

Centennial Spotlight

JACK BARNATHAN, D.C. '84



AWARD-WINNING

Dr. Jack Barnathan, D.C. '84, was born and raised in New York City, and earned his undergraduate degree in accounting and sciences at Adelphi University. He excelled during his years at NYCC, earning the Palmer Award and a clinical instruction award. Later, as an alumnus, he was honored as 1998's "Chiropractor of the Year."

CRISIS CARE

As a student at NYCC, Barnathan began what would become a deep commitment to the fight against drug abuse, when he founded one of the first hotlines for individuals with physical and learning disabilities. He was the director at the We Care Center, a crisis intervention, information, and referral counseling center, and served throughout his graduate school days as a crisis counselor for a community crisis intervention, suicide, and drug prevention hotline.

PRIVATE PRACTICE

Following his graduation from NYCC, Barnathan developed a private practice on Long Island, a holistic health and sports science center that served a wide range of individuals, from Olympic and pro athletes to performing artists. Wanting to spread his message of natural health and holistic fitness to a broader audience, he also became a guest lecturer for numerous organizations, from the Kennedy Space Center to the American Academy of Anti-Aging Medicine.

NATIONAL SYMPOSIUM

In 1992, Barnathan had the idea for a symposium on natural fitness for physicians, elite athletes, and fitness professionals. He brought the idea to the International Chiropractors Association (ICA) and Arnold Schwarzenegger, who was then serving as governor of California. Schwarzenegger enthusiastically endorsed the idea for what is now the ICA Annual Arnold Symposium on Natural Fitness and Sports, which held its 27th annual meeting this year in Columbus, Ohio. Schwarzenegger has written to Barnathan: "you continue to give back to your community, especially to the kids, by encouraging them to say 'no' to drugs, violence, and despair and 'yes' to sports, education, and hope. I am proud to know you."

PRESIDENTIAL COMMENDATION

Schwarzenegger isn't the only one impressed with Barnathan's work. Among his numerous awards is a Certificate of Merit presented by President George W. Bush who said, "Your efforts profoundly influence the life of our community and are a shining example for us all." He has also received the New York City Sports Commissioner Award, a gold medal from the International Federation of Bodybuilders, and fellowship status by the American College of Chiropractors.

CORE VALUES

With all his many activities, Barnathan remains committed to the core principles he learned at NYCC: relieving pain and restoring and maintaining health in a natural way. "My goal isn't merely to meet people," he says. "My goal is to impact them so they stand tall, free of fear and pain so they'll never be the same."