



February 23, 2016

Meeting Location: Green Gables, New Milford, PA

Ethel Boccafogli called the meeting to order at 1:06 pm.

Attendance: There were 7 people in attendance: Ethel Boccafogli, Tom Chamberlain, Lucas LaRue, Kim Smith, Eleanor Lempke, Marsha Morrison and Dr. Lisa Ciavola.

Previous Month's Minutes: Ethel Boccafogli distributed copies of the January meeting minutes and they were reviewed. Kim Smith made a motion to approve the minutes. Eleanor Lempke seconded the approval.

Treasurer's Report: Marsha Morrison reported on the monies available in checking and savings. It was further noted that EMBA had 3 businesses recorded that have renewed their memberships so far this year with 7 more needing to be processed. Tom Chamberlain made a motion to approve the Treasurer's Report. Kim Smith seconded.

Old Business:

Membership Letter: A 3-page packet was mailed out to all existing members and other area businesses inviting them to join. This packet included a welcome letter outlining our activities and achievements of the previous year; a calendar of our meeting dates for the current year and also included a membership application for new and renewing members. A copy of our welcome letter was also printed in the Susquehanna Independent's 200-year Anniversary edition newspaper.

Budget: A brief discussion on the budget was had. The only issue remaining for approval is the dollar amount that we can afford to give as our annual 2016 EMBA business scholarship offered to a graduating Blue Ridge senior. It was agreed to offer it once again this year as we looked into alternate means of supporting the community in the years to follow. Tom Chamberlain was unable to get in touch with Brian Lewis at Blue Ridge for suggestions on how to implement follow-up on the candidates. We will once again look at this issue at our next meeting. The sponsorship of the 2016 DC trip was agreed to be suspended and perhaps re-visited as we get closer to the date.

New Business:

Montrose Chamber Meet & Greet: The Montrose Chamber's Meet & Greet will be held on Thursday evening March 24, 2016 from 5:00 – 7:30 at the VFW on Rt 706. All members and non-members are invited. An invitation was sent out via e-mail to those on our e-mail list.

Website Committee Update: A few website development companies were contacted. We are awaiting their reply. The committee meetings will be at Byron Sands Sutton Road Studio as he has offered to host them and he has the equipment set up to conduct remote meetings. Correspondence as to dates/times will be via e-mail to committee members and reported on at our next EMBA meeting.

Speaker Spotlight:

Dr. Lisa Ciavola was our speaker for the afternoon. She opened with a brief history of her qualifications. She has her undergraduate degree in Engineering from Philadelphia University and had been employed in the defense industry working on such projects as the designing and testing of military helmets, anti-G suits and Chemical Defense garments.

After a few years she realized a calling to pursue a Doctor of Chiropractic degree and returned to college. She graduated magna cum laude and obtained her license in both North Carolina and Pennsylvania. She worked with

a fellow DC for a few years in NC before returning home to open her own practice, Endless Mountains Chiropractic in Clifford, PA. Her practice is currently located in Jackson, PA (right on the line of New Milford).

Many are often surprised at how extensive the schooling is for a Doctor of Chiropractic degree. The DC program is an 8-year program with usually a pre-med or related under-grad degree. Then 4 years or more of medical school that rivals any MD program but with perhaps more emphasis on certain subjects; as an example chiropractic students spend on average 630 hours in Diagnosis while the MD student looks at only half at 324 hours. Some other comparisons are as follows: Neurology (DC) 320 hrs/(MD) 112 hrs; X-Ray (DC) 360 vs (MD) 148. Some areas of study are relative such as Anatomy/Physiology/Pathology, even Microbiology; whereas the MD student will spend more hours in Chemistry/Pharmacy than the DC student. Chiropractic students spend 2887 hours of classroom time vs 2706 for the MD student. This does not include the 900 hours of work in the clinic setting.

Dr. "C", as her patient's call her, went on to explain how the nervous system is the first thing to be differentiated and developed in the growing fetus and today is known to be the master system of the body. The body and all its myriad of functions are all coordinated by the brain through the nervous system. Chiropractic is concerned with the function of the body. An optimally functioning body is a healthy body. We've all heard form follows function. The reverse is also true; whereas, function will also follow form. When the body is out of alignment (form), pain, discomfort, dis-ease and disease follow (function or mal-function).

A quick demonstration of muscle strength being affected was conducted. Marsha was asked to be the assistant. A preliminary test of her arm strength was determined as she was standing. Then a pencil was put under her foot and the muscle strength was once again assessed. Everyone present was shocked when she was found weak on that side. The slight distortion of the pencil translated up her leg into her spine and out her arm resulting in a weakened muscle. There was no pain involved. This illustration shows how distortions in the spine can lead to malfunctioning of the body and can even be silent while underscoring the importance of getting the spine checked on a regular basis in order to have any distortions corrected.

These distortions in the spine are called Subluxations in the Chiropractic world. A subluxation is a misalignment of the vertebrae enough where it is putting pressure on a nerve. Pressure on nerves can cause many malfunctions in the body; so form and function are closely related. And a chiropractic adjustment correcting that misalignment will restore the function of the body allowing it to operate more optimally.

Dr. Lisa is a Gonstead Practitioner and follows the principles developed by Dr Gonstead. Dr Gonstead advanced the practice of Chiropractic far beyond what the founding father, DD Palmer and his son BJ Palmer had. The Gonstead concept of chiropractic begins with a basic biomechanical principal of physics. Every engineer, architect and carpenter knows the importance of a proper foundation in the construction of a building. The body's foundation is formed by the pelvic girdle. When the pelvis is level and stable the rest of the spine has the potential to be strong and stable. The foundation principle is the basis on which Gonstead Chiropractic is built.

The conversation turned to nutrition. Proper nutrition is vital to the health of the body. The two really go hand-in-hand. As the body is continually re-building it needs the building blocks with which to do so. Today it is difficult to obtain nutritious foods even when making the right choices since most foods are now grown on depleted soils or chemically fertilized soils. Pharmaceuticals can be a life-saver and sometimes can be the difference between life and death but it is never a long-term solution as the body is not designed to run on fuel that is not real food. To make up the short-fall, a whole-food supplement can be the answer. Dr Lisa believes in and carries the Standard Process line of whole-food supplements. They are for purchase only through professional health providers.

Dr Lisa ended by providing a sample of China Gel to everyone. China Gel is an excellent topical analgesic which is also available.

A motion to adjourn was made at 2:10 by Eleanor Lempke and seconded by Kim Smith.

Our next two meetings are scheduled for Tuesday, March 22nd at 1:00 pm at Green Gables in New Milford and Tuesday, April 26, 2016.

All meetings are scheduled for the fourth Tuesday of the month at 1:00 pm. Watch your e-mails for changes in locations.