

Artist Thomas Kinkadee reflects on his career via a live satellite broadcast on Jan. 22 from 1-3 p.m. at the Poulsbo Sons of Norway.

● For business news, call Joe Irwin at 779-4464, or fax to 779-8276 or email to jirwin@northkitsapherald.com

Anchoring the Kingston back business

▼ *Backs aren't the only thing getting fixed by chiropractor Tom Lamar.*

By JOE IRWIN
Staff Writer

KINGSTON — The word of the week was "vomit."

"Are you sick or are you well when you vomit?" Tom Lamar, chiropractic physician asked. Sick, right? Not necessarily because the act of vomiting, while it isn't much fun, is actually your body attempting to rid itself of bad things, i.e. get well, he explained. "It's a healthy response to an unhealthy situation."

So goes the typical visit to Anchor Chiropractic in Kingston.

Lamar's word of the week is much more than just that, it's an icebreaker and a chance to discuss and educate the patient. A trip to the chiropractor, he said, should inform the visitor about not only why their body is in pain but also what steps they can take to ensure continued health.

"I try to make the experience an educational one in which I treat and inform the patient," Lamar explained. The loose program helps patients get better, faster. "Chiropractic has a very high rate of satisfaction. I think that's because we take the time to explain the process."

Lamar's drive to get into medicine started when most kids are trying to figure out what social group they fit into. He has known he'd be entering health care since he was in ninth grade.

"I've always been interested in medicine and helping others," Lamar said, adding with a laugh, "I'm a student mentor and no one knows what they want to do."

Coming from a long line of doctors, nurses and surgeons, Lamar initially felt compelled to become a medical doctor but found out in the course of his education that the profession was a depressing one — laden with high divorce and suicide rates. So, during the latter part of his undergraduate studies at the University of

California, Riverside he made a life-changing decision to change his focus.

"All the dying really bummed me out," he explained, noting that being a doctor meant a lot more than asking patients to stick their tongue out and say "ahh."

Another motive to switch medical approaches (given the high divorce rate) was that he was courting his future wife and wanted to ensure that their relationship would last. He is happy to report the Lamars are doing just dandy.

The field of chiropractic has grown over the years and putting aside the stereotype that the group simply "cracks backs," Lamar explained that the healing process is much broader than that.

"It's about helping the entire body — not just the spine," Lamar said.

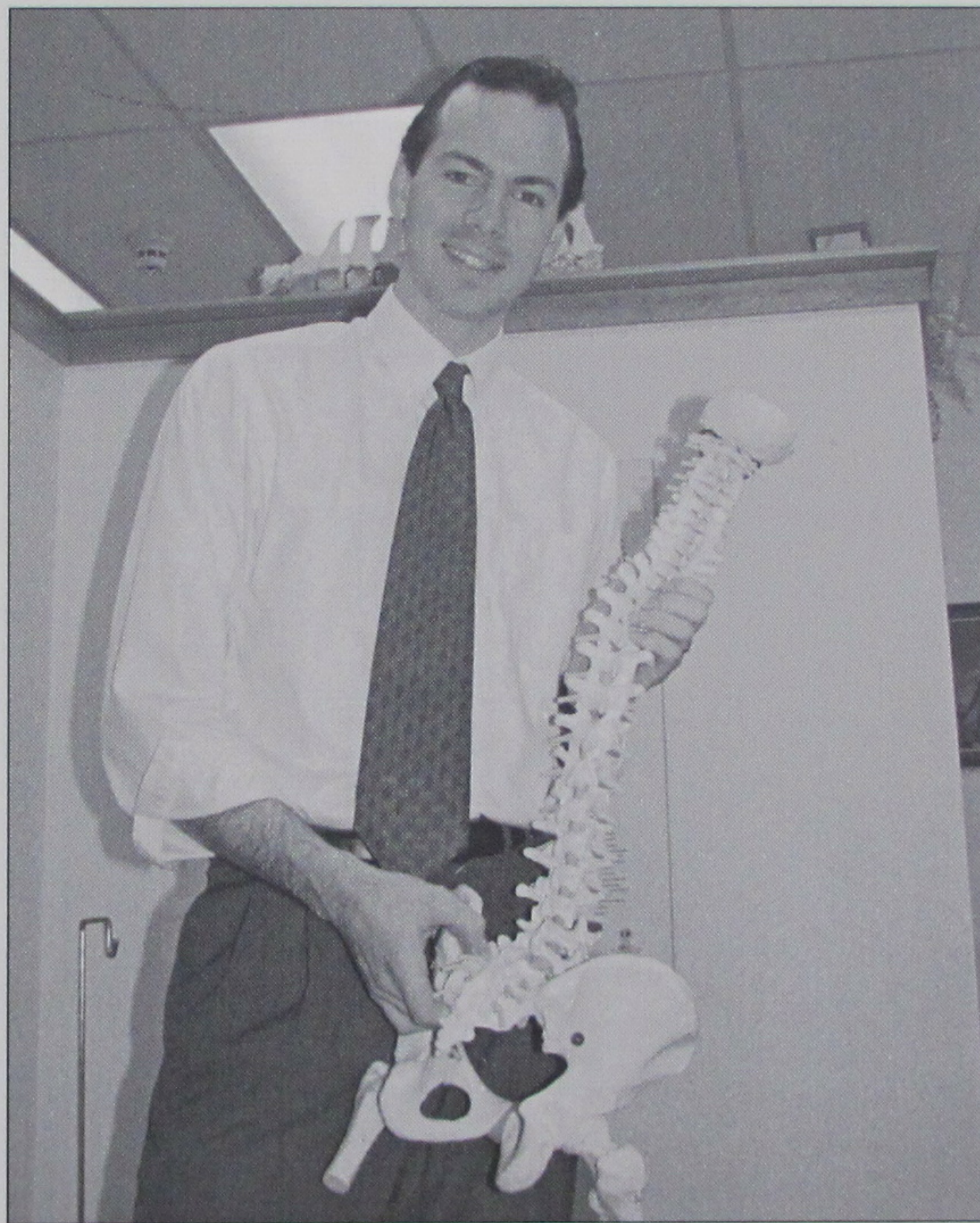
He knows about back pain from both sides of the table as well, having suffered chronically for years. Like many others, anti-inflammatories and other pain killers were the first line of defense. But they didn't work and every few months, Lamar would be laid up again.

"It was like an unwelcome guest who'd show up every couple of months," he said. So he went to (you guessed it) a chiropractor and received a rare "miracle adjustment." One session and Lamar was back on his feet for good.

"That impacted me so much that I decided this is it," he said.

He's been in the field ever since. Anchor Chiropractic (basically a one-man show) is nearing its three-year anniversary in Kingston.

Lamar is also a cartoonist, developing the character "Vert" (short for vertebrae) during chiropractic college in 1995. Lamar uses Vert to further answer commonly



Joe Irwin/Staff Photo

Kingston chiropractor Tom Lamar's practice stresses a total educational healing process for the body, not just "cracking the spine."

asked questions about his profession, another window into his desire to educate his patients.

With his back condition improved, one might think he's finally getting some decent shut eye. But Lamar's nights are getting a bit longer lately. His wife, Keri, is pregnant with the couple's second child — who is due in March. Paige, their daughter, just turned two in October.

Even though he's "working on the family package" on the home front, Lamar still finds time for a growing practice and deep involvement in North Kitsap. He's a mem-

ber of the Poulsbo Rotary, writes for the Kingston Community News and serves as a NK Success mentor.

"I think it's important to get involved with the community," he explained.

So, what's up with the "anchor" anyway? An aspiring boater, Lamar said having an excuse to post pictures of boats at the office helps him better enjoy the work week.

"I've always been a sailor at heart," he said. "I think if you surround yourself with things you like to do, you'll have a good day at work."

BUSINESS BRIEFING

R. Stuart Phillips opens law offices

R. Stuart Phillips has recently opened his law offices at 19307 8th Ave. NE, Suite B in Poulsbo. Phillips will devote his services to general practice, including family wills, family law and contracts, securities fraud, defective products, credit reporting violations and other areas. He will host an open house on Jan. 20 to introduce himself to the community. For addition information call 598-6232 or via the Internet at www.lawyerphillips.com.

McLaughlin sells county's priciest property

Penny McLaughlin of RE/MAX Unlimited in Poulsbo sold the most expensive property in Kitsap County in 1999, according to statistics from the Northwest Multiple Listing Service. The six-acre waterfront estate of Russell Trask on Bainbridge Island sold for \$2.35 million.

Chamber names Eagleson new president

Jeff Eagleson, owner of JJ's Fish House in Poulsbo, has been elected President of the Greater Poulsbo Chamber of Commerce for 2000. Brenda Prowse, Brenda Prowse Properties, will serve as vice president; Brent Stenman of North Sound Bank will serve as treasurer and Debe Doran, Doran Anderson Nelson PS, will continue on the board as immediate past president.

West Sound Academy slates Artsperiences

West Sound Academy will hold various Reaching In/Reaching Out Artsperiences classes and workshops from Jan. 25 to March 16. For additional information on fees and registration contact the academy at 598-5954.

Poulsbo gets budget recognition from Feds

The Government Finance Officers Association of the United States has announced that the City of Poulsbo has received the GFOA's Distinguished Budget Presentation award for its budget. Although the city has received several state budget awards in the past, this is its first federal award, said Mayor Donna Jean Bruce.

Anchor Chiropractic

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