he completed a term on the Cultural Heritage Committee, where his knowledge and memories of the College and the people who worked at the former Long Island campus were a valuable asset.

At Dr. Feldman’s retirement luncheon, Dr. Frank Nicchi presented him with a crystal plaque commemorating his years at NYCC, and thanked him for his dedication and service to the College. The former marine also received an NYCC blanket adorned with the United States Marine Corps symbol.

Congratulations, and best wishes for a long and happy retirement, Dr. Feldman!

Research Corner

…keeping the NYCC community informed about what is going on in the world of Research.

Recent Publications from the Research Department:


The Research Department is now accepting abstracts for the 2018 Research Symposium.

The deadline for abstract submissions is Friday, December 15, 2017.

The 2018 Research Symposium will be Tuesday, July 10, and Thursday, July 12, 2018.

Please contact Anne Smith (amsith@nycc.edu or x3868) for an abstract submission form.

To find out about research projects or for participation information, call 315-568-3868 or stop by the Research Building.
Spring 2017 Commencement

At Commencement Exercises in the Standard Process Health and Fitness Center on July 29, New York Chiropractic College conferred degrees on 146 candidates: 31 from the Doctor of Chiropractic (DC) program; 18 from the Master of Science in Acupuncture (MSA) and Master of Science in Acupuncture and Oriental medicine (MSAOM) programs; 67 from the Master of Science in Applied Clinical Nutrition (MSACN) program, two of whom are dual graduates from the DC program; one from the Master of Science in Diagnostic Imaging (MSDI) residency; and 29 from the Master of Science in Human Anatomy and Physiology Instruction (MSHAPI) program.

Grand marshal for the ceremony was Associate Professor Hunter Mollin, DC ('80). Professor Kevin Ergil, DACM, was the faculty speaker; and Caitlin Atkinson, executive president of the Student Government Association, gave the student address.

Student and Faculty Addresses

Ms. Atkinson congratulated the graduates on successfully navigating the demands of studies and examinations and officially adding new letters to their names, and cheered them on as they move forward armed with the knowledge, support, and network necessary for continued success. She urged them never to forget the NYCC team that is only a phone call away or lose sight of the why that led them down this road to begin with. “Always remember to do what is right. Always remember to do what makes you happy.” She also congratulated Dr. Nicchi on an outstanding career.

Dr. Ergil also congratulated the graduates on their hard work, persistence, and dedication: “You have carried out a remarkable act of personal transformation. In many meaningful ways you are a different person than when you began.” He invited them to remember the five communities that are and will be deeply important to them: the people who look to you for care and transformation (your patients and students), your teachers, your profession, your colleges, and, finally, you – those who love you and whom you love. “You chose to enter professions marked with the intention of caring for others …. You have chosen to support other human beings in their process of positive and meaningful transformation.”

He noted the great amount of effort and time each graduate has spent learning to embody the knowledge and practice of their chosen profession and the support received from many others. “But who is this work for in the end? It is for your patients and students,” who will give meaning to everything you do and help you truly realize today’s achievement. “Rewarding their trust with diligent attention, commitment to lifelong study, and compassion is critical to both their satisfaction and yours.”

Remember to honor the gifts received from teachers and those who have passed on knowledge. Be an active member of your profession by joining associations, attending meetings, and supporting initiatives that will help your chosen field develop. “Your engagement with your profession supports your own future and the health of your patients.” Remember the College that provided your training and opportunities for you. Give your support to NYCC. You have a permanent connection here. And, remember to care for yourself and those who care for you. Self-care and resilience are critical to your development as clinicians and to success in practice.

He recognized and thanked Dr. Nicchi for the incredible job he’s done in helping this phenomenal institution provide (Continued on next page)
a remarkable education, and a great place to work, and for his support for the acupuncture profession. In closing, he stated that he hopes the graduates will remember this day and the great achievement they have accomplished.

Commencement Speaker

Dr. Frank J. Nicchi delivers the commencement address on July 29.

In his introduction of the keynote speaker, Michael Mestan, DC, EdD, then executive vice president and provost of NYCC, stated that the College has grown and matured in recent years to be recognized as a leading institution for the education and training of natural healthcare professionals and academicians who embrace interprofessional collaborations. Seventeen years ago, NYCC offered a highly respected Doctor of Chiropractic degree, but nothing more. To complement that program and provide students with opportunities to learn and experience the integration of natural healthcare practice for the benefit of their future patients, and to better educate their future colleagues, NYCC has added new areas of study and diverse clinical programs. Strong academic programs, he said, are largely the result of committed and talented faculty and staff who understand the value of their work, believe in their students, and dedicate their lives to their professions. NYCC has attracted and retained such world-class individuals, and for nine consecutive years they have selected the College as a “Great College to Work For” – an exceptionally rare recognition. As he made each point, Dr. Mestan noted that it was “due to the leadership of one person; that person is your keynote speaker today.”

On a personal note, Mestan said that since arriving at NYCC 15 years ago, he has grown, developed, and served in ways he could not have anticipated. While he worked hard and was blessed with extraordinary colleagues, that alone would have not been enough. He counts himself very fortunate to have experienced the unique opportunities, guidance, and support that came his way “due to the passion, dedication, and vision of one person. For that I will be forever and deeply grateful to my friend, my mentor, and your keynote speaker today … Dr. Frank J. Nicchi.”

Frank J. Nicchi, DC (78), MS, president of NYCC since 2000, presided over the final commencement before his retirement on August 31 and delivered the commencement address. Dr. Nicchi earned his baccalaureate degree from St. John’s University (New York) in 1973, his Doctor of Chiropractic from New York Chiropractic College in 1978, and a Master of Science in Management (with honors) at Roberts Wesleyan College in 2005. A member of the NYCC faculty since 1980, he has instructed clinical diagnosis and chiropractic technique, and served as a clinician at the Levittown Health Center. He maintains the faculty rank of professor in the department of Chiropractic Clinical Sciences.

Prior to his appointment as NYCC president, Nicchi was dean of Postgraduate and Continuing Education as well as a prominent seminar and conference lecturer. During that period, he presented papers at the American Back Society, the Hospital for Joint Diseases Spine Center in New York City, and conducted two seminars with the late Dr. Janet Travell. Additionally, he maintained a chiropractic practice in New York state for some 22 years.

“*It is up to you make the decisions that will define your course.*”

Dr. Frank J. Nicchi

Nicchi is a past president of the Association of Chiropractic Colleges, a consortium of all accredited chiropractic educational programs in North America, which has recognized him on multiple occasions for exemplary leadership and meritorious service. A former member of the board of directors of the New York State Chiropractic Association, he was the recipient of the Ernest G. Napolitano Award, the association’s highest honor, in recognition of contributions made to the chiropractic profession in the state of New York.

Commencement Address

Focusing on what will be rather than what was, Dr. Nicchi told the graduates that they can and must invent their future: “It is up to you make the decisions that will define your course.” Whether healthcare providers helping patients achieve optimum health and well-being, or teachers introducing the next generation of healers and scientists to the wondrous structure and function of the human body, there are important questions to consider. Where will you live and work? How will you build relationships with your patients or interact with your students? What professional
and personal goals will you pursue? What example will you set for your colleagues and your community? How will you decide what is important in your life and work? How you conduct yourself as a professional in your field is critically important. Codes of conduct are important, but they are not enough. You will need to adopt personal touchstones as quality measures to assure your success and keep you on your chosen path.

Nicchi illustrated how each of “The Four Agreements,” from the book of the same name by Don Miguel Ruiz, provides vital guidance and asked the graduates to consider how they might integrate them into their lives as professionals.

Reflecting on his own tenure at NYCC, Nicchi said he counts the College among his blessings and, although he holds degrees from other institutions, will always consider NYCC his alma mater. “If you cut me, I bleed NYCC Blue!” “I became a chiropractor at this College when it was located downstate; and for 37 years, I have been employed here as a faculty member, administrator, and president. Because of NYCC, I developed many of my closest friendships. I have been provided with opportunities to serve that I could never have imagined.”

He concluded his remarks with a quote from the movie “The Bucket List,” when Morgan Freeman’s character relates an ancient Egyptian belief about death: “When their souls got to the entrance to heaven, the guards asked two questions. Their answers determined whether they were able to enter or not. ‘Have you found joy in your life?’ ‘Has your life brought joy to others?’”

“I believe today each of you has found your joy in life by successfully completing your program of study,” said Dr. Nicchi. “Next, by rendering the very best service you can to your patients and your students … your life will most certainly bring joy to others.” He concluded with a quote from Minor Myers, Jr.: “Go into the world and do well. But more importantly, go into the world and do good.”

**Donohue Re-elected to CCE Council**

Beth Donohue, D.C., M.S., NYCC’s director of accreditation, was recently re-elected for a third term to the Council of the Council on Chiropractic Education, the decision-making body responsible for all matters pertaining to the accreditation status of Doctor of Chiropractic programs.

Candidates for the CCE Council are nominated, and approved, on the basis of their diversity of academic expertise, professional activities, and affiliations. Its membership ranges from 13 to 18 members who represent program/institutional representatives, practicing DCs, and public and at-large members.

Dr. Donohue’s final three-year term commences at the end of the January 2018 meeting, when her current term expires. She is currently a member of the Council Development and Site Team Academy committees. Dr. Jean-Nicolas Poirier is also a member of the CCE, serving in his second term.

Dr. Michael Mestan, NYCC president, stated, “NYCC prides itself on having its faculty and staff hold leadership positions within the professions we serve, and Dr. Donohue’s reappointment is a recognition of her efforts and a testament of her expertise in chiropractic educational accreditation.”

Of her re-election, Donohue said: “I am humbled to have been re-elected by my peers to serve on the CCE Council for the chiropractic professions’ accrediting agency. It is an honor and privilege to fulfill my lifelong goal to serve the profession in this very important role.”
Seventh Trimester Transition Ceremony

On July 27, NYCC’s seventh-trimester chiropractic students celebrated their transition from the classroom phase of their education to the clinical phase. The students marked the occasion by processing across the stage, donning their white lab coats, and reciting the Intern Oath affirming their dedication to the chiropractic profession.

Awards and Scholarships

During the ceremony, a number of students were recognized for their exemplary achievements. The Distinguished Service in Basic Sciences and the Lloyd E. Henby Distinguished Service awards were presented to Stacey Cairns. The Diagnostic Imaging Award went to Eric Caron. Thomas DiCarlo was the recipient of the Frank P. DeGiacomo Technique Award, and Liz Mojica received the Distinguished Accomplishment in Diagnosis Award. Dean’s Recognition of Achievement awards were presented to DiCarlo and Nicholas Panucci. Mojica, Jakes Adei, and Komal Khattak all received Distinguished Service awards. The Kenneth W. Padgett Scholarship was earned by James Kennedy, Betel Akiliu received the Standard Process Scholarship, and the Foot Levelers Scholarship was presented to Catherine Askander.

Keynote Address

The keynote speaker was Dolores Cottrell, DDS, MSHA, executive secretary of the New York State Board for Chiropractic, who has been an observer for Part IV of the National Board of Chiropractic Examiners. In her role as executive secretary, she carries out essential functions relating to professional regulation for the Boards for Chiropractic, Dentistry, and Optometry for the State Board, the Department of Education, and the Board of Regents.

Cottrell spoke about two characteristics that transcend all professions: ethics and integrity. As defined by Webster, ethics is a system of moral principles or values, and integrity is the firm adherence to a code or standard of values. “The mission of the Office of Professions is to protect the public by fostering high standards of moral character, professional licensure, practice, and discipline,” she explained. Although the number of complaints received by the Office of Professional Discipline has decreased significantly, more now fall under the categories of negligence or incompetence, fraud, and sexual or physical abuse. While most were lodged by patients, some were submitted by other practitioners for the most minor of infractions. Cottrell urged the students to make sure they are practicing above the board in all they do. “You will enter the clinical world with your hard-won skills and your good name. Each day you practice, your character and integrity will be on display for your patients and your fellow practitioners,” she said. Your professional reputation is your most valuable asset; once tarnished, it is not easily restored. The obligation to act professionally extends to one’s personal life as well. A DUI or shoplifting conviction will be reported by law enforcement to the Office of Professional Discipline and could result in a hard-earned license being suspended and fines imposed.

Finding a mentor to guide you through your earliest experiences and offer advice will help avoid pitfalls, as will exchanging ideas with colleagues regarding best practices.

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within the clinical setting, and using the Office of Professions’ website or calling or emailing the office. Cottrell then offered three professional recommendations. First, continue your education. Practitioners are responsible to keep up with the frequent changes in federal and state regulations and their impact. Licensure renewal requires chiropractors to complete 36 hours of continuing education every three years, and a random audit may oblige you to provide proof of compliance. Willfully failing to do so is considered unprofessional conduct and has resulted in two-year suspensions, two years of probation, and fines up to $3,000.

Secondly, “Network, network, network!” Use mentorship programs, study clubs, internships, and even “phone a friend” to learn new skills and build rapport with other doctors. Join professional associations and attend conferences. Networking keeps you competitive and from having to reinvent the wheel. It lends support that helps you know that whatever issues you are facing, you are not the first, you won’t be the last, and “this too shall pass.” The friendships built with your classmates are the first steps and will last a lifetime. Finally, “Don’t become complacent.” Chiropractic continues to evolve. You must stay ahead of the trends while working within the confines of your scope. Stay progressive to better serve your patients.

“What sets you apart from other professions?” Cottrell asked. Educating your patients goes a long way toward promoting your profession and your practice. In addition, there is no better marketing tool than word-of-mouth. If you don’t practice ethically, word will get out. “Nothing travels faster than bad news,” she cautioned. “How do you want to be regarded by your patients and colleagues? Embracing the highest ethical standard in practice will ensure that you provide honest, consistent, and equitable delivery of healthcare.”

Cottrell recited the poem “What will matter?” by Michael Josephson, to convey that everything you have in the world will one day pass to another’s hands, and what will truly matter when you are gone is how you treated others, what you taught them, what you gave, what you built. What will matter is every act of integrity, compassion, courage, and sacrifice that enriched, empowered and encouraged others; the example you set through your character; and what people will remember you for. The last lines of the poem are: “Living a life that matters doesn’t happen by accident. It’s not a matter of circumstance, but of choice. Choose to live a life that matters.”

“This is your right of passage into the healthcare arena,” Cottrell concluded. “Remember why you chose chiropractic and stay true to yourself along your journey. Choose to live a life that matters.”

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Dr. Karen Bobak presented the Dean’s Recognition of Achievement Award to Thomas DiCarlo (left) and Nicholas Panucci at the Transition ceremony on July 27.

Dr. Julie Plezbert presented the Lloyd E. Henby Distinguished Service Award to Stacey Cairns.
Seneca Falls Health Center Hosts First “Family Fun Walk for Wellness”
Jeanna Savage, Health Center Public Relations & Marketing Manager

More than 140 people (including 70 children) attended the Seneca Falls Health Center’s first annual Family Fun 1-Mile Walk, Run and Stroll for Wellness on Thursday, September 7. This health-focused, family-friendly event was designed to encourage school-aged children to learn about the benefits and importance of making healthy lifestyle choices. The event included the 1-mile fun walk on the NYCC campus, a health fair featuring many of NYCC’s community partners, free drawings, giveaways, refreshments and more. Participants were invited to tour the Seneca Falls Health Center and meet the doctors, acupuncturists, and students who provide chiropractic care, acupuncture and nutritional counseling services to the community.

Wegmans sponsored four educational water stations along the walk route where healthy, back-to-school tips were presented to participating walkers by NYCC students. Each water station offered healthy information on nutrition, posture, appropriate backpack weight, Chinese herbal medicine, and giveaways geared towards school-aged children.

The Seneca County Sheriff’s Department provided free SAFE Child ID Cards for kids, and NYCC’s community health fair partners shared their expertise on a wide variety of health-related topics. Cornell Cooperative Extension, Eaves Family Dental Group, Finger Lakes Health, MVP Healthcare, Ovid Community Health Center, Seneca County Addictions/Prevention Program, Seneca Falls Library, Society for the Care and Protection of Children/WIC, Wayne County Action Program, and Wegmans participated in the health fair.

Thank you to everyone who pulled together to help the Seneca Falls Health Center meet its event objectives: increase community awareness of pediatric services offered at the Seneca Falls Health Center, provide community education on healthy lifestyles for the pediatric population, and participate in Seneca County health initiatives to reduce childhood obesity.

Tenth-trimester chiropractic student Derek Nash shows a pint-sized spine to a pint-sized visitor the Family Fun Walk on September 7.

Ninth-trimester chiropractic student Moises Hernandez Cordero helps Dr. Jeana Voorhies and her children identify herbal scents at a water station during the Family Fun Walk on September 7.
COFFEEHOUSE
Aidan Kaye (DC and AOM Student)

LIGHTS, CAMERAS, MUSIC!
Right outside of the cafeteria at dusk on Thursday, September 21, a small corner of the NYCC campus was devoted to the merriment of coffeehouse, an event that welcomed new students and old to another fall trimester. As students filed in to enjoy the refreshments and incredible hors d’oeuvres served by the Chartwells staff, the performers began their final preparations. A lone piano stood idly by when Kamran Mirshahi stepped up to perform his wonderful renditions of “Comptine D’un Autre Été” and “Nuvole Bianche,” setting the tone of excellence throughout the night, as Jesse Dugan followed him with an excellently played “Funny the Way It Is” and “Let it Be.” Allie Doyle then performed “I Won’t Give Up” and “Arms” from the SOUL! A bold first-trimester student, Ethan Loft, tested his chops when he played “Fast Car” and “Wonderwall” in his own style. Then came the pleasure of seeing Philip Luu and Kristian Tarong perform their street dance routines, followed by Sharmin Sultana with a dazzling Bhangara dance. Then this “kid” Aidan Kaye came on and played a few decent songs and jammed around with a rendition of “Meet Me in the Morning.” However, the real treat was when Aidan was joined by classmates Alex Schepler and Tim Gagan for notable performances of “Heartbreak Hotel,” “Slow Hands,” and “Folkin’ Around.” Tim performed some simply beautiful solo piano and banjo pieces, including “Irish Rover.” The encore song, “No Diggity,” with Alex on vocals and Aidan on guitar and vocals, received a warm response from the crowd. Roses were thrown, autographs were signed, and moods were high. If you see any of these performers on campus, give them a warm congratulations, because the night was fantastic due to their efforts! Thank you to everyone who participated and made Coffeehouse a huge success!

NYCC Provides Chiropractic Care at Boilermaker Road Race

As a part of the sports outreach program that occurs in each of its outpatient health centers, NYCC once again sent representatives to the annual Boilermaker Road Race in Utica, New York, on July 9.

Dr. John Demetros (’09), chief of staff of the Seneca Falls Health Center, along with faculty clinicians Dr. Mathew DiMond (’10) and Dr. Larissa Severson (’14), were joined by 15 students from the Campus Health Center, the Rochester Outpatient Health Center, and the Seneca Falls Health Center at this year’s event. “With over 15,000 race registrants, the Boilermaker is the busiest event on the calendar. Following the race, we had over 200 people stop by the chiropractic tent to receive care before enjoying other festivities of the day,” explained Dr. Demetros.

Dr. Julie Scarano, an NYCC trustee and classmate of Demetros’s, competed in the race and mentioned what a wonderful job Demetros had done keeping everything running smoothly at the NYCC chiropractic tent. After being treated by a ninth-trimester student, she stated: “I remember how nerve-racking it can be adjusting a DC when you are still a student, but he handled himself very well — an excellent testament to the school.” As one who has participated in the race for a number of years, both as a health center student and a runner, Scarano said it was “wonderful seeing the line for chiropractic starting to catch up with the line for massage.”
October

**Students**

1. Enisa Bakalovic
   Denise Ferrell
   Jennifer Hazlak Montross
   Samantha Pritty
2. Jing Guan
   Robert Woodland
3. Samuel Kim
   JouHui Wu
4. Julian Coronas
   Xavier Ferland-Haroun
   Mackenzie Thurston
   Antonio Villanueva
5. Richelle Demers
   Kirandeep Dhillon
   Matthew Fraczek-Syczyk
   Anthony Petrarca
6. Amy Gjakova
7. Kevin Thomas
8. Madison Nash
   Niti Patel
   Valerie Yohn
9. Bonnie Chung
   Brian Mathus
10. Amelia Gray
    David Maranger
11. Julio Cruz Gonzalez
    Anam Malik
12. Cody Gioia
    Nicholas Russell
13. Emma Atherton
    Adam Isaacs
14. Julia Jaikin
15. Franklin Carvajal
16. Ian Bennett
17. Courtney Cole
    Kayla Cole
    Joshua Ibe
    Rebecca Russell
18. Sheri Peacock
19. Juan Gloria
    Aruni Gunawardena
20. Devin Vallee
21. Dani DeGregory
    John Mathai
22. Ryan Lisowski
    Solomon Yusupov
23. Julio Cruz Garcia
    Samantha Grogan

**Faculty & Staff**

3. Michelle Grasek
   Theodore Stuck
4. Stacey Steele
5. Margaret Heinen
6. Dorothy Chapin
   Rachael Chase
   Michael SanFilipo
   Raquel Soto
   Shelley Stuck
7. Paul Herbert
8. Christos Vasakiris
9. Adrienne Goodman
10. Heather Heck
11. Aizhong Li
12. Bevin Clare
13. Kerry Bone
14. Maria Bell
15. Michael Pingicer
22. Shane Showers
23. Teresa LeBrun
24. Anesha Victor
25. Lisa Papenbrock
26. Gerald Stevens
27. Michael Flynn
28. Katherine Freeman
Happy Birthday
November

Students

1 Betel Aklilu
Jessica MacKinnon
3 Amjed Osman
Fizza Saeed
4 Korey Sawdey
5 Katelyn Baldwin
James Kennedy
6 Elliot Mayhew
Adam Trainor
7 William Nicololetto
Nicholas Tagliaferro
8 Caroline Grosso
Bridget Wezensky
9 Jacob Mihalkovic
10 Tori Niggel
11 Jessica Dzieszko
12 Nicholas Heasley
15 Sharmin Sultana
16 Katherine Barbosa
Joshua Masorti
Tina Patel
17 Alexander Vanderlinden
18 Lisa Costa
Saxon Ireland
Fanny Wong
19 Derek Nash
Stefanie Pawelek
Sarahfina Wipf
20 Thomas Pollet
21 Anthony Pelici
Ashley Williams
22 Katherine Barton
22 Rishi Bodalia
Umna Mazumder
Kathleen McGowan
23 Madalaina Gruber
Joseph Hickey
Gabriel Ozonuwe
Walter Steward
Sydnee Tolpa
25 Tannaz Farnoudi
Juan Lugo
Lauren Van De Water
26 Brendan Hurley
27 Elizabeth Sezerzenie
28 Mohamed El-Sayed
29 Robert Corvino
Hong Feng Li

Faculty & Staff

3 Victoria Baroody
5 Janelle Martin
6 Cheryl Hosford
Theresa Ward
8 Wendy Folwaczny
11 Kristen Coniglio
12 Lisa Barwinczak
14 Erin Griffiths
15 Colleen Hathaway
Matthew Ozog
Sarah Spiegelhoff
18 Laurie Reynolds
19 Kimberly Zurich
20 Anthony Stirpe
21 J. Todd Knudsen
23 Ronald Anderson
Sonya Smith
Keith Wells
Fred SanFilipo
Jean-Nicholas Poirier
F. Stuart Kinsinger
Scott Rogers
Mary Balliett
Students

2 Chang Yong Lee
   Alexandra Morando
3 Ariana D’Aurio
   Taylor Thompson
5 John Duggan
   Manpreet Grewal
6 Ronald Ayello
   Alexander Castellano
   Abby Dante
7 Maria Leone
   Bushra Mahmud
8 Alex Allard
   Kirsten Gilmour
9 Kellsie Davis
   Andres Long
   Jillian Tolman
10 Maryam Milanian
11 Joseph Merli
   Juliana Ortiz Marrero
11 Kiriakos Panterlis
12 Sinjin Cavosi
   Jason Karpinski
   Minh Dao Nguyen
   Rishi Tayal
13 Steven Knowles
14 Joshua Kramarenko
15 Richard Lee
   Mohammad Rizwan
   Nicolas Serna
   Kristian Tarong
17 Kalie Anagnos
   Puja Bhagat
   Aurielle Graziano
   Caitlin Jones
   Connor Robertson
20 Juan Escobar Sanchez
   Jeremy Gongola
21 Kayla Woods

Faculty & Staff

1 Daniel Bailey
   Colleen Smith
5 Christina Cassell
   David Petters
8 Melissa Baxter
   Brenda Bedell
11 Lisa Bloom
12 Christine Cunningham
   Corey Dexter
   Abigail Stark
12 Christine Zambuto
14 Christina Ippolito
15 Cory Marone
   Peter Nickless
16 Dorothy Anthony
   Joyce Lichtenberger
18 Margaret Gonzalez
   Patricia Merkle
19 John D’Amico
20 Carla Martin
20 Peter Thompson
   Veronica Wicks
23 Amy Simolo
   Diane Zink
25 Julie Murante
27 John Beadnell
   Ralph Mangels
29 Cynthia Wayne
   Matthew Zdilla
31 Nicolette Olree