ICA Helps In Formation Of New Caucus

A new bipartisan Congressional effort, led by Rep. Jared Polis, D-Colo., and Mike Coffman, R-Colo., will provide legislators and other policy and regulatory officials opportunity to understand how shifting focus in healthcare to prevention, health creation and health promotion can create cost savings while improving health outcomes for Americans.

“I am very excited about this new caucus and proud of the role the International Chiropractors Association (ICA) has played in bringing it about,” said ICA’s Director of Congressional Relations Beth Clay. “This new policy group provides a powerful new means through which the interests and concerns of health care professionals outside the medical model and the millions of patients of all ages they serve can be more effectively represented.

According to the news releases issued by the founding members:

“The new Integrative Health and Wellness Congressional Caucus will be the first such focal point for congressional activity in the integrative arena since a complementary medicine caucus was formed in 2003 and then scrapped nearly a decade ago. The IHWCC will serve as a non-partisan educational forum for legislators to receive up-to-date information from experts related to best practices and new research, and to discuss legislative and administrative opportunities for integrative health.”

The Congressional organizers, as well

Continued on page 5

“There is a sea change in the landscape for health and health care, and health reform continues to be a significant focus of policy makers, legislators and the public.”

— IHPC Chair Dr. Len Wisneski

Happy Holidays

The IACP Board of Directors, and staff, wish you and yours a most joyous Holiday Season.
The mission of the Idaho Association of Chiropractic Physicians (IACP) is to act as the unified voice, leader and stalwart supporter of the individual licensed doctors of chiropractic and supporting associates who provide exceptional health care and wellness to the patients and communities of Idaho. In supporting our Idaho chiropractic physicians, the IACP will work diligently to protect, enhance and build opportunities for the chiropractic industry and increase public access to chiropractic care.

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The upgraded and expanded, Idaho Association of Chiropractic Physicians monthly newsletter, the *IACP News*, reaches 600-700 chiropractors and students of chiropractic across Idaho. Market your business and services inexpensively with a full-color display advertisement right here.

Ads are hyperlinked to your website or online store to get our readers to your site with a single mouse click.

Graphic design and ad creation services available at no cost. IACP members take 15% off published rates. See back page of this issue for all ad sizes and rates.
President’s Corner

IACP Here to Provide Support

By Dr. Scott Crawford, IACP President

In our profession, at times it seems we are practicing on an island. We could pass three chiropractic offices on the way into work each morning, and still feel like we are on our own. Hopefully, as a member of the IACP, you do not feel this way.

We are here and available to provide support and to answer your questions.

One example of that support we provide is a designated email to send insurance related questions, complaints, or updates others need to know about. Those emails will be responded to by a member of the insurance committee. Please feel to let us know about audits, changes in contracts, tier issues, etc.. If we see trends or similar complaints, we can more aggressively address them.

So email us; iacpins@gmail.com. We would like to hear from you.

Merry Christmas,

Scott Crawford D.C.

“Join the Pack” — Become a member of the IACP

The IACP acts as a resource, representative and leading advocate for the chiropractic industry in Idaho. We cannot continue to properly serve the chiropractic profession without the commitment and support of exceptional industry leaders, such as yourself. The IACP Board and its members believe that membership in the Association is and should be mutually beneficial to both the Doctor and the IACP, which makes it a perfect cooperative relationship. As a member, you will have multiple opportunities to obtain learning and marketing opportunities, at a discounted rate, through membership, as well as, have an opportunity to utilize the services of the IACP team and its Board. You will also have an opportunity to get involved in important issues, from the center, along with other industry leaders and spokespeople. At the same time, the Association continues to grow and provide broader services to the industry with your support. Join now and be a part of the “pack” that will lead us into the future!
ICA Helps In Formation Of New Caucus

Continued from front page

as all of the supporting organizations including the International Chiropractors Association (ICA), are urging all non-MD professionals and integrative health practitioners to reach out to their own members of Congress to urge them to join.

“Reps. Polis and Coffman are demonstrating exceptional leadership to address the rising costs of chronic conditions like diabetes, heart disease and high blood pressure, through educating and advocating for the adoption of integrative approaches that have shown improved outcomes with lower costs,” said Leonard A. Wisneski, MD, Chair of IHPC. “NIH’s National Center for Complementary and Integrative Health has shown that more than a third of Americans use complementary or alternative medicines, even while access is often inconsistent and there is a lack of inclusion in federally funded programs. This Caucus can support policy and legislative action for change.”

The Congressional Caucus in the House of Representatives will serve as a non-partisan educational forum for legislators to receive up-to-date information from experts related to best practices and new research, and to discuss legislative and administrative opportunities for integrative health. It will provide a platform for legislators to participate together and focus on the important opportunity that integrative health and wellness approaches offer across federally funded health programs, and find ways to make these solutions more available to the American people.

The two founding Congressional Members, each spoke strongly about the importance of creating the caucus. Rep. Coffman (R-CO) noted the important need to inform citizens: “It’s important for patients to have all the facts and latest research when it comes to therapies and treatments available to them when making health care.” Rep. Polis (D-CO) spoke to the value of integrative approaches: “Integrative and complementary therapies and treatments are often the missing piece for people on their journey to health and wellness.”

This important new policy caucus was established largely at the initiative of the Integrative Health Policy Consortium (IHPC), of which the ICA is an active partner and with which ICA’s Congressional Relations Director Beth Clay serves as Co-Chair of their Federal Policy Committee. The IHPC is a consortium of national professional organizations and institutions that have a common mission of working to transform the approach to health and healthcare in the United States toward health creation – whole-person focused prevention, wellness and wellbeing. The IHPC member organizations are 24 strong, and growing. According to IHPC Chair Dr. Len Wisneski:

“There is a sea change in the landscape for health and health care, and health reform continues to be a significant focus of policy makers, legislators and the public. Our largest systems of care — the Veterans’ Administration and Department of Defense are embracing these approaches. In pain care and especially in the opioid crisis – that we are trying to rename the “chronic pain” crisis – a sea change is afoot. The time is right for communicating with, connecting and catalyzing legislators to support this shift. To be clear, while IHPC drove its formation, the caucus belongs to Congress. We are working closely with Rep. Polis and Coffman to plan the first Congressional Briefing in the first quarter of 2018. In an ongoing way, the caucus will be a conduit for information to those members who care about these issues. Caucus activities can also help shape policy ideas.”

“On behalf of the ICA, I want to thank Susan Haeger, IHPC interim executive director, and ICA’s own Beth Clay for their extraordinary efforts to develop a draft proposal for a caucus to address integrative health and wellness and following it through to a successful conclusion,” said ICA Vice President Dr. Stephen Welsh who also serves on the IHPC Board. “This is an historic and urgently needed step and we look forward to great things from this effort.”

About the Integrative Health Policy Consortium

The Integrative Health Policy Consortium is the national policy and advocacy voice of integrative health and wellness healthcare professionals. Its Partner for Health members represent 24 health professional organizations as the voice of more than 600,000 healthcare providers. IHPC functions as a critical watchdog and monitor of federal agencies charged with overseeing America’s health and health research needs, working towards eliminating barriers to health. IHPC Chair Dr. Wisneski is a Clinical Professor of Medicine at George Washington University Medical Center, Adjunct Faculty at Georgetown University, and is on faculty at The University of Colorado. He has published over 30 scientific articles and a landmark textbook, The Scientific Basis of Integrative Health.
Barry Vogel, California

“I’ve been around the claims people in this company for 20 years. I’ve been around the executives in this company for that long, as well. When they talk, they don’t talk about insurance issues when I’m with them. They talk about chiropractic. It is really a unique thing. They’re excited about chiropractic, and they’re excited about defending chiropractic.”

Thomas Jensen, Minnesota

“We’re going to do what we need to do to defend our doctors. That is not the case with a lot of insurance companies who try to keep claim costs down…. The claims handlers at NCMIC are some of the most experienced people in this profession—people with decades of experience in handling claims just like yours. I don’t see how you can surpass NCMIC.”

Jennifer Boyd Herlihy, Massachusetts and Rhode Island

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Why NCMIC? “We Take Care of Our Own.” Hear more from our retained attorneys at www.ncmic.com/whyncmic
Or call 800-769-2000, ext. 3126.
Upcoming Events Calendar

January 25, 2018  IACP Legislative Luncheon
11:45 a.m. - 1:00 p.m.
Location TBD

February 23, 2018  Management of Chronic Cervical Pain
12:00 p.m. - 6:00 p.m.
Non-IACP Sponsored Event
Bingham Memorial Hospital - Blackfoot, ID
There is no cost for the seminar, but seating is limited to 50 participants.
6 CEU’s are available. Following the seminar, dinner will be served.
Please contact Laney Nelson DC, DACBSP at drlaneynelson@gmail.com

April 27-29, 2018  IACP Annual Convention
The Grove Hotel - Boise, ID

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When you buy a half-page or full-page display ad in this monthly newsletter,
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Rushing and wrapping, cooking and napping ... these activities, and other seemingly harmless undertakings, can make Christmas and New Year a perilous time for those who suffer from back pain or other musculoskeletal problems.

Never mind the feeling of being more stuffed than the Holiday turkey, there are other hidden dangers lurking around the Christmas tree. Turkey Lifters Back, Shoppers Shoulder, TV Remote Thumb may not be well known but they stalk the unwary festival reveler just the same.

Okay, maybe some of those names are made up, but chiropractor Matthew Bennett said, “We do notice a marked increase in patients coming in with aches and pains directly related to the Christmas holidays. Probably the biggest increase is in back pain associated with spending more time doing very little. We sit around watching television, eating and drinking and sometimes even a fair bit of stress.”

Bending and lifting awkwardly is well known to cause back pain. Lugging the Christmas tree in and trying to get it straight has its own hazards, but also bending, stretching and twisting to put on the lights and ornaments start the strain. Add in running around buying gifts and bending over on the floor wrapping them up, all piles on the pressure on back joints and muscles.

Who would have thought that a turkey could be so menacing. The benign bird becomes 25 pounds of sizzling danger when bending over to get it out of a hot oven. The other option of several manageable pre-sliced fillets somehow doesn’t conjure up the same feelings of festive cheer though.

No one wants to be a killjoy, but alcohol is a factor in many Holiday mishaps. There is the obvious “DFO” (Drunk and Fell Over) to the more insidious inflammatory effects of prolonged alcohol consumption. On the plus side, there is a muscle relaxation effect of moderate alcohol intake. Alcohol, like most things in life, should be taken in moderation.

Loads of sugar can also adversely affect the back. Sugar stimulates adrenal glands, amongst other things, and this combined with alcohol, caffeine and stress can over-work the adrenal glands leading to adrenal fatigue. This make people feel very tired — not really what is desired at this hectic time of year. Also, adrenal glands produce anti-inflammatory corticosteroids, and fatigued adrenal glands produce less so any back problem is likely to be more painful.

The following tips may help your chiropractic patients stay pain-free over the festive month:

If you are travelling to visit friends or family
- Use an inflatable pillow to provide good support for your head and neck.
- Roll a pillow, blanket or your jacket into a lower back support to avoid back pain.
- Once on your journey, try not to sit in one position for too long – have regular breaks and a ‘stroll and gentle stretch.’
- Lift suitcases/bags/Christmas presents with care — always bend at the knees when lifting. If possible, pack two small bags rather than one big one to distribute the weight more evenly.

If you are sleeping on the floor
- Always lie on a good quality mat or air mattress and take a travel pillow or, even better, your own pillow from home. Try not to directly lie on a hard floor.
- Place a pillow under your knees when lying on your back and between your knees when lying on your side.

If you are going to be sitting for long spells
- We all like to watch Christmas TV and possibly having a post-Christmas lunch nap on the sofa, however try to use a back support and remember to stand up and move around at regular intervals.

In general
- Try to get in a walk each day. A little bit of exercise will keep you mobile and help to burn off the Christmas cookies!
- Take regular breaks when doing housework or cooking
- Use a table rather than standing up for some food preparation like peeling potatoes
- Get help lifting awkward items
- Bend over by going down on one knee when lifting light stuff
- Bend your knees and stick your bottom out when lifting heavy stuff
- Use a step ladder rather than stretching when putting up decorations
- Get out for a regular walk over the holidays
- If you don’t go for a walk, do some squats
Tips To Help Your Patients Avoid Back Problems This Holiday Season

• If you don’t do squats or go for a walk vary the seat you seat in, possibly putting a cushion in the small of your back
• Take it easy on the alcohol and sugar

DON’T SHOP TILL YOU DROP! Shopping can really aggravate back pain and problems. Wandering around and carrying Christmas goodies can cause joint aches and muscle stiffness. The best thing is to pace yourself and take a break when you need to.

WALKS can help gently mobilize the back. Bed rest is a thing of the past. It’s usually best to keep active.

GOOD POSTURE helps avoid injury in the first place. Avoid lifting and twisting at the same time (especially if you’re carrying heavy toys). It’s best to bend your knees and brace yourself by holding your tummy tight. Working in cramped spaces (chimneys) or having bad posture can cause very mild but constant wear and tear.

DRINK plenty of water. Dehydration affects the whole body, even the discs in your back! The recommended minimum is at least 4 pints of water per day.

ICE helps to ease any immediate sprains and strains. An ice pack (or rooftop snow) should be lightly wrapped so it doesn’t freeze the skin (a tea towel will do). It should then be placed against the injury and must not be left on for more than ten minutes at a time.

DON’T IGNORE IT! Pain is a warning sign. If you hurt yourself (e.g. from sudden sleigh stops) it’s always best to seek expert advice and treatment as soon as possible. Pain is an important warning, don’t ignore it!

Most Importantly, chiropractic is a terrific gift. Give it to yourself, your family and your friends. If gift cards are not available at your chiropractor’s office, see if he or she will set up something for those you love.

William Londen is often quoted as saying, “To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” To that should be added, and visit your chiropractor regularly!
It occurred to us that some of you may wish to print out and post up on your patient bulletin boards the healthy living information we have been publishing. So we have created printable PDFs of the 

*Benefits of Eating Apples* story on the following page, and the following stories available online:

*New Study Suggests Fries May Be Deadly*

*Watermelons Are Not Just For Kids*

*Research Suggests Diet Soda Link To Stroke & Dementia*

Please feel free to print out and post up any or all of the flyers. Each has the following tagline:

*This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP).*
Benefits of eating apples

Here are just four of the benefits apples provide

1. Apples may help you lose weight. A medium-sized apple contains only about 95 calories but it packs 4.4 grams of fiber (about 18 percent of the minimum daily target) and boasts a high water content. Therefore, it will fill you up — but without all the added calories. Indeed, a 2016 study of 124,000 people published in the British Medical Journal (BMJ) found a relationship between a diet rich in flavonoids and weight control. Among the foods making the biggest difference were apples, which contain flavonoid polymers, a beneficial plant compound.

2. Apples may lower your risk of cancer. Researchers at Cornell University have identified several compounds — triterpenoids — in apple peel that can inhibit or kill cancer cells in laboratory cultures. “We found that several compounds have potent anti-proliferative activities against human liver, colon and breast cancer cells and may be partially responsible for the anticancer activities of whole apples,” said Rui Hai Liu, then a Cornell associate professor of food science, in a written statement in 2007. Researchers also have noted that the fiber in apples may be beneficial in reducing the risk of colorectal cancer. Underscoring these findings is a review of several studies published in 2016 that associated the consumption of apples with a lower risk of cancer.

3. Apples may also lower your risk of diabetes. Various studies have pointed to a connection between apple consumption and a lower risk of type 2 diabetes. Why? One reason may be the antioxidants in apples, which offer a wide range of health benefits. In addition, apples are packed with quercetin, a plant pigment that keeps insulin resistance at bay by helping the body secrete insulin more efficiently. Insulin resistance is a powerful predictor of future development of type 2 diabetes. Apples are “filled with antioxidants, and also there’s fiber in the fruit that naturally slows the digestion of the sugars,” Karen Ansel, a registered dietician nutritionist, said. In addition, a 2017 study of about 500,000 people in China found that those who ate fruit daily — including apples — were 12 percent less likely to get type 2 diabetes than those who never or rarely ate fruit.

4. Apples help clean your teeth. Apples act as a toothbrush, cleaning teeth and killing bacteria in the mouth, which may reduce the risk of tooth decay.

While an apple a day will go a long way toward keeping the doctor away, most nutritionists recommend a varied diet. In addition to apples, fill your shopping cart with citrus fruits, tropical treats like mangos, and a variety of berries, which pack a nutritional punch. Eating several servings of a varied selection of fruits each day is truly the best way to keep the doctor away.

This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP).
# IACP Membership Application

## Contact Information:

Name: ____________________________ License #: __________________

Practice Name: ____________________________

Business Address: ____________________________ Business Address 2: __________________

City, State, Zip: ____________________________ County: __________________

Phone: __________________ Fax: __________________

Email: __________________ Website: __________________

## IACP Membership Categories:

### IACP CENTURY CLUB

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<thead>
<tr>
<th>Types of Membership and Benefits</th>
<th>Full Amount</th>
<th>Monthly</th>
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<tr>
<td>All Standard Membership Benefits, plus:</td>
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<tr>
<td>• FREE Convention Member Registration;</td>
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<tr>
<td>• FREE Non-DC Staff Member Convention Registration;</td>
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<tr>
<td>• Expanded Discounts for Member and Staff on three IACP quarterly seminars;</td>
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<td>• 25% Discount on advertising via the IACP newsletter and/or website;</td>
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<td>• 25% Discount on Bronze Level Convention Sponsorship;</td>
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<td>• Invitation to IACP PAC Dinner(s) for legislative officials targeted for IACP support;</td>
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<td>• Opportunity to write articles for IACP newsletter editions*;</td>
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<tr>
<td>• Two FREE classified ad space both online and printed newsletter per year;</td>
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<td>• First Call - IACP Referrals for patients seeking specific DC techniques/education;</td>
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<tr>
<td>• Invitation to the IACP President’s Dinner — including other Century Club members, past IACP Presidents, Idaho Legislators &amp; Spouses;</td>
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<td>• Portion of C.C. dues fund the IACP PAC - supporting legislative efforts/candidates.</td>
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* The IACP reserves the right to review articles and edit submissions as it deems necessary.

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<tr>
<td>IACP STANDARD MEMBERSHIP</td>
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<td>• $100 discount on convention registration fees</td>
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<td>• $20 discount for each staff member on convention registration fees;</td>
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<td>• 10% Discount on Online CE Credits offered through the IACP Website;</td>
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<td>• 10% Discount on ICD Coding Books offered by the IACP;</td>
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<td>• 10% Discount on all products, videos and materials sold by the IACP;</td>
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<td>• Earn at least 6 FREE CE credits each year at district meetings;</td>
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<td>• Discounts on Quarterly IACP Seminars for Member and Staff;</td>
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<td>• One FREE classified ad space both online and printed newsletter per year;</td>
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<td>• Find A Doctor Referral Directory and access to members only information regarding Medicare, insurance &amp; legislative insight;</td>
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### RETIRED DC MEMBERSHIP

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<tr>
<td>Annual subscription to IACP Newsletter (12 issues per year);</td>
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<td>• 10% Discount on all IACP events or classes;</td>
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<td>• Discounts on advertising in the IACP Newsletter or on the IACP website;</td>
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<td>• Discounts on classified ads in IACP Newsletter or on the IACP website;</td>
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### MULTIPLE DC HOUSEHOLD MEMBERSHIP

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<td>For dual DC households where both members of the household are practicing DCs;</td>
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<tr>
<td>• Spouse can choose a discounted Century Club or Standard Membership</td>
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### NEW GRADUATE MEMBERSHIP

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<td>New chiropractic college graduates receive basic membership for no fee;</td>
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| Payment Information: | | |
| Payment Type: [ ] VISA [ ] MC | | |

| Credit Card #: | | |
| CVC: | Exp. Date: | |
| Billing Zip Code: | |

## Optional PAC Donation:

PAC stands for Political Action Committee. The IACP PAC Committee is the fundraising arm of the IACP. All monies donated go directly to supporting campaigns, educating state representatives, and hiring watch groups to guard against harmful legislation that would curtail your right to practice.

I wish to support my profession by donating:

- [ ] $25/mo. [ ] $55/mo.
- [ ] Other: $ ________/mo.

By signing this form you agree to pay for the membership type and frequency listed and the optional PAC donation indicated above. The authority you give the IACP to charge your account will remain in effect until you notify IACP in writing to terminate the authorization. After the agreed upon term has been met, this includes annual renewals. If the amount of your payment changes, we will notify you at least ten days before payment date. You also agree to notify IACP of any changes in account information.

Signing this form acknowledges an understanding that cancellation requests must be made in writing and will only be honored following fulfillment of annual timeframe.

Signature: ____________________________ Today’s Date: ___________

Mail to: IACP, 13601 W. McMillan Rd., Suite 102-331, Boise, ID 83713 or Fax to 888-399-5459
Complementary and alternative medicine urged for pain by the Joint Commission

In one of the latest efforts to address the opioid epidemic, the Joint Commission, a nonprofit that accredits more than 21,000 U.S. health care organizations and programs, has released new pain assessment and management standards that will require hospitals to provide nonpharmacologic pain treatment options including acupuncture, chiropractic care and massage therapy, or educate patients about them.

The new standards will take effect Jan. 1. According to the Joint Commission’s report, these nonpharmacologic modalities may serve as a complementary approach, potentially reducing the need for opioid medications.

“"This update is yet another step by the medical community recognizing conservative medicine as a powerful tool in the treatment of pain," said National University President Joseph Stiefel, MS, EdD, DC. “For decades, noninvasive treatments have helped many Americans take a conservative approach to manage not only pain, but many other chronic ailments, as well."

Previous Joint Commission pain standards from 2000 required all patients be screened for pain by self-reporting on a 10-point scale. But in the years that followed, “signals appeared suggesting that some clinicians had become overzealous in treating pain," according to a Journal of the American Medical Association article which studied previous standards and how they might have impacted the opioid epidemic.

Today, as health care organizations look to address the opioid epidemic, more are turning to alternative medicine practices as a first-line of treatment for pain. This includes the American College of Physicians, which updated its guidelines for low back pain in March, suggesting physicians first recommend complementary and alternative medicine (CAM) treatments such as chiropractic care, massage and heat therapy, and acupuncture.

The National Institutes of Health (NIH) is also expanding research on CAM treatments in hopes of reducing opioid use. In September, NIH awarded $14 million in grants to study non-drug approaches to prevent chronic low back pain. The research will examine the effectiveness of spinal manipulation and self-care strategies such as behavioral and coping strategies, mind-body approaches, lifestyle advice and pain education compared to prescription medication.

What is the future of the CMS Innovation Center?

The Integrative Health Policy Consortium (IHPC) has responded to a Request For Information released by the Centers for Medicare and Medicaid Services (CMS) on the issue of the future of the CMS Innovation Center, known as CMMI, which was created by the Affordable Care Act to fund the development of new models of payment that would ultimately reduce the costs of healthcare in the U.S. — at least that portion of it paid for care delivered through Medicare and Medicaid. The initial funding for this ambitious initiative was $10 billion. CMMI developed categories of clinical models through which it thought savings could be gained, through risk-sharing and other methods. In 2016 CMS presented the most important adjustment to its payment structure since Medicare was established, declaring that it would start to reimburse providers for value, rather than fee-for-performance.

The Innovation Center was created to assess, fund and underwrite payment models that serve its Medicare and Medicaid beneficiaries. Many score of models have been initiated since in recent years. But rarely have these models included integrative clinical centers or practitioners.

CMMI depends on stakeholders to come forward with applications for models, but because of the historic chasm between CMS and the integrative clinical community — despite its adoption by conventional systems in recent years — few integrative centers have made application to participate in its Alternative Payment Models (APM) program. This is due to the sustained uncertainty as to how even licensed practitioners who provide services that are “not usually paid for” (acupuncture, massage therapy, tai chi, yoga, etc.) can effectively participate to achieve CMS’ ambitious cost-saving programs. And that remains to be determined.

In its response to the CMS RFI, IHPC cited its mission: Continued on next page
Continued from last page

“Eliminating barriers to health” and noted: “The remaining and over-arching barrier that CMS can directly resolve is the inequitable status of reimbursement for services provided by state-licensed integrative providers, despite long-standing patient demand and robust clinical outcomes.” That letter set out the summary of the cost-effectiveness research that IHPC compiled and published in 2015, *Integrative Health and Medicine: Today’s Answer to Affordable Healthcare*.

The letter also noted the important affirmation on the role that integrative non-pharmacologic pain treatment options have attained in the last several years, quoting from the President’s Commission on Combating Drug Addiction and the Opioid Crisis, released in November:

“The Commission recommends CMS review and modify rate-setting policies that discourage the use of non-opioid treatments for pain, such as certain bundled payments that make alternative treatment options cost prohibitive for hospitals and doctors, particularly those options for treating immediate post-surgical pain”

The letter also points out the important roles that integrative practitioners have assumed in primary care as the nation faces a primary care physician shortage; in group visits that Medicaid already funds; and in state innovation projects. It also requests that CMMI ensure that if necessary, integrative practitioners and clinical programs are granted waivers to ensure that payment for services is equitably distributed.

Attorneys General urge Congress to hold drug companies accountable

The National Association of Attorneys General (NAAG) has sent a letter to congressional leaders, urging them to repeal a 2016 federal law so registered drug manufacturers and distributors who have willfully contributed to the nation’s oversupply of pain killers (opioids), can be held accountable.

State and territorial attorneys general have been fighting the opioid crisis over the years on numerous fronts, including law enforcement action such as lawsuits, investigations and settlements, and disrupting trafficking networks and closing pill mills. Recently, the Attorneys General of 37 states co-signed a letter to the private insurance company trade association AHIP, asking for coverage to ensure care providers can deliver non-drug, non-opioid treatment for pain management.

WARN YOUR PATIENTS

The FDA has issued an advisory about “deadly risks” associated with kratom, saying there is no evidence to support using it for opioid withdrawal. Calls to U.S. poison control centers about kratom have increased 10-fold from 2010 to 2015 and the agency reports 36 deaths associated with the herb. While kratom seems to be the most commonly used substance for self-detox from opioids, experts say other people try marijuana, Imodium, and over-the-counter pain relievers for body aches. But the National Institute on Drug Abuse says successful treatment for drug addiction includes medical and mental health services.

FDA Commissioner Scott Gottlieb, MD, says people who use medication-assisted treatment for opioid addiction cut their risk of death in half. Medication-assisted treatment is the use of medications like methadone and buprenorphine along with counseling and behavioral therapies.
Palmer receives NIH grant to study low-back pain in veterans

Scientists at the Palmer Center for Chiropractic Research (PCCR), along with partner organizations, received a $1.46 million award from the National Center for Complementary and Integrative Health and the Office of Research on Women’s Health at the National Institutes of Health (NIH). The award funds a two-year research planning project to address the short-term pain and functional outcomes associated with different numbers of chiropractic visits, and the long-term effectiveness of chiropractic care delivered at Veterans Health Administration (VHA) clinics.

If the NIH determines initial project goals are met after the two-year planning phase and pending available funds, the project and funding will extend over an additional four years totaling approximately $7 million, making this the largest award ever granted by the NIH to a chiropractic institution.

“There is a pressing need to address the devastating impact of chronic low-back pain in U.S. Veterans,” said Principal Investigator Christine Goertz, D.C., Ph.D., Palmer College of Chiropractic’s vice chancellor for research and health policy. “I’m extremely excited about the outstanding multidisciplinary team Palmer has brought together to look at dosing of chiropractic services, both during an episode of low-back pain and in preventing future episodes. We believe the results of this study have the potential to directly impact chiropractic health policy within the VHA and beyond.”

This award is part of a multi-disciplinary initiative sponsored by the NIH, Department of Defense and the Veterans Health Administration. It includes 11 pragmatic clinical studies, as well as a coordinating center that will support these projects. Partner organizations with the PCCR on this project are the Dartmouth Institute for Health Policy & Clinical Practice, Iowa City VA Health Care Systems, Minneapolis VA Health Care System, the University of Iowa, VA Connecticut Healthcare System, VA Greater Los Angeles Healthcare System, and Yale University.

The Palmer Center for Chiropractic Research, headquartered on Palmer College of Chiropractic’s main campus in Davenport, Iowa, is the most highly funded chiropractic research center in the U.S. Within the past 10 years, the

NUHS offers Advanced Scholar Program

National University of Health Sciences (NUHS) has partnered with Ball State University (BSU) to allow students to complete both an undergraduate degree and doctor of chiropractic (DC) degree in less time. The Advanced Scholar Program is...
Chiropractic College News Update

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a joint recruitment and dual admission effort that creates coordinated curriculum specifically for exceptional students who maintain a 3.5 GPA or higher at BSU.

“We are excited to offer this new opportunity to BSU students interested in pursuing a chiropractic degree,” said Randy Swenson, NUHS vice president for academic services. “This program allows students to streamline their coursework, saving them both time and tuition costs. They’ll also be able to earn an income sooner.”

As part of a pre-chiropractic program at BSU, qualified students will complete three years of undergraduate study or a minimum of 90 semester credits leading toward their bachelor of science in pre-medical preparation. Students with a 3.5 GPA or higher will then start the five-year DC program at NUHS. After successful completion of all coursework in the first three trimesters at NUHS, they will be granted their bachelor degree from BSU.

“The pre-chiropractic program has a selective set of requirements here at Ball State so our students are well prepared for the rigorous medical curriculum at NUHS,” said Clare Chatot, interim associate dean of BSU’s College of Sciences and Humanities. “We are pleased to enter this mutually beneficial agreement and are looking forward to working with NUHS as we move forward.”

NUHS has created similar Advanced Scholar Programs with Elmhurst College and South Dakota State University. Collaboration agreements with other area schools are also in progress, according to Dr. Swenson.

For more information or to apply to the Advanced Scholar Program at BSU and NUHS contact 1-800-826-6285 or visit www.nuhs.edu

Earn 12 CEUs for $250. Tracey Littrell, D.C., DACBR, will present “Diagnostic Diversity: Combining History, Orthopedic and Neurological Examination, and Diagnostic Imaging.” Dr. Littrell is the owner of Littrell Radiology and associate professor in Palmer’s Diagnosis and Radiology Department. She has more than seventeen years of clinical practice and teaching experience in radiology, physical diagnosis, clinical psychology, orthopedics, and board review courses. She is a continuing education lecturer and has also taught in several international venues. She is the radiology editor for “DC Tracts” and is the contributing author to the second and third editions of Clinical Imaging: with Skeletal, Chest and Abdomen Pattern Differentials.

Visit www.palmer.edu/alumni/travel-events to register and learn more!

Sherman College of Chiropractic breaks ground on a new Student Center

Sherman College of Chiropractic broke ground on a 22,000-square foot Student Center November 13 on its 80-acre campus in north Spartanburg, SC, celebrating the next steps of its campus master plan and ongoing capital campaign.

The Drs. Thom and Betty Gelardi Student Center is named in honor of the college’s founder and his wife, who live nearby in Gaffney. Thom Gelardi, D.C., founded Sherman College in 1973; his wife, Betty Gelardi, D.C., was a member of the college’s first graduating class. The Student Center will be the newest physical addition to the Sherman College campus since 2000.
“We are thankful for this opportunity to recognize our founders’ vision by naming, in their honor, a facility that ensures that their legacy for the chiropractic profession is carried on,” said Sherman College President Edwin Cordero, D.C., during the groundbreaking ceremony. Dr. Cordero spoke from behind the same podium once used by Dr. Gelardi, as well as the college’s namesake, Dr. Lyle Sherman, and other well-known historical figures in the chiropractic profession.

“Transformational change is happening at Sherman College of Chiropractic,” Dr. Cordero continued. “These changes are attracting more students, better serving the students already enrolled, and increasing the campus’ capacity to accommodate the growth of the chiropractic profession. We are poised to make Sherman College the undisputed leader in chiropractic education.”

The Gelardi Student Center will serve as the new campus gateway and arrival point for Sherman College of Chiropractic. The facility will underscore the institution’s focus on student success, including a new library, bookstore, campus café, large meeting space, student study spaces, lounge areas and more. The cost of the Student Center, including site work and parking, is estimated at $8.9 million.

The broader campus master plan also calls for a complete renovation of the Scallon Building, which serves as the college’s main classroom building, (currently underway); renovation of Olsen Building, which houses executive offices (completed in May); updates to the on-campus Chiropractic Health Center, which serves 35,000 patient visits each year (to begin in 2018); and an enhanced campus plaza and campus drive that will welcome visitors, open up green spaces, and showcase the college’s 80-acre campus.

Chiropractors Helping In Relief Operations

Texas Chiropractic Association (TCA), in conjunction with Parker University and Texas Chiropractic College (TCC), created the initiative, Chiropractors Helping In Relief Operations (C.H.I.R.O), which is dedicated to helping our doctors in their time of need.

Initially started as a response to Harvey as a way to offer assistance to Texas Doctors of Chiropractic whose practices were affected by the hurricane/storm, the C.H.I.R.O. will continue as a way to support those who may be affected by catastrophic events in the future.

The ultimate goal of C.H.I.R.O. is to help you get back to caring for your patients.

If you would like to make a donation, you can donate online or download and fill out the PDF. Checks can be sent to TCA office at 1122 Colorado St., Ste. 307, Austin, TX 78701 and please put CHIRO Fund in the memo line. You can also call the TCA office at (512) 477-9292 to make a donation by credit card. Monetary donations are not tax deductible, but equipment donations may be considered a business donation. Please check with your tax preparer for verification.
Do you have something to sell, share or advertise with your fellow practitioners? List in the IACP Classified Ads. Ads will be published online and in this magazine for two consecutive months. Click here to submitting your classified ad.

**For lease:** Oak Tree Counseling & Wellness currently has office space available for lease in our over 6,000 sq ft wellness center. For info call Denae Barowsky, M.A., LPC at 208-269-7031.

**For sale:** Universal X-Ray suite with Hope Processor, Bin, ID printer, cassettes. $3,500. Email: info@swayzechiropractic.com

**Position Available:** Chiropractic office in Boise on Eagle Rd seeking a licensed Acupuncturist. Patient base will mostly be established. Please contact if interested by email to: info@fletcherchiropracticcenter.com or call and ask for Tina 208-939-3000.

**Position Available.** Duties include but are not limited to:
• Perform and document a routine chiro/medical history & physical exam
• Assist in writing and delivering Plans of Care
• Performing adjustments of the spine and extremities and deliver manual therapy techniques
• Re-examinations to determine progress of care
• Supervise therapeutic exercises.
• Dictate, scribe and/or enter treatment notes into EMR/EHR
• Assist in patient education regarding their treatment plans, nutrition, supplements, exercise, detox protocols and recommendations.

• Generous Pay - 50K-75K Salary first year
• Paid Vacation time & Holidays
• Paid CEU’s
• Paid Malpractice
Location perks: see [http://www.coeurdalene.org](http://www.coeurdalene.org) Extremely health-minded triathlon and outdoor sports community. Great place to raise a family.

**For sale:** x-ray machine RME Raytheon for sale. 300/125 $4,500. 509-758-7258.

**Practice for sale:** 20+ year old, Fruitland, Idaho practice for sale. The practice is located on one of the busiest highways between North and South Idaho, Highway 95. It is a high visibility location with easy access. We have a small-town atmosphere yet attracts patients from Ontario, Payette, New Plymouth and travelers. Very reasonable cost. Call 208-739-6885

**Practice for sale:** Diversified practice in Idaho, on the Oregon border for sale. It is situated less than 1 mile from the Payette and Snake Rivers and right on Highway 95, the corridor between North and South Idaho. The practice was originally bought 20 years ago from another D.C. and a new office was built 10 years ago. Total receipts for the past year are $124,000, and the price of the practice is $74,000. I plan on retiring around November this year. I will stay for a short while to help the new doctor get comfortable with the patients. My cell phone is: 208-739-6885

**Chattanooga Intellect Ultrasound unit for sale.** Excellent condition—minimal use. $600. Dual frequency ultrasound (1 and 3.3 MHz) features 5 cm2 Sound Head Applicator which offers 10%, 20%, 50% and Continuous Duty Cycle selections and head-warming. Includes tub of ultrasound gel. Dean Rutherford, Hailey Chiropractic Clinic, 208-788-3211, drdean88@gmail.com.

**X-ray Suite.** Universal high frequency with Mini-med 90 processor. Full spine bucky with Medium speed screens in all sizes. Film bin, film and even the lead from the walls! First $6000 takes it (OBO). Older Zenith HYLO electric lift Classic. Needs new grease and drop mechanism fine tuning but a great table. $2000 (OBO). (10) Hon brand Upholstered Waiting room arm chairs $300 each new for $60 each $500 for all ten.

eriktdc@yahoo.com for pictures, information.
Idaho Chiropractor preparing to sell practice equipment. Local Idaho chiropractor preparing to sell a great deal of practice equipment. Please see the list below.

- Zenith High-Low Table w/ Pelvic Drop - $2500 In near perfect condition.
- Graston Soft Tissue Instruments - $1500 Full set included, well taken care of, 2 cases included. Comes with Emollient
- Office Desk with removable glass top - $75 measurements are 60” long, 29.5” wide and 30” tall
- Doctor stool with rollers and adjustable height - $30
- Rolls of Face Paper - $1 each 13 rolls total
- HP Printer, Copier, Fax, Scanner - $40 It’s the Officejet Pro 8600. Works great, just needs more ink.
- 2 Line RCA Intercom Office Telephone - $15
- VeriFone Model # OMNI 5700 Card Reader - $20
- Gray Waiting Room Chairs - $5 per chair, 12 chairs total

If you have questions please call or text me at 208-221-3990. Please contact the Doctor for pictures of the specific equipment: scottnjamiesmith@gmail.com.

Position Available: Our office is faced with the awesome circumstance of serving more patients and seeking a passionate, hard-working, Chiropractor to share mentorship with. Perfect for new graduate, experienced DC unhappy with current practice OR seasoned DC feeling bored. Our thriving cash practice is located in the most beautiful city in the best state in the U.S., so why not build the practice of your dreams in a place you really want to live? Base salary of $7,200 with bonus incentives, option for long term position, satellite or buy-out. Send resume to Dr. Lance and Dr. Jennifer at: salmonriverchiropractic@gmail.com

Chiropractic Position Available In Idaho. A chiropractor needed to fill spot of departing chiropractor. The clinic is in Nampa, ID which is a good community and in a family friendly clinic. Desired attributes and abilities: proficient in Activator technique (preferred but not required), energetic, honest, friendly, moral, easy going, hard working, enjoys helping others. Starting pay, $20/patient. Part-time and/or full-time work available. Starting date, May 1st 2017 or as soon as possible after May 1st. Contact: 208 466 2536 or idahojoedc@gmail.com

Looking for an Independent Contractor in Boise. Spacious clinic, great team, great equipment, great system. Great location. Please contact Dr. Troy Norris: drtroy@balancechiro.net

Ideal Practice for new doctor or for another office and source of Income. Asking $118,000. Owner took over a little over a year ago and has built the practice up to collecting $150,000 for 2016. Averaging 26 new patients a month in 2016. Low overhead with a great office and great staff. In the right hands the practice should collect two times that much in 2017. New equipment and buildout 26 months ago. Equipment alone is worth $90,000. Price includes all office and therapy equipment, digital x-ray and digital processor. Dr. is semi-retired and needs to devote more time to other endeavors. Practice is located in Eastern Idaho. For more information please call 435-232-6494. Or send email to: chiropracticesales@gmail.com

No Cost to Start Your OWN Practice: DC must be motivated to start their own practice in medically integrated office, have high integrity, good adapting and communication skills. This is a great opportunity for a new Dr. wanting to minimize the financial risk of the high cost of build out, equipment and other aspects of opening a new practice. We provide all needed chiropractic equipment, including, but not limited to an x-ray machine for your use. You would also have access to over 5000 patient files and ongoing referral to you from our other services. Please check out our website: www.healthyhabitswellness.net

If you are interested, please fax your resume to (208) 884-2067.

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The Idaho Association of Chiropractic Physicians

The IACP News

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