

BANDING TOGETHER

A chiropractor's musical journey that helped struggling youth



According to Dr. Andrew Dykeman, everyone knows that the “coolest” part of any high school marching band is the drum line. Or at least that was his perception as a teenager, confidently playing the drums with the Alton High School Marching 100.

“Because I played the drums I thought I was the most important part of the band,” Dr. Dykeman recalls, laughing at his youthful self-assurance.

In search of the ultimate cool, Dr. Dykeman and a group of his childhood friends started a punk band named Judge Nothing. After high school, they began an almost decade-long road trip, playing at music venues across the U.S.

After signing to Chicago-based independent record label Thick Records, Judge Nothing started to gain notoriety and even had their songs featured on hit television shows such as *Dawson's Creek* and *Party of Five*.



Dr. Dykeman (pictured center) back in the day with his Judge Nothing bandmates.

“We were opening for major acts like Green Day and Joan Jett, but we weren't able to make the band completely successful,” said Dr. Dykeman. “We were broke. And even though I spent the better part of my twenties traveling in a beaten-up tour bus, I wouldn't change a thing. My experience with Judge Nothing made me what I am today and I had the time of my life.”

After deciding to call it quits, Dr. Dykeman and his bandmates came home and started pursuing other interests. The story of how Dr. Dykeman became a chiropractor is a “whole other Oprah,” he says. It started as a job working with a forensics team in Nashville, Tenn., where he became increasingly interested in science and more importantly, medical science.

“I knew I wanted to go back to school to become a doctor, and chiropractic completely complemented my philosophies of holistic medical care,” said the December 2003 Logan graduate. “When I got to Logan I instantly knew I had made the right choice for myself and my career and there was no looking back.”

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Now practicing at Rosewood Chiropractic Clinic in Alton, Ill., his hometown and where his musical journey began, Dr. Dykeman continues to incorporate music in his life and even his practice by treating musicians and educating them on stretching, breathing and lifting exercises to avoid injury and maintain flexibility.

“People don't realize that musicians deal with many of the same musculoskeletal injuries and discomfort that athletes often endure,” he said.



“Dr. Daryl Ridgeway at Logan taught an excellent lecture on chiropractic techniques for musicians and I share this knowledge with my musician friends and patients.”

Recently, Dr. Dykeman became involved in a local Alton volunteer youth drum line named the Delta Regiment. Started by Mark North, a retired U.S. Army and Navy officer, the drum line was created to give struggling youth guidance and offer a positive way to express themselves.

The program teaches teenagers how to play drums, while teaching life lessons about discipline, respect, self esteem, first aid and survival skills, all influenced by North’s structured military background. North and his wife, Kathleen, also spend much of their time tutoring the teens with their school work .



Dr. Dykeman first met North in High School as they were both members of the drum line of the Alton high school Marching 100. When Dr. Dykeman heard about the Delta Regiment he knew he had to get involved.

“I called Mark right away and told him I wanted to help,” Dr. Dykeman said. “We had a great time catching up, but I think at the end of the call Mark probably thought he would never hear from me again.”

But the Delta Regiment did hear back from Dr. Dykeman in a big way when he called to tell North that he collected almost two truckloads of drum equipment to donate.

“I called all my musician friends, basically anyone I had met while in Judge Nothing,” Dr. Dykeman said. “I told them about the amazing work Mark was doing and they were more than happy to help and donated their used equipment.”

The Delta Regiment began with two young members and has now grown to 86, demonstrating the need for this type of youth-focused program.

Dr. Dykeman continues to stay involved with the youth drum line, providing information on health and wellness and even letting the group perform at his office.

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Because “the coolest instrument in the band” gave Dr. Dykeman the road trip of his life, he felt he owed it to his musician patients to provide the best care and inspire local youth to make a difference in their community.

For more information or to find out ways to help the Delta Regiment, call (618) 433-9034.