



SHERMAN COLLEGE
of CHIROPRACTIC

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Stetzel Completes Board Term, Salgado Appointed, Two Reappointed



Vice Chair Kim Stetzel, D.C., completed her second term on Sherman College's Board of Trustees on October 17 after eight years of service to the college. "We are incredibly grateful for Dr. Stetzel's willingness to support the institution as an active leader and a judicious steward during her time of service to the board," said college president Edwin Cordero, D.C. "Dr. Stetzel served with dedication and great love for the college, and it is my privilege to recognize and honor her as she completes her term," he said. The board reappointed **Shawn Dill, D.C., and Matthew McCoy, D.C.**, for second terms, that will be served through May 6, 2025.



Jose Salgado, D.C., has been appointed to the Sherman College of Chiropractic Board of Trustees. His four-year term began on April 30. Salgado is a 1992 Northwestern College of Chiropractic graduate and has been in private practice for 29 years in Guaynabo, Puerto Rico. He is a member of the Puerto Rico Chiropractic Association, where he has held positions as president and secretary. Salgado's engaging energy has landed him frequent appearances on radio, television and social media platforms to present on chiropractic and the profession. We look forward to his contributions to the board, the college and the profession.

Sherman Sponsors Spartanburg's Fastest Night



College employees and alumni helped cheer on riders while enjoying delicious snacks and a close-up view of events during Spartanburg's fastest night on August 20. The Spartanburg Downtown Criterium, known locally as the CRIT, is a closed-circuit, multi-lap cycling race through Downtown Spartanburg. Held by Partners for Active Living, the CRIT puts a southern spin on the traditional tailgate and turns the heart of Spartanburg into a one-of-a-kind block party for six bike races, including four amateur and two professional. Sherman College was an event sponsor and hosted a tent close to the start line.

College Denim Day Raises Money, Awareness for Safe Homes



Students, faculty and staff enjoyed a mid-week break from the college dress code on April 28 and wore their jeans to campus for a good cause. For a minimum \$3 donation to SAFE Homes-Rape Crisis Coalition in Spartanburg, many on campus participated in National Denim Day, an annual awareness event and fundraiser.

April is Sexual Assault Awareness Month, and SHRCC promotes Denim Day as part of a large-scale effort to raise awareness and help prevent sexual violence. Sherman College participated in the campaign for its sixth year, collecting \$475 in donations for Safe Homes to support its work with survivors. Read the story behind Denim Day.

[\[need link to story\]](#)

College Publications, Communications Earn National Recognition



Karen Rhodes

Six of Sherman College's key marketing and communications projects have been recognized at the National Federation of Press Women (NFPW) Communications Contest. This year's contest included more than 2,000 entries from 39 states. Before advancing to the national contest, an annual competition that encourages and rewards excellence in communication, the entries won first-place honors in Media Women of South Carolina's statewide contest.



Erica Martin

Sherman College's Brand Guide took first place in the nation in its category (public relations materials – catalog/manual/handbook). The college received second place nationally in three categories, its Instagram presence (social media – nonprofit/government/educational), Community Impact Report (public relations materials – report), and COVID communications (crisis communications campaign). Earning third place was a speech written for Lyceum 2020 (speech), and honorable mention the college's Excel magazine (publication regularly edited by entrant, magazine/magapaper).

Senior Director of Marketing and Communications Karen Brower Rhodes, M.B.A., and Communications Coordinator Erica Martin developed these communications in 2020 as part of Sherman College's outreach for several departments on campus.

Read more on the blog.



Dooley Named Dean of Clinics



Brian R. Dooley, D.C. '05, A.C.P., has been appointed Dean of Clinics. Dooley joined the college faculty in 2013; he earned a promotion to assistant professor in 2014 and was named Chair of the Business Department in 2018.

During his time on faculty, he also has served as assistant floor doctor in the clinic and has taught a variety of courses including Communications, Philosophy II, Chiropractic History, Case History, X-Ray Analysis II, Spinal Exam Review, just to name a few.

Dooley says his desire to serve as dean of clinics is similar to his reason for returning to Sherman as a faculty member back in 2013.

"I've always wanted to make a large impact on the profession, and the biggest impact, in my opinion, is in education," he said. "As Dean

of Clinics at Sherman College, I have the opportunity to make a larger impact on our student interns and thus the communities they serve."

Sherman College Provost Robert Irwin, D.C., shared his support for Dooley in this new role. "I am confident that Dr. Dooley brings the knowledge, skills and attitude to this important role that will move the clinic and the college forward into future," he said.

In addition to his service to Sherman College, Dooley serves as treasurer of the International Federation of Chiropractors and Organizations, and he presents regularly at many chiropractic programs. Dooley has owned a private practice in Pickens, SC, since 2007. He received the Service to Sherman College Award at Lyceum 2020 in appreciation of his contributions, time and commitment to growing Sherman College and the chiropractic profession.

Health Center Staff Take on New Roles in ChiroTouch Rollout

After months of developing a comprehensive electronic health records (EHR) system for the Chiropractic Health Center, Sherman College is steadily working through ChiroTouch's implementation, which has impacted many staff roles in the clinic. These staff members have risen to the many challenges, adapted well, and embraced their new responsibilities. The college estimates that all patient files will be electronic by January 2023 at the latest, with about 90 percent of the transition completed within one year of full EHR implementation.



Caroline Gregory was promoted to Coordinator for Clinic Operations, facilitating

the smooth operations of the clinical education program; she is also a ChiroTouch Master User.



is responsible for coordinating and maintaining reception and related services for health center patients, interns, faculty and staff. She is also a ChiroTouch master user.



Services, providing a professional environment for patients, interns, faculty and staff, while maintaining efficient, effective daily procedures for health center services.

New Roles, New Faces as Admission Hits the Road

Despite facing many recruiting and staffing challenges over the past year, the office is thriving and its staff have excelled, staff members have recently adopted new roles in the office to work toward future growth.



Kevin Schaefer has transitioned to the role of Director of Recruitment and Outreach. In this new role, he will continue to pursue new territories for recruitment and will investigate opportunities for additional agreements with undergraduate institutions. In addition, he will lead admission counselors in implementing effective strategies to engage undergraduate health profession advisors, student groups and organizations, as well as ensure that the team's high level of consistent, respectful and meaningful interactions and engagement with prospective students is maintained.



Jacob Harris has been promoted to the position of Associate Director of Admissions. Entering his eighth year in a college admissions environment, Harris continues to play an integral role on Sherman's admissions

team, advising high quality applicants, mentoring colleagues in the best practices of counseling, and leading the Student Ambassador Program. In his new role, he now manages the day-to-day operations of the admissions office, including supervision of the internal team, application decisions and database validation.



Will Tucker has been promoted to the position of Senior Admissions Counselor. Tucker joined the college shortly before its shift to remote work during the pandemic and was able to rapidly adapt and grow into his role as an admission counselor. Tucker has developed a keen knowledge of admission standards and excels at evaluating student transcripts. As Senior Admissions Counselor, Tucker assists Harris in training new employees and mentoring current employees, and specifically focuses on counseling transfer students, international students and reapplying students.

O'Neill Named Director of Reach Out & Recruit (ROAR)



Luanis O'Neill, D.C., '19, joined the college this summer as director of the Reach Out and Recruit (ROAR) program, which welcomes D.C.s and other professionals who share a passion for inspiring the next generation of doctors of chiropractic to join the profession. O'Neill holds a bachelor of science in nutrition and dietetics from the University of Puerto Rico and is also a registered dietitian, completing the VAHS Nutrition and Dietetics program in San Juan, PR. Prior to joining Sherman College, O'Neill practiced principled chiropractic as an associate doctor at EPIC Clinic in Clearwater, FL. "It is such an honor for this Puerto Rican to be back at Sherman," O'Neill said of her transition to the ROAR director role.

Learn more about the ROAR program at <https://www.sherman.edu/give/roar/>.

IRAPS + Lyceum = A Winning Combination

Sherman College is excited to combine two of its keystone continuing education programs in April 2022. The 17th International Research and Philosophy Symposium (IRAPS) will be joining forces with Lyceum April 28-30, 2022, on the Sherman campus in Spartanburg, SC.

IRAPS is a peer-reviewed chiropractic conference that addresses vertebral subluxation research and the philosophy of chiropractic. This event aims to bring leaders in philosophy and research together, along with practitioners and educators centered on vertebral subluxation practice, to build a stronger academic community worldwide regarding the subluxation model of chiropractic.

**Mark your
calendars NOW
for this exciting
double-header!**

www.sherman.edu/lyceum2022

www.sherman.edu/IRAPS

Christopher Kent, D.C., A.C.P., J.D.

Director of the Center for Scholarly Activity

ckent@sherman.edu

Sherman College Research

View a complete list of scholarly activity at <https://www.sherman.edu/research/>

PUBLICATIONS

The Neurobiological Effect of Anxiety and Depression on Memory in Academic Learning: A Literature Review, by Amilliah Kenya, D.C., '06, A.C.P., Charles Kenya, D.C., '06, A.C.P. Published in *Journal of Contemporary Chiropractic*, Volume 3.

Association Between Resting Heart Rate and Grade Point Average, by Amilliah Kenya, D.C., '06, A.C.P., Charles Kenya, D.C., '06, A.C.P., and John Hart, D.C. Published in *Journal of Contemporary Chiropractic*, Volume 4.

Response of a Patient with Muscular Dystrophy to Chiropractic Care, by Amilliah Kenya, D.C., '06, A.C.P., Charles Kenya, D.C., '06, A.C.P. Published in *Journal of Contemporary Chiropractic*, Volume 4.

To discuss the management of a patient with muscular dystrophy receiving chiropractic adjustments.

Prevalence of Abnormal Findings in a Cohort of 737 Patients Referred for MRI Examination by Doctors of Chiropractic and Potential

Neurological Consequences Associated with Vertebral Subluxation, by Christopher Kent, D.C., J.D., A.C.P., and Kathleen Costello, M.S., D.C., '19. *Published in Annals of Vertebral Subluxation Research*, Volume 2021.

PRESENTATIONS

Association Between Resting Heart Rate and Grade Point Average, a poster presentation by Amilliah Kenya, D.C., '06, A.C.P., at the University of South Carolina Upstate Research Symposium on April 9, 2021.

Salutogenesis, Stress Responsivity, and Neurobiological Mechanisms Associated with Vertebral Subluxation, a virtual presentation by Christopher Kent, D.C., J.D., A.C.P., at the Global Summit on Neurology held June 6-7, 2021.

Chiropractic in 2021, a virtual presentation by Christopher Kent, D.C., J.D., A.C.P., at the International Conference on the Union of Philosophy and Science sponsored by the International Federation of Chiropractors and Organizations (IFCO) and Universidad Estatal del Valle de Ecatepec in Mexico on August 25, 2021.

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www.sherman.edu

Are you looking for continuing education programs that don't include travel costs or time so you can save your money and quality time for those who mean the most to you?

Sherman College of Chiropractic offers more than 80 hours of courses in a variety of subjects that you can take wherever you are – all you need is WiFi!

We work with quality instructors on content that enhances your understanding of chiropractic, improves how you deliver care to your patients, and inspires you to dig deeper into the philosophy, art and science of chiropractic with each course you take.

*Check out our online library at
www.sherman.edu/online-ce
to find a course today!*



SHERMAN COLLEGE
of CHIROPRACTIC

CONTINUING EDUCATION

The Impact of Choices

In this journey called life, we each have an endless barrage of choices. Each of these choices has an ever-compounding effect on our personal trajectory. If you step back and look at your life, the person you are today is the culmination of your choices, and the impact that you make on this planet is boiled down to small, individual choices.



Through the years, Sherman College has directly benefited from thousands of individual choices. Recently, two of these choices have resulted in the creation of endowed scholarships honoring former faculty members. In 2019, we celebrated the establishment of the Dr. John H. Porter Jr. Endowment Fund; this year, we celebrate the Wise Scholars Fund.

“The person you are today is the culmination of your choices, and the impact that you make on this planet is boiled down to small, individual choices.”

Both of these scholarships were created by the families of long-time Sherman faculty members John Porter, D.C., '77, and the late Les Wise, D.C., to honor their respective memories. The choices the Porter and Wise families have made will support students at Sherman College for many, many years to come.

The question at hand is, what legacy are you choosing to leave?

Sherman College has many different giving opportunities available to those who make the choice. The Regent giving society has been the backbone of Sherman College philanthropic contributions since the 1970s. Regents pledge to contribute \$1,000 or more each year, providing the college with funds needed to operate our preeminent chiropractic institution.

Sherman College's newest philanthropic opportunity is the Foundational Giving Society, which consists of the **Principle Club and Sustaining Stars**. Members of the Principle Club give \$33 per month, while Sustaining Stars members pledge \$10 or more each month. To learn more about the Regents Giving Society, Foundational Giving Society, endowment scholarships, and other giving opportunities, visit www.sherman.edu/give.

We are very thankful for the individual choices that each of you makes to benefit our college. Your gifts support the future of Sherman College and the the chiropractic profession. Thank you for the choice you have made to inspire the next generation of doctors of chiropractic to “Adjust the World for a Better Future.”

With humble gratitude,

Russell Goff, D.C., '19

Development Coordinator

SCAN to Donate
www.sherman.edu/give/



“The most useful and influential people ... are those who take the deepest interest in institutions that exist for the purpose of making the world better.”

– Booker T. Washington

Corporate Regents: Supporting Our Supporters

Sherman College supporters share a common passion for our vision of **Adjusting the World for a Better Future**. We are united by our passion for the future of chiropractic education and, therefore, the future of our life-changing profession.

We are extremely thankful for all our donors, including our Corporate Regents, which are companies giving \$5,000 or more annually to support the college. We are proud to say the companies listed on this page are Corporate Regents at Sherman College. If Sherman College and chiropractic education are important to you, why not support a company that shares your values if you find yourself in need of the services they provide?

To learn more about the benefits of becoming a Corporate Regent, visit www.sherman.edu/regents.

AMPED is a mastermind where chiropractors can implement the best business practices necessary for massive success and service in 21st century chiropractic. Exact, proven, standard operating procedures and approaches to create excellence in team, practice and community served are shared that allow for unparalleled growth with principled chiropractic.

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chirofutures.org

The Remarkable

Practice helps chiropractors create the practice that supports their remarkable life – not competes with it.



theremarkablepractice.com



New Wise Scholars Endowment Honors Long-Serving Faculty Member

Thanks to a new scholarship fund, the legacy of long-time faculty member Leslie Wise, D.C., will continue to impact the lives of students at Sherman College of Chiropractic for years to come.

Wise joined Sherman College in October 1974 and served in many roles during his 44 years of service to the college. He had taught or interacted with every student who walked the halls of Sherman College until his retirement in September 2018.

Sadly, Wise passed away in December 2020. He is survived by his wife, Joy Gayler Wise, five children and seven grandchildren. In honor of their husband and father, the family created the initial contribution to the Wise Scholars Endowment; others close to Wise have contributed or pledged to the scholarship fund in memory of their friend and colleague.

“As a family, we knew that one way to honor Leslie’s legacy was to establish a scholarship at Sherman College,” said his wife, Joy. “We hope that the **Wise Scholars Endowment** will be impactful for students who demonstrate a commitment to service and leadership, traits

that were hallmarks of Leslie’s life of service to Sherman College and the profession.”

Wise graduated from Palmer College of Chiropractic in 1974.

That same year he started his practice in Spartanburg and began working for Sherman.

“I wanted to be a part of the newest college in the field,” Wise said in a 2005

Straight from Sherman magazine article. “I saw Dr. Gelardi as a visionary, and I wanted to be around the people here. This was an exciting place in the ‘70s and remains that way.”



Wise taught in the clinical sciences department at Sherman College and served in many leadership capacities through the years, including 10 years as dean of clinical sciences. The college presented Wise with the Service to the Profession Award in 2018. He was known for welcoming students into his class with kind eyes and entertaining stories for every occasion.

Having been mentored by Dr. Lyle Sherman when he was first establishing his practice in Spartanburg, Leslie understood the value of having a seasoned professional offer practical knowledge and insight. He paid this forward by mentoring many students in areas of business and legal issues after graduation.





“My father was a man of intellect and generosity, a lifelong scholar with a gift for edifying others – his children, his patients, but especially his Sherman students.”

Ali Feary (daughter)

“Our Dad was such a learner, and always a teacher at heart; we knew there was pretty much just one thing for us to do if we could -- share that love of scholarship in his name, with the next generation of Sherman students.”

Celia Cooksey (daughter)

“He showed us all how to be exceptional, but also to stay grounded and serve. That was his wheelhouse, and the Wise Scholars Fund is dedicated to continuing that rich legacy here at Sherman College.”

Nicholas Wise (son)



“Service to others is its own reward’ was one of Leslie’s favorite sayings. He exemplified this, not only through his practice with his patients, but through sharing his gifts as a teacher and leader at Sherman College as well as within the profession of chiropractic.”

Joy Gayler Wise (wife)



If you are interested in contributing to this endowment, contact Russell

“I can assure you that you start building your reputation the minute you see your first patient and your cumulative reputation will follow you every day that you practice. If you treat everyone you encounter with respect, fairness, and the dignity that all humans deserve, your reputation as an honorable person will serve up rewards and satisfaction beyond your imaginings. I’m honored to have participated in some small way in the educational process that has brought you to your graduation day and your new life as a Sherman chiropractor.”

- Leslie M. Wise, D.C.

Excerpt from his speech to the 100th graduating class in December 2004

SCAN
Dr. Wise Scholars
Endowment Fund
<https://tinyurl.com/hunusmkn>



Students Give Back at Fun[d] @ the Fr8

To help promote and create a culture of philanthropy among its students, Sherman College recently hosted “Shermies Give Back” at a popular downtown venue. For a donation of just \$1, students were able to spend the evening at the local Spartanburg favorite, Fr8yard, where they enjoyed food, live music, gift card giveaways and a fun time with their fellow students.

The gathering was a student-driven philanthropy event hosted by the Department of Institutional Advancement, in collaboration with Student Affairs, with help from a grant from the Mary Black Foundation. All donations received for the event were applied to the Sherman Pride Student Emergency Fund, which was created to aid students during times of financial hardship.

To join their efforts and make a contribution for a Sherman student in need, visit www.sherman.edu/student-fund or snap the QR code to give online.

SCAN
Sherman Pride
Student Emergency Fund
<https://tinyurl.com/3f98yw9r>



Spotted on Social



At Sherman College, we see social media as an opportunity to connect with you. Follow us on Facebook (Sherman College of Chiropractic) and on Instagram (@shermancollege) and share your updates with us using #shermanpride.

P.S. We're on TikTok, too!

Christopher Kent
2h ·

Ran into Dr. Gelardi on campus today and had some quality time together. Amazing man. Many have vision. Few have the tenacity and commitment to turn a vision into reality.



Courtney Dexter, DC2B is at Sherman College of Chiropractic.
35m · Spartanburg ·

It's official! I've passed the practical portion of Entrance Exam into clinic (we still have case management and professionalism written parts) and now it's time for the real work to begin. Starting with my reciprocal (which I lucked out and got one of the day ones, @marcy_219), then my 1st quarter student, and then finally OUTPATIENTS!! I can not WAIT for this next chapter at Sherman College!
One step closer to Dr. Dexter



Edwin Cordero is at Sherman College of Chiropractic. ***
17m · Spartanburg ·

On the Road Again !!! Off to speak at New Beginnings 30th Anniversary Celebration at Asbury Park, NJ. www.sherman.edu



Brian Dooley is at Sherman College of Chiropractic.
5h · Spartanburg ·

In 2004 I made my first chiropractic adjustment. Today, 17 years later, in the same room I made my first adjustment, I watched my daughter deliver her first chiropractic adjustment. That was awesome. Huge thank you to Dr. Gwen Gardner for being there to monitor it. No one better to monitor that first one plus, that way I could just watch and enjoy. 😊



Madison Hoag is with JP Credali at Sherman College of Chiropractic.
27m · Spartanburg ·

Sherman College brought to you by Quarter 7 😊



csg_shermancollege Sherman College of Chiropractic. ***



Liked by mama_schu_crew and 36 others

csg_shermancollege Student @b_schmitz brought up to CSG that we need more filtered water fountains on campus! Ask and you shall receive! New water fountains all across campus CSG is here to make students ideas come true!

 OneSpartanburg, Inc.
23h · ④

Spartanburg's a College Town – home to seven unique higher-education institutions. Yesterday was national Higher Education Day, recognizing the important contributions of colleges and universities to the communities they're in. We're grateful to have seven institutions preparing the future talent and workforce of Spartanburg County for success.

A photograph of two men standing side-by-side in what appears to be a classroom or lecture hall. The man on the left is wearing a black polo shirt and has a name tag pinned to his chest. The man on the right is wearing a green polo shirt and also has a name tag. They are both smiling at the camera. In the background, there is a large blackboard and some white walls.

A collage of five photographs documenting Craig Bryan's graduation from Sherman College of Chiropractic. The top photo shows him in a graduation gown standing in front of a building with a 'CHIROPRACTIC' sign. The other four photos show him with family members and friends, including a group photo with a '5TH DAY EVER' banner and a man giving him a piggyback ride.

A large group of students in dark blue shirts are gathered in front of a modern building with large glass windows. The building has "SHERMAN COLLEGE OF CHIROPRACTIC" printed on it. Many students are sitting on the concrete steps and ledges in front of the building, with their hands raised in a celebratory or cheering gesture. The overall atmosphere is one of enthusiasm and pride.

 Jim. Dubel > New Beginnings Chiropractic Group
Admin · 4h · 5

Two of our Sherman Doc's being recognized at New Beginnings with the Philosopher of Chiropractic Award (PhC Award....) This distinguished award is bestowed to those who have upheld our principles through out their career and continue to adhere to our principled lifestyle....
👉👉 Ron Castellucci Judy Nutz Campanale



Tiffany Dauphinais is with Robert Pratt.
1d · 5

Today was my last first day at Sherman College of Chiropractic! I'll be spending my 14th quarter completing an externship in New Hampshire. I tried to capture all of my first days, but some were first week pictures. We seemed to have accumulated new furry friends along the way ❤️ Crazy how time flies, feels like we just started and now soon to be Dr. Tiffany Dauphinais 🎉



 The Homeless Period Project: Spartanburg, SC
3h · 3

This past Friday we had another visit from our friends at Sherman College of Chiropractic. Thank you to Taylor Dempsey, Jacob Miller, and the Student Government for hosting another product drive resulting in over 2100 products! Your group of students are amazingly generous. (Special shoutout to Winston who was monitoring the picture taking from inside the car. :-))



 matrix_chiropractic
Sherman College of Chiropractic
...
1h · 1



Like by mama_schu_crew and 326 others

matrix_chiropractic Today a spoke at Sherman College of Chiropractic. I talked to students about opening a practice, amazing patient results we've seen, the marketing strategies that worked, the ones that didn't, the good, the bad and all the in between.

Thank you for the invitation to come speak! This college holds such a special place in my heart. Being back on campus felt so good. It is truly an amazing place, filled with amazing people, doing amazing things. 🌟

 Matrix Chiropractic is at Matrix Chiropractic.
1h · Greenville · 3

Camille started at Matrix with intentions of working while getting her Masters in Business. Life had other plans. She became deeply interested in the chiropractic profession and lifestyle. She was doing outside research, listening to podcasts, and learning chiropractic in and out of the office. In July, Cam will be starting her doctorate at Sherman College!!

We will miss her, but we are SO excited to see how she impacts the world! She is the most driven, smart, bubbly, funny, and disciplined person out there and she will make a kick ass chiropractor.

Swipe to see when it all started!

Side note: if you know anyone as great as Camille, please send them our way!



 Angelica Dávila
1h · 3

Onto bigger and better things 🌟 thank you to everyone who's supported me in reaching this goal!

To all the chiropractic students out there: "Don't let yourself regret being a chiropractor" It is the greatest healing art and gift to humanity that I know of and the gift you have to offer is of extreme value.

Chiropractic had given my life purpose and meaning to a depth that I did not have before hearing that calling.

Thank you to so many for your love and support... 🌟

Dr. Angelica Davila



Get Social with Sherman.

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Pictured:
Joshua Michael & Elizabeth Balwah, D.C.s, '12

LOVE & CHIROPRACTIC

By Beverly Knight

The journey that is chiropractic college can be life-changing in many ways: moving away from home, taking on a challenging graduate program, embracing a unique model of health care, meeting new classmates, working steadily toward a new profession, and preparing for an exciting career.

Add love into the mix, and the chiropractic college experience can truly lead to a new path in life. Here are four Sherman College love stories that span the decades. ♥

Joshua Michael & Elizabeth Balwah



Joshua Michael and Elizabeth Balwah took different paths to Sherman College in 2009. The only apparent things they had in common were a love of chiropractic and a conviction that they would never marry another chiropractor.

Michael grew up in Pittsburgh, the stepson of David Arraccini, a 1978 graduate of Sherman. He suffered from chronic asthma and ear infections until, when Michael was 10, Arraccini began to work with him. Within a month, he was able to stop medical interventions and has not suffered from asthma since.

Then, as a junior in high school, Michael had to give a speech. The devoted baseball fan had planned to talk about Pittsburgh's new ballpark. At the last minute, he decided on

something more informative. He brought a spine to class and talked about chiropractic.

"Without even knowing it, I gave my first lay lecture," Michael said. "The teacher said the speech was amazing and that I should consider being a chiropractor." He dismissed the idea, but a conversation with his stepfather changed his mind. "I felt like God was calling me. It gave me a direction I never had before in my life."

The rest was a whirlwind. He graduated high school in June 2005, and left immediately for Point Park University in Pittsburgh to work on his prerequisites for chiropractic school, not waiting for the traditional fall enrollment. "Once I had a vision and passion, nothing could stop me," he said of starting early and finishing early to get on to the next phase of his

education. "I just wanted to get to Sherman. I was ready to roll."

Balwah, on the other hand, never had a chiropractic adjustment before she came to Sherman. "It seems there is one in every class," she quipped, "and I was the one in my class." Her father had adjustments for migraines when she was a teenager, but she, a chronic asthmatic, never knew that chiropractic could have such a positive impact on her health.

After graduating from High Point University in North Carolina, Balwah worked for five years for a pharmaceutical company. She says that seeing how pharmaceutically dependent we are as a society led her to chiropractic.

"I knew the body was capable of healing itself," she explained. She looked at schools and fell in love with Sherman – its people, its campus and its philosophy. "Sherman gets to the heart of the philosophy of what chiropractic does," she said. "It's a full 180 from pharmacy school."

Michael and Balwah may have arrived by different paths, but once they found each other at Sherman, their paths converged, both personally and professionally. Balwah figured all the students at Sherman would be five years younger or 20 years older than she was. Michael thought the idea of meeting a spouse at chiropractic school was cliché; he felt sure he'd never marry another chiropractor. "God had other plans," Michael said, "and it's enriched our lives and our practice in so many ways."

Leefer Chiropractic Life Center in Pittsburgh, the practice they bought from a retiring chiropractor, is intergenerational, with patients from six months to 95 years of age. Michael jokes that it's interesting how he ends up caring for the older patients while Balwah takes on more of the kids and expectant mothers. But, in reality, the pair do share the care of their patients, which benefits all their patients.

Balwah, who thought Michael had stumbled when he went to his knee in front of the Scallion Building to propose, feels doubly blessed. She had assumed Michael would practice with his stepfather and she would assist one of her father's friends. When the chance to buy an existing practice came along, Michael had her fly to Pittsburgh from Sherman to look it over. "Let's jump in and do this," he said.

They've never looked back. Eighty percent of the patients stayed with the new doctors, and now their practice is evenly split between those previous patients and new patients. "We went from being on the sidelines to being in the show," Michael says. "We were ready to roll – and we survived it. I'm a dreamer at heart, and everything I have in life is because I haven't been afraid to dream."

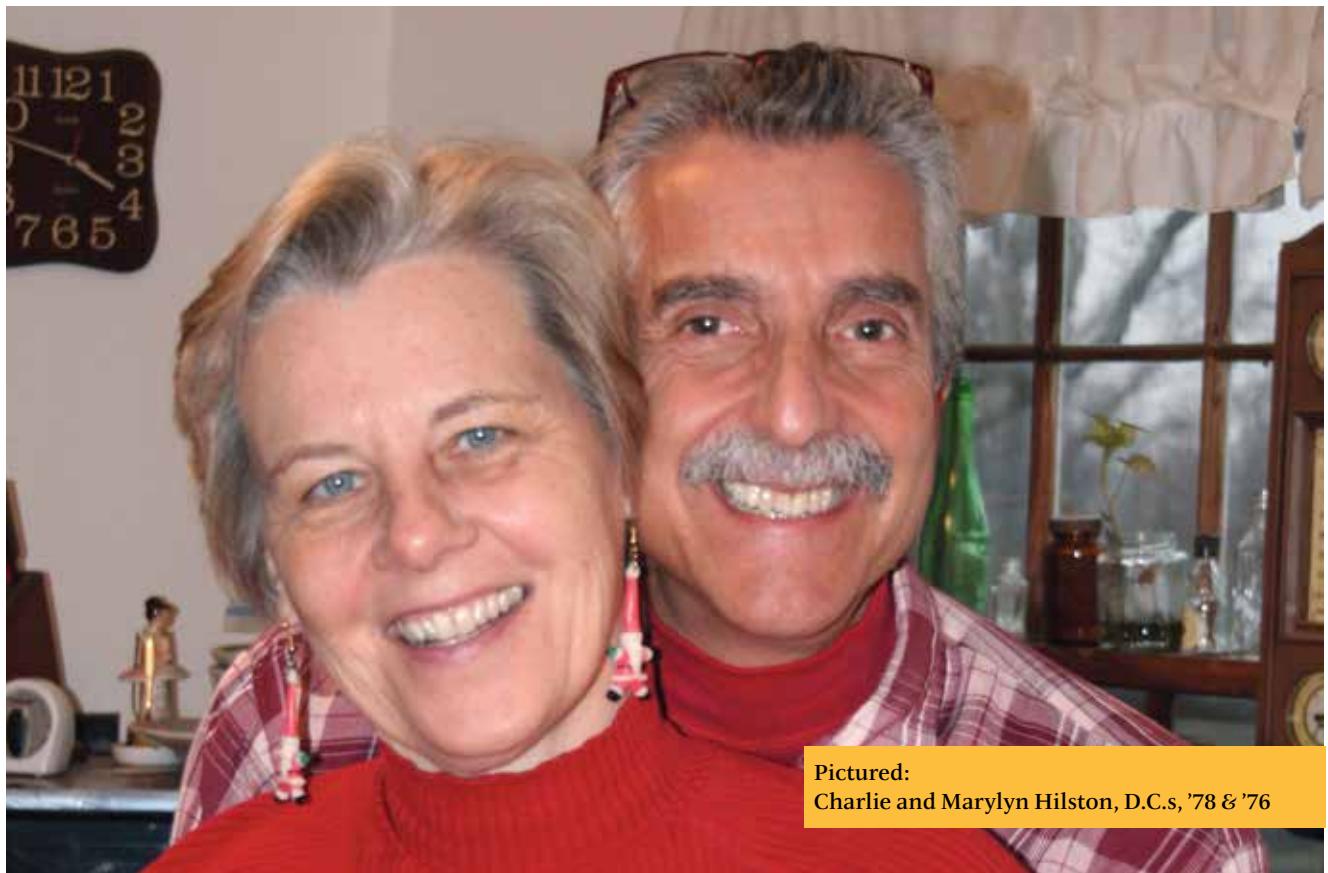
They say the pandemic only made them stronger, pushing them to share not only their chiropractic skills but also their faith. "Our office has become more than an office," Michael said. "COVID gave us the boldness to share with people who we are, not only as chiropractors, but also in Christ. We have created a community and a family." With a successful joint practice and two children – Joseph, six, and Emma Margaret, three – they can look to the future.

Sherman College remains an important force in their lives. "We have a lot of love in our hearts for Sherman," Balwah said. "We've taken Joseph there and are eager to share it with Emma Margaret as well. I truly feel it is the best place and the best institution to get a chiropractic education."

Their connection to Sherman and the Spartanburg area is strong. They hope to return to live and work in the area one day, knowing it will be hard to leave the patients they're serving in Pittsburgh.

"Sherman gave me the three loves of my life – my husband, my children, and the ability to practice chiropractic," Balwah says. "We're incredibly grateful to Sherman for what we've been given."

Charlie & Marylyn Hilston



Pictured:
Charlie and Marylyn Hilston, D.C.s, '78 & '76

It was “excitement at first sight,” Charlie Hilston said, when he met his wife Marylyn, in a classroom at Sherman College.

Neither of them can remember what class it was, but both remember that when the “city mouse” and “country mouse” got together, it was forever. Charlie, from New York City, and Marylyn, from Kentucky, knew from the beginning that their values aligned, and that synergy kept them together.

Marylyn arrived first at Sherman as a fourth quarter enrollee in Sherman’s first class. She had begun her studies at Palmer College after graduating from Murray State University in Kentucky. She attended the first Sherman Lyceum with her mentor, William Garrett, D.C., and his wife Emmie, and the philosophy at

Sherman convinced her to transfer to the fledgling school.

Charlie, who had been under chiropractic care since age two, majored in business at Fairleigh Dickinson University in New Jersey before considering a career in chiropractic. He attended his first lay lecture, presented by Joe Donofrio, D.C., when he was 19, and says that’s when he finally understood chiropractic. After deciding a career in business was not for him, at age 23, he enrolled at Sherman to pursue his doctor of chiropractic.

Marylyn was in her eighth quarter when they met, and she graduated in December 1976. She briefly went into practice but soon returned to Sherman and assisted in technique class until Charlie graduated in the fall of 1978.

They married in December 1978 and moved to Doylestown, PA, where they started a practice the following July.

That was the beginning of a long and successful collaboration, both personally and professionally. “He was resistant to marriage, but I got him,” Marylyn joked. “I said, ‘I’m not going up north with you if we’re not married.’ And then we practiced together for all these years. If you can live together and work together, it makes for a strong relationship.”

Though both of them were the first chiropractors in their families, they were certainly not the last. Two of Marylyn’s brothers subsequently graduated from Life University, and Charlie’s brother, James, graduated from Sherman in 1985. Marylyn is proud that she led the way.

After 15 years practicing in Doylestown, the couple decided to take a sabbatical to plan their future. “We had paid off the house and saved money. Our daughter, Katie, was four years old, and we decided that if we wanted to take time off and travel we should do it before she was ready to start school,” Charlie said of this time they spent determining where they wanted to educate Katie and spend the remainder of their careers.

They thought they might relocate somewhere in the South or Southwest so they homebased in Kentucky for two years, traveling around the country looking for a perfect locale. As luck would have it, they wound up back in Pennsylvania, not far from where they started out in Doylestown.

They say that the people who mentored them through the years are too numerous to note, but that the relationship they had with Reggie and Irene Gold, D.C.s, stands out. “When we were

students, we would go to Reggie and Irene to discuss philosophy,” Charlie said. “That was our entertainment.”

And they can’t forget how much Donny Epstein, a supporter of Sherman College and developer of NetworkSpinal, inspired them. “We’ve rubbed shoulders with the greatest of the great – so many,” Marylyn said.

Throughout the years, they were active in the Chiropractic Fellowship of Pennsylvania and the Federation of Straight Chiropractors and Organizations, now known as the International Federation of Chiropractors and Organizations.

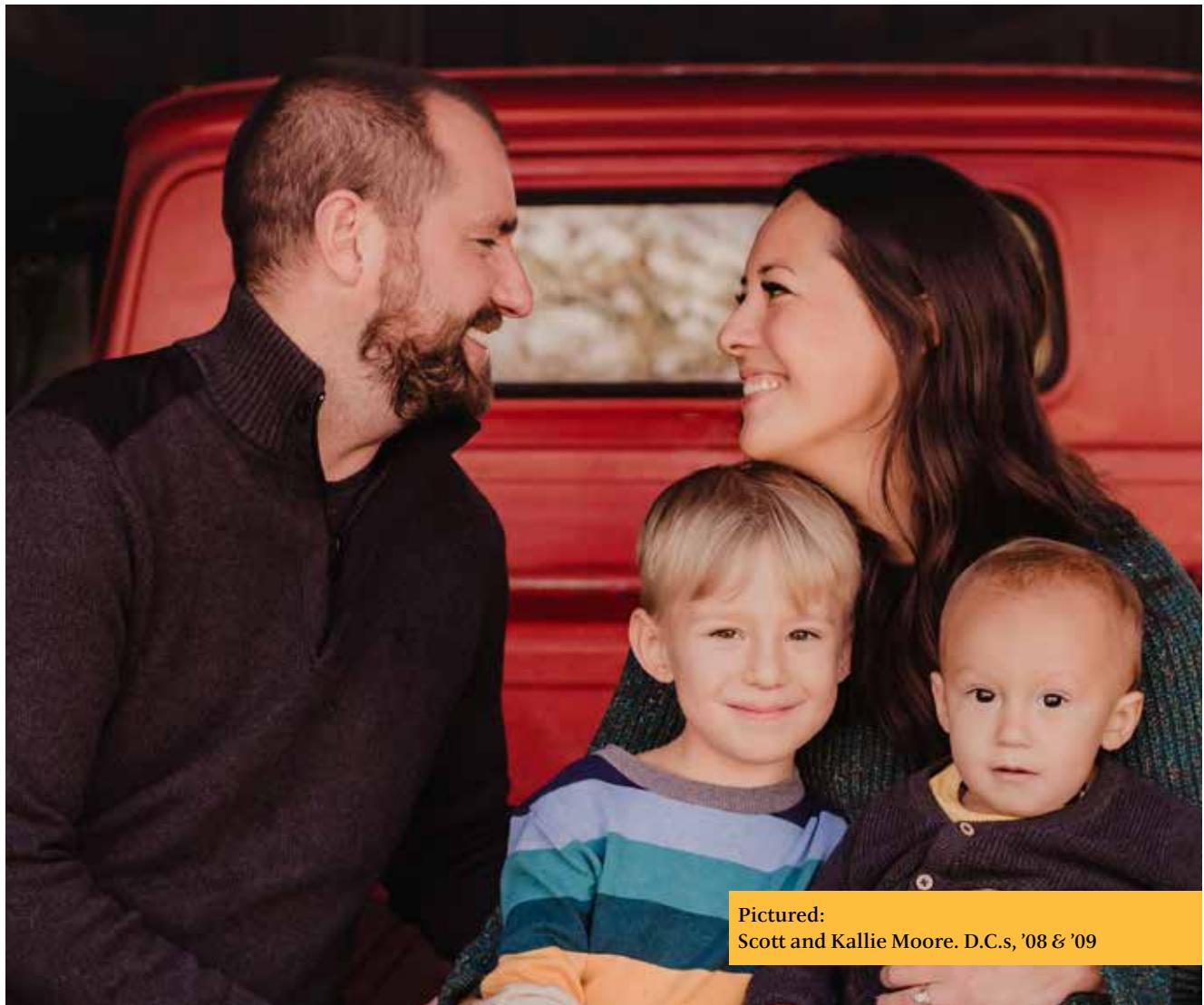
Even though they were in Pennsylvania, the couple maintained a close connection with Sherman College, attending Lyceum regularly and bringing Katie with them so she could share the experience. And they served and provided financial support for more than 30 years as regents of the college.

“The most rewarding part of our career was having a holistic philosophy of life, serving people in a meaningful way. Chiropractic has given us a high quality of life,” Charlie said of the years since they graduated. And, Marylyn added, they have been incredibly happy “to express their passion.”

Both acknowledge the huge impact that Sherman College has had on their lives, even though lately, after retiring in 2017 and then dealing with the pandemic, they’ve had to watch the college’s growth and change from afar.

“When you go into a field of service, it’s so important to have that philosophy, to keep that focus,” Marylyn explained. “Sherman gave us so much, so we wanted to give back.”

Scott & Kallie Moore



Pictured:
Scott and Kallie Moore. D.C.s, '08 & '09

As improbable as it might seem, a mutual love of Subarus proved to be the catalyst that brought Kallie and Scott Moore together.

When Kallie moved into Autumn Park apartments, directly across the hall from Scott, who was a quarter ahead of her at Sherman, the two kept bumping into each other. That's when they discovered that they were the only two Subaru drivers in the apartment complex and at Sherman.

"I think a couple of things that initially drew us

together were our love of the Dave Matthews Band and Subarus," Kallie said. But proximity also played a role, not only at the apartments but also on campus. "Sherman was pretty small at the time, so we had talked for a while about hanging out socially. By the time we finally made that happen, it turned out to be just the two of us who showed up – because he didn't invite anyone else."

According to Scott, after that first date, he and Kallie were "basically inseparable." They found that in addition to Subarus and their strong

love for chiropractic, they also shared other interests.

Scott had lived many places, but longer than anywhere in Charlotte, NC. He enrolled at Sherman College after completing his Bachelor of Science in business administration at the University of Tennessee. Kallie had grown up in Olympia, Washington, on the other side of the country, and graduated from Seattle University with a Bachelor of Science in general science.

Their connection grew stronger over the years. Scott received his Doctor of Chiropractic from Sherman in 2008 and Kallie in 2009. They married a month after Kallie graduated. The couple decided to make their home in Olympia so they could be close to one of their families. That's where, later that year, they established Moore Chiropractic.

"We have a strong practice," Scott said of the base they have established and hope to grow, adding that they would eventually like to have three or four chiropractors and three or four massage therapists. However, he is most proud of the fact that their practice has allowed them to spend time with their two boys, now ages five and two.

"They are everything to us, so spending even more time with them and traveling more is absolutely the goal," he said. "Since we opened in 2009, we have grown significantly in business as well as personally. I feel very proud of what we've been able to do together."

Both Scott and Kallie were initially drawn to chiropractic because of personal injuries. Kallie suffered during years of competitive gymnastics that led her to regular adjustments, which helped her recover from a low back injury. Scott had a chronic and involved low back disc injury from the age of 13. When he was 27, he was

adjusted and discovered that chiropractic was the only effective care that eventually rid him of the debilitating pain, an issue that has never recurred since he's been under care.

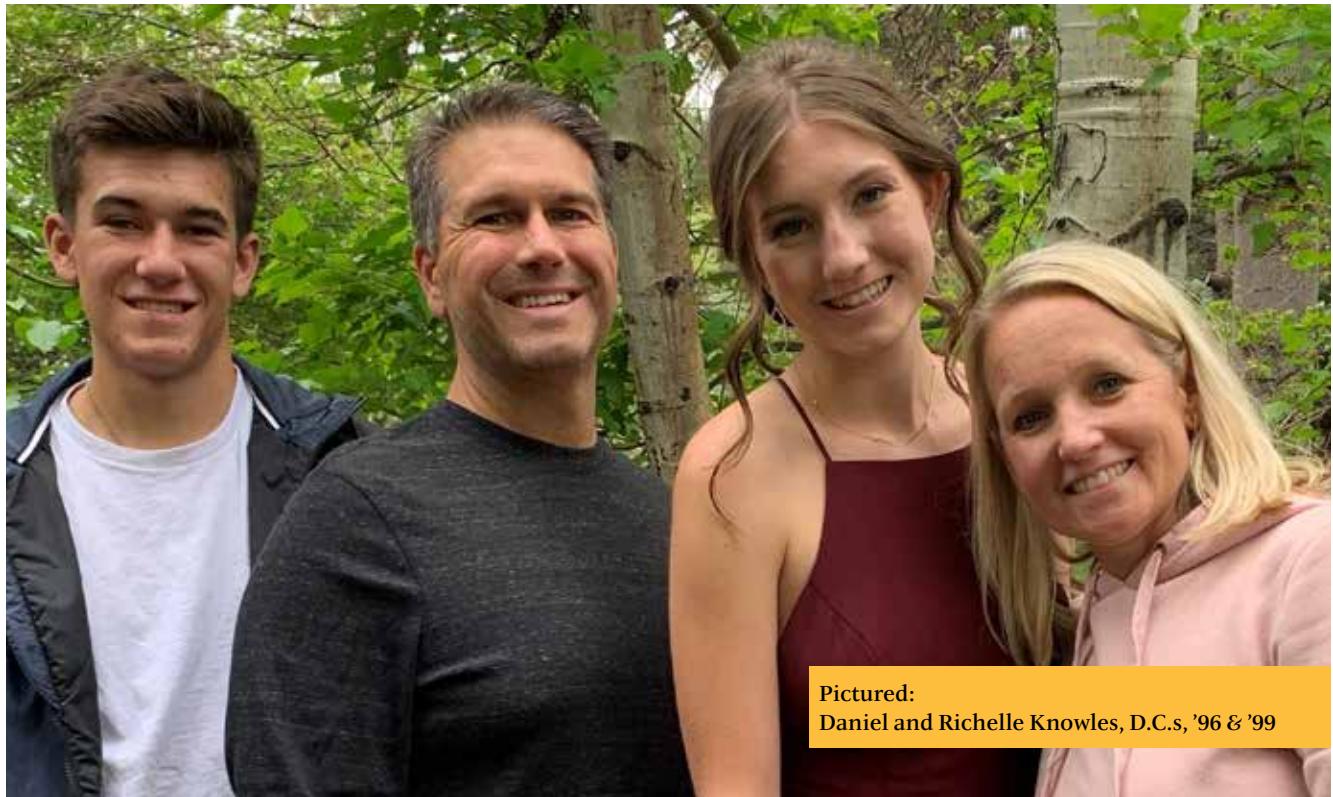
They credit the education they received at Sherman College with influencing both their personal and professional lives. "Sherman has shaped an incredible amount of my life since going there," Scott said of the impact the school and its philosophy of chiropractic has had. "Not only is it by far the best chiropractic school, but the most important thing it taught me was to think for myself."

Kallie said they talk about Sherman often because it gave them the foundation for their lives. "The philosophy embraced by the school has impacted our lives in almost every way. It's the root of how we live our lives, make decisions and raise our kids," she said. "It's integral to our style of practice."

Even though they are located on the opposite coast, their connection to Sherman College remains strong. In fact, within the past six months they have referred three students who have started or will be starting soon at Sherman. One of the students, Scott's cousin, Jack, began classes this October with the fall 2021 incoming class. Scott says they hope to be in a position to do more for the school in the future.

For now, they are keeping their focus on family. "I just want to continue doing what I love and having fun while doing it," Kallie said. "I want to focus on living in the moment, because we are not guaranteed our time on earth. Being present and enjoying this time and the people I love is what's most important to me right now."

Daniel & Richelle Knowles



Pictured:
Daniel and Richelle Knowles, D.C.s, '96 & '99

Chance meetings can be life-changing. That was certainly true for Daniel and Richelle Knowles.

Even though Daniel's parents had been early and ardent supporters of Sherman College, Daniel, a native of the Bronx, NY, was not planning to be a chiropractor when he visited Sherman on a family trip to Lyceum. But that's when he realized how much he identified with the school's philosophy. This realization impassioned him to attend Sherman, where he said the values he found at the school gave him his purpose.

Richelle Laurich Knowles was in pharmacy school at Duquesne University when she came with her family to visit her twin brother, who was enrolled at Sherman College. Chiropractic had changed her life, freeing her from debilitating headaches, but she had

not considered it as a career choice. After the visit, she made the decision to leave pharmacy school and attend Sherman to study chiropractic.

That trip resulted in more than just convincing her to change her career path. It was also when she met Daniel. Richelle and her mother were touring the health center and her brother was Daniel's student patient in clinic. "When I met Danny, it was the funniest thing. He was in clinic and when I saw him, I told my mom, 'I'm going to marry that guy.'"

That almost didn't happen, though, because Daniel was about to graduate and leave Sherman just as she was just entering. "We had the same circle of friends," Daniel recalled, "but we didn't date until after I graduated in 1996. I decided to come back to practice

in Spartanburg and stuck around until 1999 when she graduated. That was the best decision I ever made.”

And once again, Richelle said, that almost didn’t happen. “After Danny moved back here, he asked me to go to dinner. I said ‘no,’ believe it or not, but I gave him a raincheck. Twenty-five years later, it’s history.”

They married when Richelle graduated, then moved to Boulder, CO, where Daniel’s parents had relocated, moving into his family’s basement with plans to travel and to work and pay off their student debt. “God had other plans,” Richelle recalls. She soon found out she was pregnant with their son, Daniel, who was born in 2002. Their daughter, Anika, was born in 2003.

The young couple co-founded Network Family Wellness Center, and later they formed Lifetime Wellness Practice and the Mile High Chiropractic Movement. Over the years, their practice has continued to grow, as has their relationship with each other, with Sherman College and with chiropractic.

Their connection to Sherman College deepened when Daniel served two terms on the Sherman Board of Trustees, and Richelle then joined the current board. In addition, Daniel spearheaded the Sherman Connect conference call program and coordinated it for seven years. He also served as nominations committee chair during a time when a number of valuable trustees were brought on to serve the college.

Both have been honored with the Distinguished Service Award from Sherman College, an award given to graduates who have distinguished themselves with service to the community, the profession and the college.

Daniel has always been active in the profession, presenting at seminars across the country and maintaining memberships in several professional organizations. The couple continues to stay busy. “We teach NetworkSpinal programs, maintain a full-time practice, raise kids and also mentor others through Lifetime Wellness Practice.”

Richelle is a published researcher and an active member of the Colorado Chiropractic Association, the League of Chiropractic Women and the International Federation of Chiropractors and Organizations, where she also currently serves on the board. She is an instructor for EpiEnergetics, teaching both basic and advanced level courses in NetworkSpinal both nationally and internationally.

They both credit their time at Sherman College with preparing them for the successful life they have led. “The Sherman philosophy is chiropractic. It’s the foundation of chiropractic. Everything that we do and practice is based on the principles that we learned of the philosophies, science and art at Sherman College,” Daniel said.

Their personal life has been full of hiking, running, camping, reading and gardening, and enjoying time with their two children who are now in college at the University of Colorado in Boulder.

“Our mutual interest in chiropractic played a huge part in developing our relationship,” Daniel said of their lives together after that first chance meeting. “We had the same vision and passion that came into alignment. Sherman College influenced our lives, who we are, and our directions professionally, personally, and in our life’s mission.”

Alumnus Inspires Students to Start Smart



The Sherman College Alumni Association is committed to providing resources to its current and future members, and member Shawn Currie, D.C., '19, spearheaded a recent "Start Smart" event that brought several professionals and resources straight to the students. The Association is pleased to have young leaders like Currie working with students, and even brought in the Financial Literacy Program (FL!P) from the Financial Aid Office to collaborate on the event.

Private practitioners work with many professionals on the business side of practice, and having just worked with many of them in opening his office in 2020, Currie was eager to share what he had learned with current students. He facilitated a panel comprised of a local attorney, accountant, commercial

real estate agent and insurance provider. The panelists gave tips on what basic business needs students would have when opening their offices, from liability insurance to setting up an LLC. The hope of this presentation is to help future Sherman alumni to understand how they should prepare for opening their businesses and to find the professionals they'll work with to achieve that goal.

Director of Financial Aid, Chris Roberson, said he was happy to collaborate on this program. "The more educated our students are on the steps to open a business, the more proactive they'll be ahead of graduation and licensing to get the process moving." He added, "These tools will allow them to open smoothly with fewer mistakes, be profitable sooner, and feel secure in paying back their student loans."

Pioneer Class Shares Memories at Virtual Event

Connection is defined as a relationship in which a person, thing or idea is linked with something or someone else. Sherman College has facilitated thousands of connections between the people it brings together.

Recently we worked in collaboration with the Alumni Association to connect our very own alumni, faculty and students via a virtual Zoom reunion. “Each and every one of us has stories and unique experiences regarding our initial impression, visit and eventual enrollment at Sherman,” said Sherman College Pioneer Class member Dr. Bobby Epstein.

The event gave attendees the unique opportunity to hear from featured guests, the Class of 1976, offering insights to help chiropractors in the future and sharing stories and memories from their time at Sherman more than 45 years ago. The Office of Institutional Advancement and the Alumni Association look forward to making this an annual event to bring together graduates from across the world for one evening of shared connections.



Top left corner – Jerry Tishman, D.C., '76

Top right corner – Sandy Andersson, D.C.

Bottom left corner – Mike Frigiola, D.C., '76

Bottom right corner – Marylyn Hilston, D.C., '76

Judon Leads Program on Financial Planning

The Sherman College Alumni Association held its first virtual webinar for members on Financial Planning for the Chiropractic Professional featuring 2016 alumna **Christina Judon, D.C.**, this July. Judon covered a variety of topics, including types of loan repayment plans and what may be best for each individual, saving for retirement, protecting your family with various insurance options, and budget tips.

The Alumni Association is planning another virtual professional development event in 2022 and looks forward to providing more programming for members in the future.

Alumni Association president Jillian Farrell, D.C., '09, said she was pleased to offer the program to members. “I wish someone would have explained to me the importance of starting a retirement account earlier in my career to retire when the time is right and enjoy my silver years on my schedule,” Farrell said. “This is the first of what I hope to be many professional and personal development opportunities we can give our members.”

Sherman College Honors 2021 Award Recipients at Lyceum

More than XXX people gathered for the 48th Lyceum, an annual homecoming and continuing education event attended by chiropractors and students throughout the U.S. and internationally. Lyceum is held each May and involves three days of seminars, special events and other programs, including a banquet to honor the college's 2021 award recipients.



THOM AND BETTY GELARDI SERVICE AWARD

Christopher Kent, D.C., A.C.P., J.D.

A 1973 graduate of Palmer College of Chiropractic, Kent is both a chiropractor and an attorney who was honored for his unselfish dedication, visionary leadership and pioneering spirit. He is the author of many articles in peer-reviewed and popular journals, a textbook contributor, and has served on the postgraduate faculties of several chiropractic colleges.

Kent's involvement with Sherman College goes back to 1979, when he served briefly as academic dean of the ADIO Institute, and later served on the Sherman College Board of Trustees. Kent joined the Sherman team as Director for Scholarly Activity, where he integrates his passion for teaching and research. He organizes and is a regular presenter at Sherman's International Research and Philosophy Symposium (IRAPS).



CHIROPRACTOR OF THE YEAR

Kim Stetzel, D.C.

A 1984 graduate of Life Chiropractic College, Kim Stetzel is a second-generation chiropractor who has been in practice for 37 years and runs Branchville Family Chiropractic with her husband Greg Stetzel, D.C., '83. The couple's children, Billy '17 and Danielle '18, also are Sherman College graduates.

Stetzel was honored for her efforts to advance Sherman College and the principled chiropractic profession. She is currently serving her eighth year on Sherman's Board of Trustees; her roles have included leadership positions as vice chair and chair of the nominations committee.

She is the founding board member and past president of League of Chiropractic Women. The Stetzels are founders and hosts of Branchville Community Day, a celebration of the town of Branchville and its rich heritage in Sussex County.



REGENT OF THE YEAR

Bob Irwin, D.C.

A 1979 graduate of Life Chiropractic College, Irwin first discovered his passion for chiropractic when Dr. K.R. Jones introduced him and his wife, Joy, to the science, art, and philosophy of the profession. He has carried over that passion to Sherman College, where he is being recognized for his outstanding and continuous advancement of the college through participation on the Board of Regents.

Irwin practiced from 1980 to 2005 in Hendersonville, NC, and joined Sherman as an instructor in 1998, teaching a variety of analysis and technique courses, and later served as a faculty doctor in the Health Center, dean of clinical sciences and vice president for academic affairs. In his current role as provost/chief academic officer, his responsibilities include serving as accreditation liaison and developing, maintaining and supervising the academic program for the D.C. degree. Sherman College named him Faculty Member of the Year in 2003, and he received the Speakers Award from the American Black Chiropractic Association in 2009. He has lectured worldwide at various continuing education events in the profession.

Individuals were also honored

ROAR SUPPORTER OF THE YEAR

Chris Brown, D.C.
Mike Williams, D.C., '18

STUDENT LEADER OF THE YEAR

Justin Bedrosian
Victoria Pait

SHERMAN ADVOCATE OF THE YEAR

Edgardo Rivera, M.D.

SERVICE TO THE PROFESSION

Monique Andrews, D.C.
Aracelly & Eddie Martinez, D.C.

SERVICE TO SHERMAN COLLEGE

Janice Higgins-Fordree, D.C., '89

RISING STAR

Michael McIntyre, D.C., '18
Breanna & Barry Powderly, D.C.s, '17

SPIRIT OF SHERMAN COLLEGE

Amilliah & Charles Kenya, D.C.s, '06
Sam Sbarra, D.C., '86

DISTINGUISHED SERVICE

Randy Baze, D.C., '83

CHIROPRACTIC ADVOCATE

Amy Brademann



When Love and Skill Work Together

***Two households, both alike in dignity,
(In fair Verona, where we lay out scene),
From ancient grudge break to new mutiny,
Where civil blood makes civil hands unclean.***

So begins one of the greatest love stories of all time. Shakespeare's Romeo and Juliet doesn't begin with the standard "Once upon a time..." fairy-tale opening, but with the introduction of a long-standing family feud.

The scene is chaotic, with young men from both families fighting in the streets. Yet, it is precisely this feud that brings Romeo and Juliet together.

Many of us in the chiropractic profession have similar stories. We come to chiropractic from medical families or from families that have never been to a chiropractor. We come from families that doubt chiropractic or families that know nothing at all about chiropractic.

Many of us come from chaos, or our decision to pursue chiropractic creates chaos that previously never existed. (And for those of you who DIDN'T experience this brand of chaos, remember to count your blessings!)

At Sherman College, we know all too well those compelling "somethings." We call them principles, and we not only recognize them, we also study them, research them and, most importantly, apply them.

Principles are the foundation of chiropractic and they are definitely at the heart of Sherman College. For many of us, the application of these principles is the beginning of one of the greatest love stories of our lives.

This issue of EXCEL highlights four enchanting stories of couples that met in chiropractic school. You didn't have to meet your spouse at Sherman College to have fallen in love

while pursuing your doctorate.

Many of us, myself included, met mentors and lifelong friends who forever changed the course of our

lives for the better. After those star-crossed meetings, where we came from no longer compared to where we would go.

Of course, the impact of the chiropractic principles doesn't end at school. It extends indefinitely into decades of relationships that are formed in practice. From hours-old infants to our beloved elderly patients in their waning years (and everyone in between), we fall in love over and over again, and with the principle of organization that manifests itself so remarkably through them. With every adjustment and with every patient, we aim to change lives for the better.

As for our love story analogy, you may be wondering, "Why Romeo and Juliet? Isn't it a tragedy? Doesn't everyone die in the end?" Well, yes. But that happens in life too. Everyone dies in the end, even people who are under regular chiropractic care. But chiropractic isn't about keeping people from dying, it is about making sure they have lived to their fullest.

As chiropractors, it is a privilege to use our knowledge and skills to improve the lives of others. At Sherman College, we are writing love stories, one adjustment at a time. And when love and skill work together, we can expect a masterpiece.

With love,

Judy Nutz Campanale, D.C., A.C.P.

Sherman College Board of Trustees Chair