

Palmer West People

Editorial Staff

- Stuart Bichel of Calgary, Alberta was valedictorian of Palmer West's 61st graduating class. K. Robyn Kubo-Manley of San Jose, California graduated as class salutatorian.
- Sherry Mattern, who served as president of both the Associated Student Government and Palmer Academic Society, has received the "Student Fellow" award.
- Kevin Wong has been awarded the summer quarter scholarship from the National Chiropractic Mutual Insurance Company.
- Lorri Edwards and Richard Robinson were this year's recipients of the annual Palmer West International Alumni Association scholarships.
- Misty Watson and Lorri Edwards received the two annual Dr. Peggy Sherman Student Endowment scholarships.
- Richard Robinson and Yvonne Wong received the annual Palmer West British Columbia Alumni Association scholarships.

Weightlifter Overcomes Injury to Win State Championship

After coming back from a shoulder stress fracture that threatened to end his weightlifting career, Palmer West student Michael Ludovico has won the 1996 California State Weightlifting Championships men's 220-pound division bench press event with a lift of 417 pounds.

Michael has a personal best of 465 pounds in the bench press and is now nationally ranked #10 in that event by AAU Powerlifting.

A graduate of the University of North Carolina (BA), and the University of Southern California (M.A.), Michael credits chiropractic care with helping him overcome his injury. "Chiropractic has been instrumental in helping me stay injury-free and reaching my athletic goals," he said. "In some ways, powerlifting's shift toward drug-free competition is a trend which in many ways is analogous to the growing interest and appreciation for 'natural' health and wellness care among the general population."

