

## South East Forum

Editorial Staff

### Georgia Chiropractor Treats Cy Young Winner

Atlanta Braves pitcher John Smoltz (left), another outstanding athlete who benefits from chiropractic care. Dr. Katz has been treating John since 1992.

Back in 1992, the Atlanta Braves were in their second consecutive National League championship series, facing the rival Pittsburgh Pirates. John Smoltz was scheduled to pitch the third game of that series, but before he did, he called on Alpharetta, Georgia chiropractor Steven Katz for treatment.

Dr. Katz flew into Pittsburgh and adjusted Smoltz three times before his start. Smoltz responded with an outstanding all-around performance, getting two hits and retiring 10 batters in a row during one stretch. Dr. Katz adjusted John again before the last game of the playoffs, which the Braves won in their last at-bat to get to the World Series. For his efforts, John Smoltz was voted the MVP of the National League playoff series.

Smoltz has become one of the best pitchers in professional baseball, compiling a record of 72-48, playing on the Braves' world championship team (1995), and winning the National League's Cy Young Award (1996).

I love to keep athletes in top condition and help them with any problems they are experiencing," said Dr. Katz. A Life graduate (1985), Dr. Katz treats several professional and college athletes. "Having chiropractic be a part of success with athletes is one of my main rewards."

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### Life Wins State Cross-Country Championship

Zoila Stewart, a member of Life's track and field team, meets with Costa Rican president Jose Maria Figueres. A former member of Costa Rica's Olympic team, Stewart recently competed in the cross country at the Georgia State Championship.

The athletic juggernaut that is Life University just keeps on rolling. In October, Life's men's cross country team was ranked number one by the National Association of Intercollegiate Athletics (NAIA). It was the first time the team had ever been reached the top of the college rankings.

To prove that ranking was no fluke, the men's team celebrated by winning its fifth consecutive state title in the 33rd Georgia State Men's Cross Country Championship. The Running Eagles captured five of the top six positions and took both the non-Division I and overall titles, beating NCAA rivals Georgia State and Georgia Tech.

Leading the way was Life student Silah Misoi, who shattered the course record by more than a minute, finishing the 8,000 meter race in 23:29. Teammate Sammy Nyamongo came in second at 23:46 and Japheth Kurui finished third with a time of 23:58. It was the first time in 50 years that

the top three runners finished the course in less than 24 minutes.

Rounding out the top six for Life were Francis Kirwa, who came in fifth (24:40), and David Tarus (25:30).

Head coach Mike Spino was named non-Division I cross-country coach of the year in Georgia for his team's accomplishments.

The women's cross-country team finished fifth overall at the Georgia State Championship. Paustine Kagan had the best performance for the women's team, placing 13th in a field of 92 competitors. Teammate Josephine Kandie finished 15th.

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