



GSCS Monthly e-newsletter

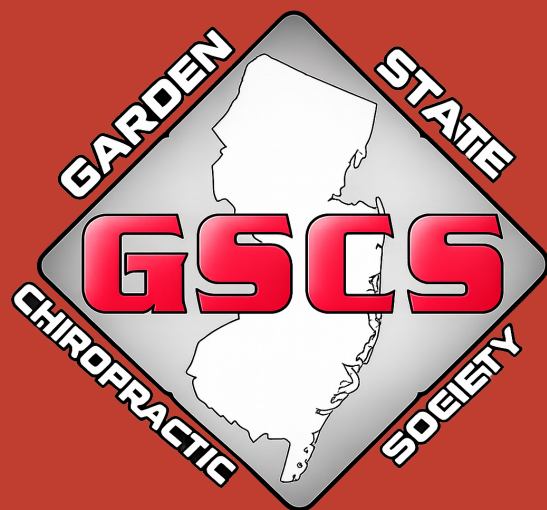
"The official voice of straight chiropractic in NJ"

JULY / AUGUST 2026

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From the Prez

**Standard Operating
Procedure**

Does your office, business, practice have a standard operating procedure? If you do not, it can be very helpful. It gives you a baseline that if you get lost in your procedures, you have an anchor to go to. You also will know what you did and said with each patient each time. As Frank Hahn mentioned at the seminar, if you are doing something that is successful, put a system to it. That way not only will it benefit you but you can teach it to others!

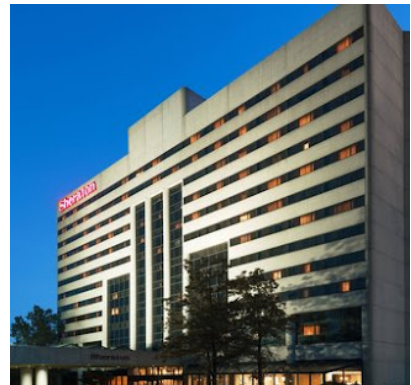
Jay Yuhas, D.C.
GSCS President

GSCS General membership meeting recap

A GSCS general membership meeting was held on Saturday, June 13 at the Sheraton in Raritan Center.

After the general meeting, Daria Messina, Joe Sasso, Frank Hahn, Pat Selimo, and Tony DeMarco gave presentations which covered the IACE, how to build a pediatric practice, internal and external marketing tips and a step by step procedure of educating people about Chiropractic at street fairs and festivals.

The GSCS will continue to host such events that will cover philosophy and other non-CE topics. Be on the lookout for the next fellowship event. We hope you can join us.



So Familiar We've Forgotten

Every one of us lives in the presence of something so familiar that we rarely stop to think about it.

Your heart has been beating since before you were born. You breathe without deciding to breathe. Cells die and are replaced. A cut closes. Food becomes living tissue. A single fertilized cell divides again and again until a complete

human being develops. Millions of events take place every second without your permission, your awareness, or your direction.

Life is so familiar that we've forgotten how extraordinary it really is.

It's easy to see why I was drawn to chiropractic in the first place.

Where I think we sometimes lose our way is when we begin saying chiropractic restores neurological function, improves health, enhances performance, or helps people heal. Once we make those claims, we've changed the objective.

Chiropractic doesn't need promises about health to justify its existence.

The objective is much simpler.

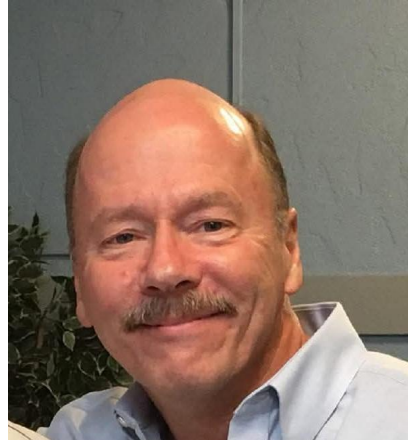
Vertebral subluxation is a situation of interference to the expression of life through the body. All people, under all circumstances, are better off without that interference than with it. That statement doesn't depend on symptoms, function, performance, or health outcomes. It stands on its own.

Our responsibility is not to prove what life will do once vertebral subluxation is no longer present. Our responsibility is to locate vertebral subluxation and introduce a gentle, specific, educatedly derived force so the body may use it to facilitate the adjustment.

The ordinary processes of living are so extraordinary that we've stopped noticing them.

Maybe it's time we did.

Thanks to Tom Gregory, DC for this article



Take me out to the ballgame

The GSCS is teaming up with the Somerset Patriots for our annual picnic and Chiropractic Founders Day celebration on Sunday, September 13 at 1:05pm! The Somerset Patriots are a AA affiliate of the New York Yankees organization and will play the Hartford Yard Goats, a Colorado Rockies AA affiliate.



We have secured a private suite that holds up to 40 guests and offers a panoramic view of the ballgame. Don't delay if you want to attend as space is extremely limited.

Ticket prices include: a 90 minute all-you-can-eat buffet. Soft drinks, water, coffee and dessert are included.

Adults \$25. Children ages 5 -12 \$15. Children under 5 years old FREE. Gates open at noon. Game starts at 1:05pm.

Kids run the bases!

First 1,500 kids receive a Jersey Diner Cooler Bag.

Tickets are limited and will be available on a first come / first serve basis. Sorry, no refunds.

TD Ballpark, 1 Patriots Park, Bridgewater Township, NJ.

Click [**HERE**](#) for your registration flyer. Or call Dr. Bob Berkowitz (GSCS Treasurer) directly (908-420-5275) to register and pay for your tickets.

REGGIE Q & A #19

Do you do talks about chiropractic to clubs and organizations?

"Well I certainly do. And as a matter of fact, many chiropractors do. If you belong to a club or organization and would like an interesting talk on a fascinating subject, ask your chiropractor. Either he or she will come or they will send somebody. One of the nice things about talking to clubs and organizations is, chiropractors never charge. They would be happy to do it just as a public service to the community. It's a wonderful way for you to help other people by spreading the word about chiropractic and at the same time helping your club or organization to have a fascinating and interesting speaker on a great subject."

Submitted by Tom Gregory, DC



Reggie: Making the message simple

Reggie: Making the Message Simple by Joseph B. Strauss is a biographical and philosophical look at Reggie Gold, one of the most influential voices in straight chiropractic. The book traces Gold's life, his development as a teacher and communicator, and his impact on generations of chiropractors.

Key Themes

1. Making Chiropractic Understandable

Reggie Gold was known for taking complex chiropractic philosophy and reducing it to simple, memorable concepts. His gift was communicating the

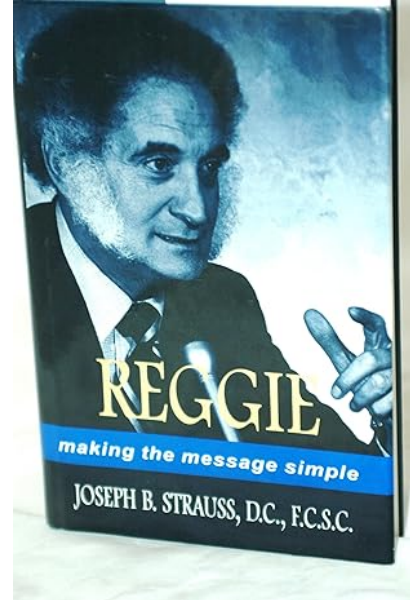
chiropractic message in a way that students, practitioners, and the public could easily understand.

2. The Importance of the Chiropractic Message

Gold emphasized that chiropractors should clearly communicate:

- What chiropractic is.
- What chiropractors do.
- Why vertebral subluxation matters.
- The body's innate ability to function better when interference is removed.

The book repeatedly highlights the idea that a chiropractor's success depends largely on how well they communicate these principles.



3. A History of Straight Chiropractic

Strauss uses Gold's life story as a lens through which to tell the recent history of the straight chiropractic movement, including:

- The Davenport years.
- Gold's teaching career.
- The South Carolina period.
- ADIO Institute and Spinology.
- The philosophical battles within the profession.

4. Standing for Principle

A major lesson is Gold's willingness to defend chiropractic philosophy even when it was unpopular. The book portrays him as a teacher who challenged students to think critically and remain grounded in chiropractic principles rather than seeking validation from medicine.

5. Education Through Storytelling

Rather than presenting philosophy as abstract theory, Gold taught through stories, analogies, and humor. Strauss demonstrates how this teaching style helped make chiropractic concepts accessible and memorable.

Major Takeaways for Chiropractors

- Simplicity is more powerful than complexity.
- Patients respond to clarity, not jargon.
- Philosophy should guide practice.
- Communication is a professional skill that must be developed.
- The chiropractor's role is to explain chiropractic in a way that ordinary people can understand and apply.

One-Sentence Summary

Reggie: Making the Message Simple is both a biography of Reggie Gold and a history of modern straight chiropractic, showing how Gold's greatest contribution was his ability to communicate chiropractic philosophy with extraordinary clarity and conviction.

Chiropractic is about the expression of Life!

The innate law of living things continuously sends innate impulses throughout the body in order to coordinate and organize every function of life. The nerve system serves as the pathway through which these messages are transmitted.

"Life itself is a privilege, but to live life to the *fullest* well, that is a choice."

— Andy Andrews

Vertebral subluxations represent interferes with this transmission.

The purpose of chiropractic care is to locate and correct vertebral subluxations because interference to the expression of life through the body is never preferable to no interference.

For chiropractors who follow this philosophy, that alone is reason enough to correct vertebral subluxations.

By Stamatis Tsamoutalidis, DC

A rundown of sweeping student loan changes set for July 1



A lifetime federal loan limit of \$257,500 applies to all student loans (excluding Parent PLUS loans) borrowed for all levels of study.

Starting July 1 2026 the federal student-loan program undergoes its biggest overhaul in decades, adding loan caps for new borrowers, ending the SAVE repayment plan and Graduate PLUS loans, and limiting repayment choices, while offering a 1% interest-rate discount for borrowers who use automatic payments.

Key points:

- Effective July 1 2026, Parent PLUS loans will be capped at \$20,000 per year and \$65,000 total, except for borrowers enrolled before June 30 2026 or with disbursements before July 1, in which case caps are lifted for three academic years.
- New Parent PLUS borrowers must use the tiered standard repayment plan, which provides fixed monthly payments over 10 to 25 years.

- Existing Parent PLUS loans can stay on the 10-year standard, extended (up to 25 years), or graduated repayment plans, and if consolidated before July 1 can remain on the income-contingent repayment (ICR) plan until June 30 2028, after which they move to income-based repayment (IBR).
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- The SAVE repayment plan ends on July 1 2026; about 7 million borrowers on SAVE have 90 days to select a new plan or will be automatically placed into the tiered standard plan.
- New graduate students lose access to Graduate PLUS loans and face a \$100,000 lifetime loan limit, while "*professional*" program students (e.g., pharmacy, law, medicine) may borrow up to \$50,000 annually and \$200,000 lifetime.

An AI overview from USA TODAY, June 30, 2026

Office coverage available

I'm a Sherman Chiropractic College graduate and recently retired from my practice. I'm available for chiropractic coverage in NJ & NY, on a daily, short term or long term basis. I'm proficient in various techniques and will model all practice procedures.



Contact Sam Sbarra, DC at (973) 393-2609
cubajoedoc@aol.com

TD Bank Affinity fund



The Garden State Chiropractic Society has joined the affinity program sponsored by TD Bank.

You can link a new or existing account to the GSCS. The account may be savings, checking, certificate of deposit, etc. It may be a personal or a business account. Since TD Bank has offices in several states, you can invite family members, friends, associate members and practice members to participate in this program. New TD Bank Affinity Member Customers get \$25 when opening a new checking account in store.

Please contact your local TD bank for further information.

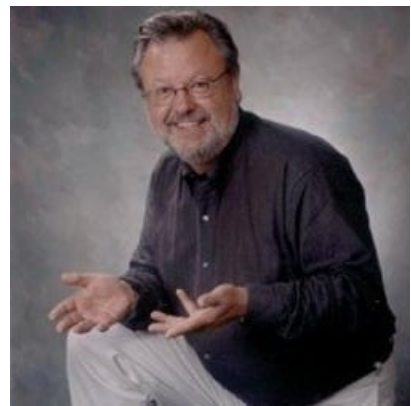
See the attached flyer for details.

Click [HERE](#) for flyer.

Happy New Blue Book! Volume 3!

**A new publication by Claude Lessard,
DC: The 2027 Chiropractic Textbook**

<https://www.sherman.edu/product-category/books/>



The 2027 Chiropractic Text Book is an updated systematic presentation regarding the study of chiropractic for classroom use with the curriculum of chiropractic institutions. Its four volumes continually reveal the chiropractic objective, which is derived from the 33 principles of chiropractic's basic science, and how to apply it in practice. The articles continue in number from when we left off in each previous volume and the method employed is the same.



Volume 1 explained what is meant by innate-normal, which is the function of the innate law of living things in the body (Prin. 27.) It also explained natural laws and it presented a number of fundamental principles. This was built upon further by Volume 2, which took up the study of cycles, in preparation for the work in Volume 3.

The 2027 Chiropractic Text Book Volume 3 consists of the explanation of coordination of activities of body parts and chiropractic's applied science, which is the practical application of the principles of chiropractic's basic science in analysis. These encompass the study of the autonomic nerve system, innate-normal transmission of innate impulses, DIS-EASE, attenuation of the momentum of innate impulses, methods and analysis of vertebral subluxations in accordance with the 33 principles of chiropractic's basic science.

Dr. Claude Lessard

Become a GSCS member

Not a member? Are you a student considering practicing in NJ? Are you a DC affiliated with an organization that just doesn't represent you and your understanding on chiropractic? Are you a DC who just has not gotten around to joining a state organization yet?



The GSCS is New Jersey's oldest and most respected chiropractic organization. Our mission has never wavered. And now is a great time to join the GSCS.

Click [HERE](#) for a membership application.

**GARDEN STATE
CHIROPRACTIC SOCIETY**
P.O. Box 298
Franklin Park, NJ 08823



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