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THE BUZZ

KEEP UP TO DATE WITH ALL THE LATEST BUZZ ABOUT LIFE WEST STUDENTS, ALUMNI AND FRIENDS ON SOCIAL MEDIA. 

@lifechiropracticcollegewest APRIL 30, 2016

“There is something so profound that happens when someone steps on a stage and performs. They can be an introvert or an extrovert, and they still get up there and give it their all. ONLY possibility I can think of, is that they all have a gift to share, and no matter where they have come from, they are delivering all they got on the stage. Thank you again Life Chiropractic College West and Brian Kelly for all the talent that you are attracting. Love life and serve.”

@lifechiropracticcollegewest FEBRUARY 12, 2016

“What a great lunch and tour with this guy... President Brian Kelly. A servant and spirited man with a big vision. And a great people person. I think everyone we passed in the halls he knew by name! Very cool things happening at Life West. The revolution of chiropractic continues... Takin it to the entire world!”

@DrAustinDavis FEBRUARY 11, 2016

“Looking forward to helping @LifeWestCollege continue to inspire and grow dynamic #Chiropractors #BeardLife @lifewestwave”

@lifechiropracticcollegewest APRIL 17, 2016

“Some very committed interns and the most dedicated DC I know gave up their sunny Sunday afternoon to educate the public today. #giveloveserve #cantstopwontstop #primavera-classic #lifechiropracticcollegewest”

@lifechiropracticcollegewest APRIL 14, 2016

“I am excited to head to Life Chiropractic College West tomorrow to speak to prospective chiropractic students about chiropractic and how amazing of a career choice it has been for me. The secret to happiness is to find your passion and live it each day.”

@life_west MAY 5, 2016

“Congrats to Kristan Cassady for winning Chiropractic Has Talent! She will be representing us at this year’s WAVE! @lifewestwave”

@lifechiropracticcollegewest FEBRUARY 11, 2016

“Looking forward to helping @LifeWestCollege continue to inspire and grow dynamic #Chiropractors #BeardLife @lifewestwave”

STAY CONNECTED

We always want to hear from you!
Have you experienced a recent success, challenge, transition or change? We’d love to hear about it.

• Share your story
• Refer a student
• Mentor a graduate
• Join the Alumni Association
• Donate to Life West

Contact your alumni office:
Call us: +1 (510) 780-4500 Ext. 2425
Email us: alumni@lifewest.edu
Catalyn® Changed Everything

Alarmed by the nutritional deficiencies caused by a refined food diet, Dr. Royal Lee, the founder of Standard Process, spent years developing Catalyn — America’s first dietary supplement made with whole food ingredients. That was in 1929, and it launched the whole food supplement movement.

Cornerstone for Chiropractors

Catalyn became the catalyst for the whole food philosophy that made Standard Process what it is today. It is also the unique dietary supplement that tens of thousands of chiropractors across America trust as the cornerstone of many nutritional protocols, addressing the gaps in the phytochemical spectrum related to a refined food diet.*

Behind Every Breakthrough, There Is a Story

Download your free copy of “Catalyn Changed Everything.” Read the compelling history and discover how Catalyn can help you transform the lives of your patients.

standardprocess.com/Catalyn

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
The 1980s and 1990s were very competitive times. Businesses, organizations, and even research groups tended to act in silos and worked to outperform each other. In recent years, a more collaborative model has emerged. People are waking up to the idea that resources and intellect can achieve more together collectively rather than alone. A recent example is Tesla CEO Elon Musk giving away his I.P. of battery technology. The idea of like minds working together was the philosophy that led to the development of the chiropractic Rubicon Group.

The Rubicon Group began as an informal gathering of people from institutions holding similar perspectives on chiropractic, chiropractic education, and hopes for the future of the profession. The first meeting of The Rubicon Group was convened at the suggestion of Life University President Guy F. Riekeman, D.C. in September, 2012 on the campus of Life University.

In the months and years since this first meeting, the participants of The Rubicon Group have met semi-annually to continue to explore a common vision for the future of the chiropractic profession around the globe, as well as to develop the organization itself to be better prepared to facilitate that shared future.

Member institutions include Life West, Life University, Sherman College, McTimoney College of Chiropractic, the New Zealand College of Chiropractic, the Barcelona College of Chiropractic, and the Chiropractic Academy at Dresden International University. A number of emerging chiropractic colleges, including ones in Scotland and Australia, are also participants.

Since 2012, the participants in The Rubicon Group have adopted a mission for the organization and a series of strategic initiatives to be pursued in the name of The Rubicon Group. At its core, The Rubicon Group seeks to support and aid in the development of chiropractic education around the globe through shared expertise, resources, and capacities.

Throughout a series of meetings, the Group delineated 3 important strategic initiatives consistent with its mission. First, growing vitalistic chiropractic education worldwide; second to collectively strengthen individual member institutions, third, to create mass public/political acceptance of chiropractic.

Our first project was the Rubicon Conference, held in London, England in April 2016. Conference presenters included chiropractic neuroscientists, philosophers, special guests, and some of the Rubicon member college presidents.

The second project is collaborative funding for an exciting research project being conducted through the Research Center at the NZ College of Chiropractic under Research Director Dr. Heidi Haavik. This research study is demonstrating the positive effects of chiropractic care on stroke patients and funding is provided by the Rubicon Group and other agencies. There have been no chiropractic projects in the history of the profession that have had joint funding by so many institutions.

Plans are well advanced for our next conference in Geneva, Switzerland in September 2016, which will include meetings with W.H.O. representatives. A series of position papers relative to the profession and healthcare are also being developed. It is a critical time in chiropractic and in healthcare. Healthcare in the U.S. is in crisis. A study by Dr. Kelly Holt and Dr. Heidi Haavik published in April 2016 in the Journal of the American Medical Association concluded that medical care is the third leading cause of death in the U.S., prescription pain medication, including opioids, is responsible for the deaths of over 100 Americans per day. The fact that this kills more people than street drugs or car accidents makes it a national tragedy, and one that is entirely preventable. While some loud voices in the chiropractic profession continue to advocate for chiropractors to prescribe drugs, this largely preventable situation is the very reason we should not prescribe medication; many are dangerous, and in the majority of cases, chiropractic care can provide solutions that are natural and safe.

At a time when people are looking for a rational approach to health that is patient centered, cost-effective, safe, and delivers exceptional outcomes, we need to increase our research, clinical skills, philosophical understanding, communication, political advocacy, college enrollment, and the success of practitioners. **Are you in? See you at The WAVE.**

Yours for a Brighter Future for Humanity,
Dr. Brian Kelly, President
CONTINUING EDUCATION

CONTINUING EDUCATION OFFERS OPPORTUNITIES TO EXCEL

Life West offers exceptional continuing education classes all year focused on serving our graduates and the chiropractic profession. Continuing education is not just a task that must be completed but an opportunity to upskill in ways that will allow us to better serve our patients.

One course that you won’t find just anywhere is the Human Anatomy Lab for Health Fitness Professionals.

The weekend course is exceptional hands on and interactive. It is taught in the Life West cadaver lab by experienced faculty, Mark Thompson DC and Justin Coffeen DC. Mark Thompson is a beloved Life West faculty member who teaches anatomy and diagnosis. Coffeen is an exercise physiologist and athletic trainer. Next quarter Thompson will be joined by Life West alum James Kunsman DC and soon to graduate student Jeana Frazer.

This course is not just for those aspiring to work with elite athletes. It is for ANYONE who deals with sports injuries. Isn’t that just about every chiropractor?

Additionally, the Life West CE department can develop custom anatomy seminars in our cadaver lab for professional organizations or health-related schools and programs looking to learn about the human body, inside and out.

The Human Anatomy Lab for Fitness Professionals class is offered four times per year for your convenience. The next two offerings of the classes are August 13-14 & November 19-20, 2016. Read more and register online at www.lifewest.org.
GO FORTH AND SERVE

WINTER/SPRING CLASS OF 2016

Congratulations to the latest crop of Life West graduates! The hard work and dedication of each student was recognized at the inaugural graduation ceremony in our new Standard Process Assembly Hall.

The graduation ceremony began with inspiring speeches from our winter valedictorian Dr. Nicholas Rous and spring valedictorian Dr. Dan Ceballos.

The Clinic Excellence Award, for outstanding service in the health center was awarded to Dr. Mike Pierce.

We celebrated a large group of Student Champions becoming Champion Doctors: Dr. Chris Buccieri, Dr. Steve Waltner, Dr. Mike Pierce, Dr. Lindsay Donaldson, Dr. Joe Zingone, Dr. Dan Ceballos, and Dr. Heather Bostian.

Dr. Gerry Clum, Past President of Life West, delivered the commencement address. He explained to the graduates how their values and principles determine their own destiny. His take home message was how “the path to greatness lies in how much of your heart can you render to the people that are on that table.”

Congratulations to the graduating classes of Winter 2016 and Spring 2016!
COMMUNITY LEADERS ATTEND RIBBON CUTTING FOR THE MONTE H. GREENAWALT LIFE WEST HEALTH CENTER

LIFE CHIROPRACTIC COLLEGE WEST’S MONTE H. GREENAWALT HEALTH CENTER BEGAN CONSTRUCTION IN OCTOBER 2015 AND WAS COMPLETED THIS SPRING. THE MULTI-MILLION DOLLAR RENOVATION CONTRIBUTES TO THE COMMUNITY BY PROVIDING AN AFFORDABLE, STATE-OF-THE-ART CHIROPRACTIC HEALTH AND WELLNESS CENTER IN THE AREA.

On April 13, we celebrated the opening with a formal ribbon cutting attended by local leaders including Douglas Den Hartog, Director of Institutional Advancement at Hayward Unified School District; Sara Lamnin, Hayward Council Member; Francisco Zermeno, Hayward Council Member; Kim Huggett, President and Chief Executive Officer, Hayward Chamber; Emily Griego, Interim Chief Executive Officer, San Leandro Chamber; Bill Mulgrew, Executive Director, Castro Valley Chamber; and Ashton Simmons, Hayward Chamber of Commerce Business Person of the Year and General Manager of Southland Mall.

The event began with greetings and an official ribbon cutting. Guests enjoyed tours of the new health center facility. The celebration continued with food, champagne, live jazz music and a few words from Life West President, Dr. Brian Kelly. The Life West community and local chamber guests mingled and discussed our pride in the neighborhood and in the Hayward community.

“The renovated Monte H. Greenawalt Life West Health Center is a state of the art facility that will help improve the health outcomes of the local population. We couldn’t have made this happen without the support of our generous donors. Foot Levelers has been a top supporter of the health center that helps us provide a world-class training facility for the students,” said Dr. Gay.

Also in attendance was Glen David, Director at Davlen Designs, who provided key design support and Dawn Galbraith, Senior Vice-President at Foot Levelers. David and Galbraith spoke to the audience about their participation in co-creating this valuable space.

“I congratulate Life West on the recent completion of the newly renovated Monte H. Greenawalt Life West Health Center,” said Kent S. Greenawalt, Chairman and CEO of Foot Levelers.

“I know that my father would be honored to know that his name graces such a wonderful clinic, that will bring greater community access to chiropractic care. The Monte H. Greenawalt Life West Health Center is a fitting way to honor his commitment to growing the chiropractic profession and to helping others.” Kent’s father, the late Dr. Monte, founded Foot Levelers in 1952.

The renovation provides a higher quality training center, which gives students a hands-on practice setting prior to entering their outpatient internship. Renovations created a new, real-world learning environment. This includes a modern style front reception area to welcome patients, computerized patient intake areas that help deliver the highest level of customer service, and state of the art technology, aiding in the enhancement of patient care through automated health updates.

The Monte H. Greenawalt Life West Health Center, established in 1981, is one of the leading chiropractic teaching and patient care facilities in the United States. Please visit us online at www.lifewesthealthcenter.com.
New Assembly Hall Opens at Life West

The new Assembly Hall is a very welcome addition and gathering in the space is an opportunity to experience the campus community as an energetic, living whole. The gathering space is also a smart investment for Life West as it saves on the cost of renting outside spaces and generates rental income for the college.

The Assembly Hall has been host to a flurry of firsts in the past few months. Life West held its first Friday seminar — a gathering of the entire campus to hear a different speaker each week — in the new hall on April 8th, 2016. Prior to the availability of this space, the college had been holding assemblies and seminars in multiple rooms simultaneously or even outside on occasion.

Another important first was during the June 2016 graduation. The Winter 2016 and Spring 2016 graduating classes had the honor to be the first to walk into the Assembly Hall before their family and friends and the entire community and to exit that space thankful to the generous keystone donation from Standard Process and the support of Bank of the West in financing the project. “The college has long been in need of a space such as this,” said President Dr. Brian Kelly, “and now we can gather the entire campus community in one place to celebrate our success as an institution and the success of the students. We are grateful to Charlie DuBois and the Standard Process team for believing in the vision that this college administration is leading.”

The vast space — with large windows and lofty ceilings — seats 700 theater style and has the capacity to hold 1,000 attendees for major events. The hall features top-of-the-line audio and visual equipment, including giant projection screens.

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Life 201 was designed as an extension of the work begun by our campers at Life 101, a student personal development retreat. The first camp concentrates on facing fears, overcoming limiting beliefs and determining what is foundationally important. This time we invited all Life 101 graduates, including faculty, staff, alumni and students. Life 201 focused on new strategies for success. The content centered on learning how to set realistic goals, developing a new level of learning, finding sustainable purpose and recommitting to excellence.

The highlight of the weekend was the fire walk on Saturday night. The energy of the group was palpable as we participated in this unforgettable experience and as we united in support of each other. Life 201 was an overwhelming success and cemented each participant in a strong foundation of personal excellence.

LIFE201 FIRE WALK

by Jackie Biron

After much anticipation and planning we held our first Life 201 camp on April 13th – 15th at Diamond Arrow Camp near Nevada City. Not only did we have perfect weather and a beautiful setting but we were able to engage and learn strategies for our success.

The Life 201 camp was organized by lead facilitators Dr. Bob Graykowski and his wife Jeanine, who also run a similar camp for their patients. Other support staff included Drs. Kim and Danny Gambino, Dr. Brett Jones, Dr. Eric Mckilllican, Wyland Luke, Jackie Biron and Nicole Harshbarger.

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Photograph by Wyland Luke
Chiropractors have always cared for athletes. It is easy to see how being adjusted benefits the athlete in terms of pain management and recovery from an injury. The chiropractor’s ability to fine tune the spine and limbs by precisely realigning joints in the human frame is simple to value and understand.

Most professional athletes rely upon chiropractors as key players in their training and recovery teams. We have all seen photos and news footage of megastar athletes being adjusted beside the field of play. Sports and chiropractic is a well-established pairing.

The idea of chiropractic and sports that is NOT heard as often is the idea that a subluxation-free athlete will perform better regardless of pain and injury. In fact, when under great chiropractic care the athlete will actually be less likely to become injured.

When we consider the powerful and intricate relationship between the brain and the proprioceptive senses (‘see chiropractic and proprioception), it becomes clear that chiropractic adjustments affect the body and the brain in powerful ways that have significant value for anyone in a field which focuses on physical performance.

Life West is dedicated to training chiropractors to become powerful agents in helping athletes to not only manage their injuries but to excel in their personal expression of health, wellness, vitality and peak performance.

Sports Chiropractic at Life West

The Chiropractic Sports Program integrates skillful techniques, a powerful philosophy, hands-on training, experienced faculty and a passion for maximizing performance into an empowering educational experience.

HOW IT WORKS

The Sports Chiropractic Program at Life West has three primary elements that benefit any student interested in a sports chiropractic approach.
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- **SPORTS CHIROPRACTIC CLUB**: available to all students at any level
- **SPORTS CHIROPRACTIC ELECTIVE**: elective coursework
- **SPORTS PERFORMANCE INSTITUTE**: clinical practice
SPI Club  Every student can learn the basics and explore the terrain of sports and chiropractic. The club has an experienced sports chiropractor leading and mentoring students as they volunteer and experience VIP access to athletes and sports chiropractors in the area and on campus.

Chiropractic Sports Elective  Focuses on fundamentals of practice readiness, starting with the ability to provide a chiropractic protocol to adjusting subluxations in athletes. You will also learn to write a performance program for an athlete (whether for an injury or to optimize performance). You will become proficient at caring for an injured athlete, from on-field emergency care protocols, to long-term strategies for optimizing natural and sustainable recovery.

Research  Our students and faculty are gathering evidence to see how the chiropractic adjustment affects performance. Currently we have begun a project on shoulder injuries, and how the adjustment affects strength, injury recovery, and proprioception.

Sports Performance Institute Clinical Experience  Our SPI facilities allow centralized care and experienced faculty to model a sports performance clinical approach for our student interns. Our unique learning opportunities and access to numerous elite level athletes on campus give one of a kind experiential opportunities to our student clinicians. This facility draws elite athletes as well as local community based athletes to give our students access to a range of experiences.

Sporting Events  As a student you will be able to attend a variety of sporting events and learn how to communicate chiropractic and health in the sporting arena. You will observe and assist the lead doctor and in some cases you will be able to provide chiropractic care. These opportunities showcase the practical application of vitalism for athletes as well as the necessary protocols to serve the needs of the events. The guidelines for every event are different and the variety of experiences will set you up to know what to do and to thrive in any version.

Faculty  We have a robust roster of faculty members with years of experience caring for athletes from pro teams and world class competitors to high school and juvenile athletes. Our faculty have cared for the Oakland A’s, the Cal Berkeley Bears, pro volleyball players, ironman competitors and Olympic athletes. They will teach you the technique and the communication skills needed to thrive in the sports chiropractic field.

Technology  On the Life West campus we have access to a wide array of top of the line technology including upright MRI, video-fluoroscopy, diagnostic ultrasound, sEMG and cold lasers. Our students have the option to learn to read comprehensive laboratory work, and integrate this with individualized nutraceutical protocols to enhance cellular function.

Proprioception is the ability of your brain to sense where your body parts are in space. Proprioception allows us to move our bodies accurately and precisely without having to look at what we are doing. It is essential to peak athletic performance.

Dr. Heidi Haavik, Director of Research at the New Zealand College of Chiropractic, has been conducting research on brain function, proprioception and the chiropractic adjustment. This ground-breaking research shows the effects of adjustments on sensory processing, motor output, functional performance and sensorimotor integration.

As Dr. Haavik explains, “This work contributes to the understanding of how an initial episode of back or neck pain may lead to ongoing changes in input from the spine which over time can lead to altered sensorimotor integration and poor control of spine and limb muscles. This may exacerbate the problem and cause it to become chronic”.

This and other research (like the research being done on Life West’s campus) is clarifying the integral role chiropractors play in assisting athletes in optimizing their performances on and off the field.
MEET DR. SEAN DRAKE

Dr. Sean Drake’s athletic career was cut short by a car accident. He tried everything to get back into competitive form. Only his discovery of chiropractic allowed him to access his ability to heal and to perform again.

That experience led Sean to a career in chiropractic and a passion for performance. In the past five years, since graduating Life University, Sean has worked with countless athletes, from professionals to kids, and he has seen over and over the incredible impact of the chiropractic adjustment.

“Removing subluxation and letting the body restore function is the key to it all”, says Sean. In a world full of sports chiropractors, Sean does his work with a distinction. Sean focuses on the subluxation above all other protocols.

Sean has many letters after his name, including CCSP, CCEP and a Masters in Sports Health Science, but he reveres his chiropractic degree most. It is his passion for education and talent for communication that has lead to success in private practice and many opportunities to adjust elite athletes.

Today he is the Director of the Life West Sport Performance Institute.

Sean is working with students in the health center, working with campus athletes to keep them in peak performance mode, and working with the enrollment team to recruit young chiropractors interested in a unique take on sports and chiropractic. He is a popular figure at Champions Weekends and around campus, as he leads a new generation of sports chiropractors into a vitalistic model.

PHILOSOPHY & SPORTS CHIROPRACTIC

Our Chiropractic sports program is built on a philosophy called VITALISM. In fact, vitalism is one of the things that makes our sports chiropractic program both unique and cutting edge. This philosophy recognizes the inherent tendency of the human body to heal and to be healthy. We were born to not just endure our physical existence but to be able to excel in all our expressions of life, including physical performance.

This approach is especially exciting in sporting and performance culture where there is high value in sustainable approaches to both injury care as well as optimizing performance for individuals without a known injury. This way of thinking and application of care is highly sought after by pro athletes and amateur athletes alike. 
1) Life West Gladiators Hockey Team fundraising on the grassy knoll; 2) A visit from Hayward Mayor Barbara Halliday with Dr. Zeigler, Dr. Bogatski and Dr. Kelly; 3) Life West Alumni & Friends luncheon at Cal Jam 2016. 4) Students enjoying Spring For Life at Lake Elizabeth Park; 5) The 2016 Life West Women’s Soccer Team; 6) Oakland President’s Reception at Cerruti’s Cellars.
7) High School students in Sid Square during the Hayward STEM Awareness Day event hosted at Life West; 8) Vinson Johnson goes up for a shot at the Life West vs. Palmer basketball game; 9) Richard Manley proposes to Jessica Franco after receiving his degree; 10) Cleaning up Ruus Park in Hayward; 11) Dr. Lucus-Flannery speaking to prospective students during Champions Weekend; 12) Health Center Award Celebration.
In January 2015, Dr. Jen Padrta decided to walk away from all the normal trappings of professional life and spend a year on the road. She packed the bare essentials, including her husband and four kids (plus a Rottweiler) and took to the road in a 300 square foot RV.
While she was on this trip, Jen continued practicing six days per month out of her chiropractic office in San Juan Capistrano, CA.

One of the benefits of being a chiropractor is being your own boss. You get to set your hours, hire your own staff, and create your office flow. Jen took this to a whole new level! Jen Padra created an incredibly unique version of the chiropractic lifestyle.

Maybe spending a year on the road doesn’t sound like the dream of a lifetime to you - but once you have a conversation with Jen - you will understand why she considered this the very BEST of times.

How did this project start?

My husband and I had played with the idea of extensive traveling with the kids for about five years, but something always got in the way. That thing was mostly fear. For example, when we sold our house, our fourth baby was three months old and we weren’t ready. We decided to rent for six months to get prepared, but ended up renting for three years!

We woke up one morning and asked ourselves “what in the heck are we doing?” That day we gave a three-month notice to our landlord, so we couldn’t chicken out.
Give us more details. How did you make the logistics of this work?

When we decided to leave, I sent out a mass email to all my patients, so that everyone had a fair chance in making appointments. Within the first 20 minutes of the email going out, we received 56 calls and returned each one in the order they called. My patients booked out each month for the entire year. I would fly in on a Sunday and work Monday through Saturday, about 13-14 hours each day, and then fly back to meet my family, wherever they were, on Monday or Tuesday. This afforded me the time to meet up with my grandmothers, family and friends, as well as make any appointments for myself.

One key element of this was my amazing office manager! She doesn’t need this job — so she liked the flexible schedule and loves working with me. She came in each Wednesday from 9 am to noon, to take care of office fundamentals. She takes pride in our business. I profit-share, and this system benefited both of us. I was also available for phone consultations while I was on the road, so my patients had access to me if they needed me.

I also have three amazing local chiropractors that I refer to when I am out of the office. I’m so grateful that my patients have three great chiropractors they can choose from when I am not available.

How did your patients react?

Oh my patients! I love them ALL dearly, even the angry ones. I expected some backlash, but didn’t expect so much. Some patients were thrilled for us and others literally screamed at me and my staff. I’m quite good at staying in a place of uncondition-al love, so I didn’t react.

I just had a patient tell me, “I’m so angry at you! I had to see another chiropractor four times because you are gone, and I’m still not fixed!” I smiled and lovingly replied, “I’m ok that you are mad at me. I’d rather have you mad at me, than my kids mad at me, for being an absentee parent. I also gave you three referrals to chiropractors who adjust like I do and you chose someone else. I’m doing everything I can to make you happy without compromising my life as well.” She was silent, softened up and gave me a hug.

The thing about life is that none of us are getting out alive. We have to really live, not just exist. Most people have no idea what that means. I am a third generation chiropractor. I know what optimal function looks and feels like. I don’t want my body OR my life to be less than amazing. I want my kids to live their lives with full expression. How else are they going to know how, if I don’t show them and encourage them?

What was the hardest part of your year on the road? What was the best part?

The most difficult part was living in a 300 square foot RV with six of us and a Rottweiler. There was NO privacy. There was no hiding in the shower for ten minutes to drown out the incessant noise that only four kids can produce. And since we are discussing showers, we had to learn how to get wet, turn off the water, soap everything up and turn the water back on to rinse. You know that when your best shower of the year is at a truck stop, your life has changed!

The best part was everything else. Everything. The constant time with my kids and my husband - watching their eyes light up when they would discover something or build a campfire without any adult direction. I felt like a giddy child when I realized that everything I ever wanted to do, was actually happening.

But honestly, the best thing has been finding myself.

I learned more on this trip than most people might learn in a lifetime. I learned to slow down and be present. We never had anywhere we needed to be. We literally flipped a coin at one intersection and followed that direction. Being open to possibility made our lives so interesting and stress-free. We simply enjoyed the moment.

Once we put our phones down, had horrible internet and gave up on computers - life began. We hadn’t realized how awful our lives had become because we hadn’t been experiencing life fully. Don’t get me wrong, we had an amazing life before this trip, but we also had no idea how incredibly awesome it could be.

Tell us about an amazing experience on the road with the family.

If I have to pick favorite stories, three come to mind:
1) We were in Tennessee at Andrew Jackson’s Hermitage and my almost four-year-old yelled, “Mom! Look! A robin! The state bird of Indiana!” It’s amazing because I can’t believe he’s absorbing so much information. We have homeschooled since 2008 and every moment is a teaching moment. We just love that kids learn effortlessly in the real world, rather than being forced to sit in a desk all day, memorizing facts from a book and being drugged because they can’t sit still for six hours. I can’t sit still for two hours!

2) When we arrived in a campground in Maine, our seven-year-old grabbed a bowl and grabbed my husband’s hand and took off to pick wild blueberries for hours. She came back with more self-esteem than when she left. After all, she fed our family that night with her gathering. The next night, she did the same thing. That is where real self-esteem comes from - not from a medal for just showing up.

3) On our way through Ohio, we stopped in a one-intersection Amish town for lunch. Horses and buggies were hitched all over the place. During a brief conversation with our server, she asked us if we wanted a horse and buggy ride. Heck yes! We followed her to her sister’s home 20 minutes away, where they homeschool their nine children and we spent three hours chatting and taking buggy rides. We all had the time of our lives - and ended up spending three days in the area.

**Now the big experiment is over. You have settled in Tennessee and continue to serve your practice in California. How does that work?**

The new system is working amazingly well. I’m basically doing the same thing, but from our new home in Tennessee. I still return to California once a month for six to eight days and work crazy long hours. I continue to be available for phone and email consultations during the weeks I am not physically in California. (I’m also licensed in TN, but not actively practicing.)

Before our trip and subsequent relocation, my hours at the office kept creeping into my personal life because I lacked boundaries. If patients or midwives needed me, I was there whether it was 10 pm or 2 am. My family saw less and less of me because I wanted to serve my community so much. If I was home, I was being pulled toward the office. If I was at the office, I was feeling a pull from my husband and my kids. My old life lacked balance. This version is really working.

I love it in Tennessee because I continue to make the time to enjoy my kids before they grow up and leave. My husband and I are reconnecting after we had become, essentially, work partners raising the kids. I got my life back and I still get to care for my patients that have been part of my chiropractic family for the past 13 years.

You know, there might even be a book on the horizon.

**Is there a way for other chiropractors to do a mini version of your year on the road?**

Other chiropractors can absolutely do this! Having a savings account dedicated to a trip like this is important. Having a plan is equally as important. How long can you afford to take off? What are areas in your life where you could make changes to save money? If you saved $250/week for a year, you’d have $13,000 saved by the end of the year. Too much to save? What about $100/week for a year? That’s still $5,200. Maybe you need to save for a few years? You might just need that time to plan.

I look at everything I spend, based on how many adjustments it takes. What if two of your adjustments each week went into savings? What if you could do more than that? Your life is EXACTLY what YOU manifest. Every practice runs differently and makes different amounts of money, but remember the only thing that stops you, is you. It’s about your priorities and giving up your excuses. I was terrified to take the leap, but once I did, I’m so glad I moved past the fear.

That being said, we are mindful of our spending habits. I drive a well-taken care of vehicle with 180,000 miles and I buy great clothing at second-hand stores for my kids, if I can. We are not into excess. I would rather spend my money and time experiencing real life with my kids than dusting another darn thing.

**Dr. Jen Padrta and her family are a glowing example of a vitalistic expression of life. They followed their passion and commitment to family and are living a life extraordinary.**
The Gift of Austin Davis, DC is a young chiropractor. He graduated from Life West in 2011. Austin has all the same things going on as most young doctors. He is building his practice in San Francisco. He just got married last summer. He is in the process of buying a house with his wife.

But there is one very unusual thing about Austin. Austin recently pledged a significant gift to Life West. Austin pledged $25,020 to be paid out over a five year period. Given that he has only been in practice for five years, this level of generosity is remarkable.

Austin's generous gift was prompted by a visit to the Life West campus in February. What he saw and heard on campus prompted him to do something big.

"I respect those chiropractors who have paved the way for what we do today. I think of those who were jailed, assaulted and had their clinics burned to the ground for practicing chiropractic. When they were faced with the option to bow down, they stood tall and continued to practice and educate with principle without wavering."

The way Austin sees it, Life West, with Dr. Kelly as president, is continuing that legacy. Austin Davis supports the continual preservation of straight chiropractic through education.

FROM SIMPLE BEGINNINGS
Austin was raised in a chiropractic family and grew up learning chiropractic principles. He enjoyed working with his hands and wanted to work in healthcare. Chiropractic was the obvious choice. He saw chiropractic as the only "cause-based" form of health care. The idea of giving, loving and serving out of abundance, with no consideration of what comes in return, continually resonated with him.

Austin knew that the Bay Area is where he wanted to practice and since Dr. Sid and Nell Williams were close family friends, he chose to attend Life West for his education.

Austin thrived at Life West. "I loved being in school. It was an amazing opportunity to be surrounded by incredible teachers, advisors and resources all under one roof. I was committed to learning all of the techniques I could, even if I wasn’t going to use them fully in practice. Each one had something interesting that I knew I could adapt to use in my future office."

THE ROAD TO SUCCESS
Austin is not as concerned with “success” as he is with excellence. He loves the teaching of the famous UCLA coach John Wooden. Coach Wooden taught that what is seen as success is often a comparison with the person next to you. Wooden says that excellence is a focus on performing at peak potential through maximum effort. With that in mind, Austin strives for excellence every day.

The Lasting Purpose mindset and Dynamic Essentials seminars of his youth helped pave the way to tremendous abundance in Austin’s life. He was taught to be humble, obedient and aware of the voice within.

“The more I allowed that voice within to guide me, the more clear my path got. Chiropractic is not a profession for me, it’s my life. I live chiropractically. My practice is not contained within my four walls — it’s everywhere — it’s in my DNA. Knowing how many sick and dying people there are in the world, my sole driving purpose is to check and adjust as many people as I’m capable of to create a more clear, connected world. I focused on doing one thing and doing that one thing to the best of my ability.”

He loves being a chiropractor because he loves being a part of something greater than himself. “With my two hands and a table/chair, I can set free the imprisoned potential within each and every person, through a specific chiropractic adjustment.” Austin is passionate about the power of the human body and sees that all people benefit from having their power communicating clearly.

THE ONLY WAY TO GO IS FORWARD
Austin gets very passionate when you ask him what he would say to young chiropractors and chiropractic students.

“You are going to graduate as a chiropractor! This comes with very specific responsibilities. Find your why. Practice with principle and allow your innate mind to guide you. Get clear on your purpose and practice the small things; your handshake, eye contact, tone, etc. It’s the small things that help create the big opportunities. Speak with authority—— a made up mind. Dig in your heels and burn the ships! The only way to go is forward.”

Austin recently returned yet again to the Life West campus as a speaker at Friday seminar. He exhorted the students to “be a go-giver and not a go-getter.”

Dr. Austin Davis is a shining beacon of loving service and generosity to a greater cause. His passion and commitment to chiropractic will light the way for many more to follow him.
“Only by giving are you able to receive more than you already have.” – JIM ROHN
The California Chiropractic Association elected Dr. Leslie Hewitt '99 as its new president. Dr. Hewitt has been an active board member and powerhouse in the CCA for many years. She has been furthering the organization’s vision of empowering DCs as the first choice for optimum health and wellness. Dr. Hewitt is the founder of The WOW Talks (Women of Wellness) and teaches yoga. She practices in Danville, CA. Congratulations on this achievement!

Dr. Matthew Rivera Adjusts Bodybuilder
Dr. Matthew L. Rivera ’91 has been adjusting elite athletes for the last 25 years. Last year he treated Swedish/Norwegian bodybuilder Henrik Lindh for shoulder pain and restored him to optimum function. You can watch the video on YouTube at www.youtube.com/watch?v=kTk5nbr-Swg.

Dr. Daniel Kalish Thrives in Functional Medicine
Dr. Daniel Kalish ’95 conducted a 28-week pilot study in conjunction with the Mayo Clinic to assess the efficacy of a functional medicine approach to improving stress, energy, fatigue, digestive issues, and quality of life in middle-aged women. His results suggest that functional medicine is indeed an effective approach to managing stress and gastrointestinal symptoms. The study was published in the journal Complementary Therapies in Clinical Practice. Dr. Kalish runs The Kalish Institute, a leading online functional medicine training program which attracts MDs, DCs, naturopaths, and acupuncturists.

Research for Moms and Babes
Dr. Rochelle Neally ’00, published an article in the Journal of Pediatric, Maternal & Family Health — Chiropractic suggesting a relationship between a nuchal cord, cervical spine subluxations and medically diagnosed “failure to thrive” (FTT) in a four month old infant. Dr. David Spears ’00 published two articles in the same journal, the first describing the effect of chiropractic care on an infant with vacuum extraction induced birth trauma and a diagnosis of infantile colic and acid reflux, the second describing the effectiveness of chiropractic care for pregnant women desiring vaginal birth after cesarean. Dr. Joel Alcantara, Life West faculty, co-authored all three articles.

Dr. Leslie Hewitt Heads CCA
This year the California Chiropractic Association elected as its new president, Dr. Leslie Hewitt ’99. Dr. Hewitt has been an active board member and powerhouse in the CCA for many years. She has been furthering the organization’s vision of empowering DCs as the first choice for optimum health and wellness. Dr. Hewitt is the founder of The WOW Talks (Women of Wellness) and teaches yoga. She practices in Danville, CA. Congratulations on this achievement!
Symmetry Health Center opened a new location in Alameda, CA in addition to their Oakland, CA office. As a strong Life West enclave, this practice boasts five women: Dr. Cynthia Boyd ’05; Dr. Negar Navid ’08; Dr. Dena Amato ’13; Dr. Rachael Stohrer ’12; and Dr. Annalea Kaye Wood ’14.

Parallel Symmetry Grows
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Dr. Lani Simpson on the Air
In June, PBS aired Stronger Bones, Longer Life, a presentation by Dr. Lani Simpson ’84 on national television. PBS filmed her presentation live before a sold-out audience on its stage in St. Paul, Minnesota. In the show, Dr. Simpson DC, CCD (Certified Clinical Densitometrist and Bone Health Expert), explained the lifestyle choices that influence our bones as well as a wealth of knowledge about bone growth and function. Dr. Simpson will be a keynote speaker at The WAVE 2016. She lives and practices in Berkeley, CA.

Anne Margaret Briggs Buzzini ’97
Dr. Anne Buzzini passed away at the age of 50 in January 2016. She was born in Boise, Idaho and returned there to practice. Anne pursued an interest in writing and was a member of several writers groups and seminars. She had a short story published in Change One Belief in 2012. Anne also enjoyed quilting, handwork and reading. Anne is survived by her husband, Ryan Buzzini, her sisters, brother, nieces and nephews and great nieces and nephews.

Mark Francis Hoffman ’92
Dr. Mark Francis Hoffman, 54, passed away in February 2015. He practiced in Honolulu, Hawaii from 1994 until he moved his practice to Henderson, Nevada in 2009. Mark is survived by his loving wife Ada Miyake-Hoffman, three children, a grandson, parents, a sister, a niece and a nephew.

Lynette De Fazio ’83
Dr. De Fazio passed away at age 83 on January 1st, 2012. She held BA, MA, MFA, and DC degrees. A professional ballet dancer with an illustrious career of performing, casting and choreographing in Europe, she later became faculty at the San Francisco Ballet, principal choreographer for San Francisco Children’s Opera, and professor of dance technique, history and composition at Laney College, a post she held for 40 years. Dr. De Fazio directed her own studio, Ballet Arts.

Katherine Ann Barlow ’96
Dr. Katherine Ann Barlow passed away on September 1st, 2012 at the age of 45. Originally from Pennsylvania and having spent most of her life in New Jersey, Dr. Barlow moved to San Francisco after graduating from Life West and eventually opened her own practice in Noe Valley. She is survived by her partner of 12 years, Juliana Habib, and by her mother, father and brother.

Angela Lindberg ’09
Dr. Angela Lindberg (née Korchinski) passed away on May 6, 2016 at the age of 36. She received the Clinical Excellence Award while at Life West and became a highly respected chiropractor in Saskatoon, Saskatchewan. She was recognized as Saskatoon’s Best Chiropractor by Planet S magazine. Angela was a tremendously loving person who left behind her husband Robert and daughters ages four and two, Amelia and Bridget.

IN MEMORIUM

The William M. Harris Family Foundation was founded in 1978 by Dr. William Harris, DC, as the Foundation for the Advancement of Chiropractic Education in order to support chiropractic research and educational institutions. Dr. Harris was a successful chiropractor who valued practical business management skills and saw them as fundamental to success. In the 1970’s Dr. Harris built a successful company to teach chiropractors office management.

In November 2015, the Foundation approved a $200,000 grant for the creation of the William M. Harris, DC Business Pavilion in the Monte H. Greenawalt Health Center at Life West.

The Business Pavilion is a space that will allow interns to work together to learn business and marketing techniques. The pavilion will serve as a training room, hosting speakers from the Life West faculty and the business world on topics, such as business plans, best practices in business, bank loans, taxes, insurance, marketing, and electronic health records. Additionally, a wealth of electronic educational media, magazines and books will be available to promote independent study and learning.

“It is the intention of Life West to give our students the practical skills they need to run successful businesses and effectively serve their communities, and the Business Pavilion will help us do that,” said Dr. Timothy Gay, EVP, Health Center. “We are also proud to continue Dr. Harris’ legacy in this way and to name this room and the programming associated with it after him.”

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HARRIS FAMILY FOUNDATION FUNDS BUSINESS CENTER

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Much of my visit activity so far this year has been centered in the San Francisco Bay Area and I have been very impressed by what I’ve seen.

**Why do I travel to meet Life West alumni in person?**

Face-to-face meetings are always the best way to build and rebuild connections. Of course, I also use social media and other resources to connect. But it’s not enough for me to simply use our Life West social media page and follow you. It is really about making meaningful connections.

**What makes my job so awesome?**

I get to hear the amazing stories of alumni from their beginnings at Life West to their successes in overcoming challenges in their practices today. It is truly a privilege to see our chiropractors in action.

An important factor for both graduates and prospective students is the strength of an alumni network. As former students — you know that our alumni offer valuable insights and connections for the entire profession. I’d love to work with you to make better and stronger connections.

If you would like to be the next group of docs that I visit, email me at jhawkins@lifewest.edu.

**WHO HAS DR. HAWKINS VISITED?**

MAUI, HI
Dr. Richard Sargent ’98
Dr. Amy Van Quaethem ’99
Dr. Streiter Van Quaethem ’00

ALAMEDA, CA
Dr. Dena Amato ’13
Dr. John Beall ’07
Dr. Cindy Boyd ’05
Dr. Steve Heller ’82
Dr. Lori Jeffcoat ’96
Dr. Dannielle Mutch ’01
Dr. Ron Mutch ’05
Dr. Kimball Wong ’85
Dr. Ricky Wong ’06
Dr. Anna Wood ’12

ALBANY, CA
Dr. Charlie Prins ’86

BERKELEY, CA
Dr. Steve Bretow ’88
Dr. Anton Burkle ’88
Dr. Laurent Colvin ’02

Dr. Ann Honigman ’88
Dr. Sue Mullen ’97
Dr. Kweli Tutashinda ’89
Dr. Liz Welch Golove ’98
Dr. Shalamah Yahchoue ’93

DAVIS, CA
Dr. Bryon Cloyd ’03
Dr. Lin Peterson ’04

GALT, CA
Dr. Shawn Hayes ’89

DANVILLE, CA
Dr. Melissa Ko ’11

KENSINGTON, CA
Dr. Tom Hendrickson ’86
Dr. Ginny Howe ’83
Dr. Kerry Lilley ’11
Dr. Michelle Scatina ’02

LAFAYETTE, CA
Dr. Jerilee Behymmer ’82
Dr. Jackie Behymmer-Steel ’12
Dr. Jeremy Steel ’10

MODESTO, CA
Dr. Mike Taylor ’88
Dr. Mark Welch ’91

OAKLAND, CA
Dr. Christina Angelos ’12
Dr. Mary Bacon ’82
Dr. Kenda Burke ’06
Dr. Josh Caya ’15
Dr. Lauren Clum Phillips ’05
Dr. Melissa Crago ’13
Dr. Liz Dobbins ’06
Dr. Jordan Fairley ’15
Dr. Jessica Franco ’13
Dr. Ginger Frederick ’86
Dr. Ben Glass ’12
Dr. Abby Irwin ’86
Dr. Erin Johnson ’09
Dr. Brett Jones ’13
Dr. Eileen Karpfinger ’99
Dr. Lisa Koenig ’01
Dr. Armene Lamson ’05
Dr. Allison Main ’04
Dr. Joie Mazor ’14
Dr. Danielle Moseley ’05

Dr. Christoph Muhlinghaus ’01
Dr. Jaweed Naweed ’09
Dr. Ariel Provasoli ’13
Dr. Kirsten Perkins ’06
Dr. Doug Ross ’85
Dr. Aaron Rosselle ’99
Dr. Rachael Stohrer ’12
Dr. Robert Townsend ’06
Dr. Vu Tran ’07
Dr. Irina Velichko ’14
Dr. Lance Von Stade ’15
Dr. Greg Vrankovich ’08
Dr. Kara Waltz ’06
Dr. Glenn Wiersma ’96
Dr. Laurie Wonnell ’07
Dr. Heidi Wroebel ’05

PETALUMA, CA
Dr. Michelle Arietta ’02
Dr. Julie Restad ’05

WALNUT CREEK, CA
Dr. Bob Stojanovich ’83
Dr. Nick Stojanovich ’99
Dr. Steve Wellens ’03
Giving is a Two-Way Street

Eric graduated from Life West in 1993. Originally from San Diego, he moved with his wife Nancy and their daughters to Nebraska and practiced there for the next 15 years. In 2009, the McKillican family returned to California and settled in Sacramento, where Eric currently runs a full-time practice specializing in pediatrics, pregnancy and family wellness.

After returning to California, Eric took on new leadership roles. He began running CORE Sacramento, a chiropractic networking and speakers group. Additionally, for the past five years he has taught as part-time faculty at Life West. Teaching at Life West means closing his practice and leaving home early in the morning to drive the 120 miles from Folsom to Hayward and back once a week. It is a labor of love.

Yet, Eric has found that teaching has opened up his eyes to a wider world of serving. He gets to experience the influence of one person on thousands of students and the reach of a single lesson plan. Just like his teachers before him, he has discovered the pleasure of watching his students grow and flourish and then catching up with their lives once they’ve moved on. The idea of nurturing students during their entire educational process inspires him. In Eric’s words, “Teaching at Life West has given me something I didn’t even know I was lacking.”

Eric teaches two philosophy classes at Life West as well as a course called Leadership and Sustainability, which explores responsibility to the planet and to society. He hopes to pass on the same message as his chiropractic mentors, like Dr. Joe Felicia and Dr. Fred Barge. Eric believes that each of us has a responsibility of nurturing our profession and society, and that by doing so we increase the richness of our own lives many times over.

Working with students as they graduated inspired Eric to step into a leadership role in the Life West Alumni Board. He began as a board member and is now the president of the Alumni Board. He also volunteers twice a year at Life 101, a leadership retreat for students and serves every quarter as a facilitator at Champions Weekend. It is through these varying types of outreach and involvement that Eric has come to a real understanding of the joys of giving back.

Eric believes in giving his time and his money to the profession. Since 2012, he has given over $18,000 to Life West. Recently he and Nancy were inspired by the naming opportunities in the renovated Life West Health Center to make a pledge of $10,000 in honor of his late father and skilled chiropractor, Dr. Kenneth B. McKillican. Thanks to growing up in his father’s office, Eric always knew he would follow the same path. By making a significant financial pledge to the health center, Eric and Nancy felt they could honor their chiropractic family lineage and strengthen it for generations to come.

Eric acknowledged his gratitude for what Life West had given him — the experience of graduating with a tight-knit class of nine, participating in Dr. Ruch’s research, absorbing the knowledge and wisdom of his teachers, and now the delight of sharing a workplace at Life West with Nancy and one of their daughters, Jessica.


Eric McKillican shows the profession Lasting Purpose from his own passionate abundance.
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Ian Rassel DC
Loren Roberts DC
Brandon Roberts DC
Armand Rossi DC
Paul Ruscica DC
Susan Salem DC
Reuben Sendejas DC
Jeremy Steel DC
Brian Stenzler DC
Garry Stewart DC
Rick Swecker DC
Larry Thill DC
Michael Viscarelli DC
Gary Waisemann DC
Gary Weinstein DC
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Tina Yoder DC
Mark Zeigler DC

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Larry Arbeitman DC
David Barton DC
John Bergman DC
Erik Brower DC

Andrew Specht DC
Bill Thomas
Mark Welch DC

DSport Bouldieu DC
Russell Friedman DC
G. Miguel Gracey DC
David Hoewisch DC
Ryan Hulsebus DC
Manijeh Kaviani-Nejad
Tamara Macintyre DC
Curtis Martin DC
Darwin McCollum DC
Patricia McLean DC
Christina Meakim DC
Judy Scott
James Siller DC
Karl Smith DC
Cathy Sovinsky
David Tammubam DC
Michael Zabelin DC

BRONZE $250+
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Steven Bartusch DC
Kerrin Duggins-Rames DC
Lisa Geiger DC
Donald Hart DC
Lily Kuehe DC
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Robert Palmer DC
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Give now to support our exceptional students and our vision to create a brighter future for humanity.

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Visit our website at www.lifewest.edu
and make a donation directly online.
WOMEN’S RUGBY TAKES THE NATIONAL TITLE

The Life West Gladiatrix finished their first season undefeated, stunning the rugby community. The Gladiatrix won the USA Rugby Emirates Airline Women’s Division II Championship, 62-20 against the defending champions Wisconsin Badgers. MVP honors were awarded to Gladiatrix flyhalf Megan Foster.

The Gladiatrix, is led by Life West Athletics Director Adriaan Ferris, who established high expectations for the team. They believed from the start they could win and their aspirations for a championship were never diminished.

“We had a preseason team meeting where we asked each other what we wanted to get out of this season. We all looked at each other and said: We want to win it,” reported Gladiatrix flyhalf Megan Foster.

The Gladiatrix received the Breakout Club of the Year honors with dominant play in the regular season and playoffs.

Gladiatrix Coach Jarrod Faul strongly believes the secret to winning the championship was the chiropractic care his players received. “The culture of the entire program at Life West is about maximizing athletic potential through the use of chiropractic care. Our players are fitter, faster and stronger because of it,” Faul said. “It makes a huge difference.”

The combined success of both the men’s and women’s rugby teams has given Life West the opportunity to spread the idea of chiropractic. “With two national titles, both of our programs continue to thrive,” Life West sports chiropractor Dr. Sean Drake remarked. “We have seen exciting new channels for the conversation around chiropractic and performance in the rugby community.”

BASKETBALL

BATTLE OF THE BAY

The Life West Gladiators under head coach Sarona Scott defeated the Palmer West Dragons 64-39 in the 5th annual Bay Area Basketball Classic. Fueled by filled-to-capacity Life West and Palmer fans, this victory marks the third consecutive win for the Gladiators in this annual chiropractic match-up.

RUGBY

GLADIATORS COMPETE AT HIGH LEVEL IN DIV 1

After a 12-0 record in the regular season, wins in the Northern California Championship and Pacific Coast Championship, the Life West Gladiators finish in the top four at the USA Rugby Western Conference Championship in their first year in Division 1.

SOFTBALL

LIFE WEST SOFTBALL TEAM CRUISES TO THE LEAGUE TITLE

The Life West softball team completed their season by winning first place in their division and league. The Gladiators relied on their heavy bats to lock up the league title, as they defeated their opponents by an average of 10 runs per game.
Welcome to the Tribe!
NEW CHAMPIONS FOR LIFE
2016

Zachary Cashin, DC
Ian Davis-Tremayne, DC
Harry Heeder, DC
Matt Jackson, DC
Darcy Kelly, DC
Mackenzie Kolt, DC
Jessica Lee, DC
Shea Lindsay, DC
Marc Lowenstein, DC

Amy Markhoff, DC
Morgan Oberstein, DC
Joshua Pollack, DC
Sydne Pomin, DC
Jennifer Rathbun, DC
Tanner Schulze, DC
Terry Wiley, DC
Gary Wright, DC

A special Thank you to our champions who referred a student to Champions Weekend
Winter and Spring 2016

John Bergman, DC
Lona Cook, DC
Jeff Devine, DC
Phil Dieter, DC
Sean Drake, DC
Mark Foulong, DC
Danny Gambino, DC
Paul Hodgson, DC
David Hoewisch, DC
Darcy Kelly, DC

Austin Komarek, DC
Jordan Landholm, DC
Ken Moger, DC
Jack Nolle, DC
Angel Ochoa-Rea, DC
Lori O’Hara, DC
Brandon Roberts, DC
Todd Royse, DC
Jeff Scholten, DC
Ron Simms, DC

Congratulations to our Champions who referred a prospective student who started at Life West in 2016

Jack Bourla, DC
Sean Drake, DC
Brad Glowaki, DC
Matt Hubbard, DC
Jimmy Nanda, DC
Mary Oberstein, DC

Ron Oberstein, DC
Angel Ochoa-Rea, DC
Julia Pinkerton, DC
Devin Young, DC
Michael Zabelin, DC

Meet a Student Champion for Life:
FABI GONCALVES

Where are you from and when will you graduate?
I am from Brazil. I will graduate in December of 2016.

Where do you want to practice and why?
There are so many options where I can take chiropractic that it’s difficult to pick just one place. Currently I think I want to stay local for a little while, enjoy the time with my family that is a little more predictable without the demands of school. Eventually though, I hope to practice internationally, maybe Spain, New Zealand, or Australia.

How did you choose a career in chiropractic?
I had a difficult pregnancy with my first child. While I was pregnant I became very good friends with a woman who was a chiropractor. I became her patient and she had a profound impact on the path that I took with my health and my child’s health. I learned not only about how powerful chiropractic is, but how incredibly amazing my body is and how it is very capable of handling many things I didn’t think were possible. I felt empowered in my knowledge and in myself and I wanted to pass the information along to other people. She inspired me to become a chiropractor.

Tell us about your best moment in chiropractic school.
The best moment in school is actually a collection of moments that are made up by practice and a struggle to understand how to deliver an adjustment. One day everything lines up just right and it’s like magic. Being able to deliver a purposeful adjustment is a beautiful thing.

Tell me about your hardest moment in chiropractic school.
The hardest moment in chiropractic school was the moment I filled out my application. It was letting go of all the self-doubt that came with looking at the application and wondering if I was good enough and smart enough and worth it enough to be here. And then I realized that it’s not even about me. It’s not about my patient’s worth — it’s about my patient’s worth — and they are worth having a great chiropractor!

Why did you become a Student Champion?
When I was a prospective student, I attended a Champions Weekend and the Champion Students were a wonderful resource for me. I am a single mother and I was able to connect with other students who had a similar story and were able to give me perspective and a little insight into this huge decision I was about to make. I wanted to pay it forward and be a resource for other students — in particular those with a family who are wondering if this is the right decision for them.

What do you love about being a Student Champion?
I love it when I have a connection to a student who was at a Champions Weekend and they don’t have to feel like they are starting the program without knowing anyone. And I love hearing that what we do has an impact.

Tell us your favorite story about mentoring a prospective student.
I heard a student say, “I wasn’t sure that I could do this. I thought that I would be sacrificing my time with my child — but I know that I really want to do this and that my passion is chiropractic. I was so scared because I didn’t know how things were going to work out and I know I made the right decision. Thank you for sharing your story and challenges.” I love to hear when people are able to overcome their worries about starting school and are able to follow their purpose or even when someone realizes that chiropractic isn’t the path for them and start on the journey to find their purpose.

One word to describe your career so far:
How about a one word hyphen? Roller-coaster!

STUDENT CHAMPIONS

An elite group of current students who volunteer countless hours to prospective students visiting the college. They are engaged in leadership activities and training, personal development and becoming mentors while still in school. These students are building their leadership muscles and shaping the future of the profession every day.
A Champion Doctor Goes Back to School

IT WAS ONLY NATURAL FOR DR. LORI O’HARA TO JOIN THE CHAMPIONS FOR LIFE PROGRAM WHEN IT STARTED FOUR YEARS AGO.

Lori had observed that all the chiropractic schools had been dropping in enrollment. Cleveland in Los Angeles had just closed and she felt devastated to see a chiropractic college close in an area as dense and open as LA. As Lori sees it, “When schools suffer, the whole profession suffers. I had to do whatever I could to ensure the success of what I felt was the best school in the world — Life West.” Lori has been referring students to Life West since 1987, long before the Champions program began. She estimates that over her career she has referred between 30 to 40 students to chiropractic college. She has always done this because she knows that seeding the future generation of chiropractors has a much larger impact on chiropractic than what she does as an individual chiropractor.

Lori didn’t become a Champion Doctor because she loves the work involved. She sticks with it because she finds it necessary. Lori’s office, in Santa Barbara, CA is very close to UC-Santa Barbara and Santa Barbara Community College. She has lots of young people in her practice. “I ask every student if they are interested in chiropractic as a career. I encourage them if they show interest. Just yesterday I gave out a Life West packet to a student who was interested in P.T. I just redirected him. Kids don’t know.”

Lori is surprised how even her young patients who have been getting adjusted for years somehow they think a career in chiropractic is out of reach. “They get NO help from their college counselors. But they have seen how chiropractic has helped them. I just open the door to seeing it as a career.”

Once a year Lori goes to UCSB and speaks to their health professionals organization, which is mostly pre-med students. Lori approaches this as an opportunity to teach them about chiropractic while they have an open mind. This conversation can also open the door to considering chiropractic as a career. Lori believes that if she and other chiropractors do this kind of outreach, we will find even more smart young people choosing chiropractic as a career.

Lori also volunteers at her local high school. She knows that kids are being marketed for a career in medicine at this age but chiropractic schools do not have the resources to compete.

“That is why I speak once a year for the Health Academy class at San Marcos High School. I teach them what a day in the life of a chiropractor is like. It is so easy and fun. Again, these kids just don’t think about chiropractic as a career. They definitely do after my lecture. Life West gives me the material and I go and speak.”

Lori says that for her it is not a huge commitment to be a Champion Doctor. She is happy to have the support from Life West as she organizes an event. The local schools love having professionals come to speak. She simply calls the career center, finds the clubs and connects with the teachers of the health class.

Lori O’Hara has had a successful high-volume, cash practice since 1988. She has her dream practice, but that is not enough.

“If I stayed within the walls of my office I would falsely believe all is good in the world. I would believe chiropractic is flourishing and everyone knows who we are and what we do. That is so far from the truth. We have to go out of our offices and ask people what they know about chiropractic to realize our profession needs all of us to promote the profession. Forget about promoting ourselves. We need to promote chiropractic.”

Find out more about becoming a Champion at lifewest.edu/champions or email Dr. Mary Lucus-Flannery at mary@lifewest.edu.
Dr. Ratey makes these points:

- There is a direct connection between movement and cognitive function. Rates explains the neurophysiology of how exercise enhances learning, reduces stress-anxiety-depression-addiction and the drugs commonly taken for these conditions, sharpens attention, balances hormones, and combats age related cognitive decline.
- There is a critical link between movement, thoughts, and emotions called Brain Derived Neurotrophic Factor (BDNF). BDNF maintains the synaptic array of the brain, helps to create new synapses (synaptogenesis), and helps the brain to make new neurons (neurogenesis).
- Movement builds the brain. Lack of movement robs the brain of its neurotransmitters, synapses, function, and potential. Lack of movement kills the brain and physically shrivels the brain.
- Exercise balances the three great regulator neurochemicals of brain physiology: serotonin, norepinephrine, and dopamine. Drugs designed to alter the levels of these regulators do so with significant side effects because they cause a mismatch with their innate balance. Exercise reestablishes their balance without side effects, often proving to be more successful than pharmacology.
- The challenge: “The idea that we can alter our mental state by physically moving still has yet to be accepted by most physicians, let alone the broader public.”

This book is a great motivator to recommit to doing one’s exercise routine. It has definitely done so for Dr. Michelle Schaer and myself.

As always, I read books with an eye towards traditional chiropractic science and applications. I marked 13 pages where Dr. Ratey discussed physiology consistent with the subluxation, including these concepts:

- Only mobile creatures need a brain. Anything that reduces mobility adversely affects the brain [Application: subluxation reduces motion, adversely affecting the brain].
- The boss of the brain is the prefrontal cortex. Mechanical integrity and activity in a gravity environment fires to the cerebellum. What separates the human brain from other animals is the thicker bundle of nerve cells connecting the cerebellum to the prefrontal cortex. [Application: subluxation reduces cerebellar plasticity, synaptogenesis, and neurogenesis, adversely affecting the boss, the prefrontal cortex].
- Exercise motion reduces increased sustained sympathetic tone and its consequences, and “the immune system becomes stronger and better prepared to handle a genuine assault on the body—fighting off everything from colds to cancer.” [Application: this is essentially an exact summary of the influence of the chiropractic adjustment of the subluxation, to restore function and mobility, reducing sympathetic tone and improving whole body homeostasis]

The take home message is that a perfect and complimentary combination for life-long enhanced brain function is a combination of chiropractic adjustments and exercise.

For more insight, head on over to my website (www.danmurphydc.com) to view the legal briefs by Judge Ponath (1935) and the Kentucky House of Reform (1931). These documents show historic context to chiropractic influence on brain function.

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