



# View from the Pyramids: Waves of the Future

**AAOJ Editor-in-Chief Janice Upton Blumer, DO, FAAO**

## EDITORIAL

This issue of the *AAOJ* marks a new beginning, a "wave" of the future, so to speak. We are so excited to continue to bring you great articles, including an FAAO thesis paper by Dr. Robert Kessler on low back pain, osteopathic treatment for renal mobility and blood pressure, and lessons learned during the 1912 influenza pandemic. In addition, we are happy to provide you another great article in the "Scholar" series of articles, which are helpful to develop and encourage our students' and practicing DOs' understanding and support of scholarly activity.

We are excited to be taking early steps toward new online platforms for the *AAOJ*. The online platforms will allow for online submission and peer review management of new manuscript submissions, making it easier for you as authors to submit and track your articles, and will ultimately serve as the new online publishing hub for the *AAOJ* to be found and read online.

Making this transition to online publishing for the *AAOJ* will allow for the published articles to be indexed by Google Scholar, among other medical indexing services. This new online publishing platform is an important milestone in preparation for filing an application for the *AAOJ* to be listed in MEDLINE, a long time goal of the Publications Committee. The *AAOJ* has such great information to share with the world, and we want it to be accessible to search engines and little by little we are headed in this direction. While we have many hurdles still, we are so optimistic that we will be able to provide this new platform for you in the near future.

Optimism is warranted, as many states are opening up now that more and more individuals have received the COVID 19 vaccine. While COVID 19 has changed the landscape of medicine, and we are by no means out of the woods, there is so much to be hopeful for. The challenges that we have faced in the past 15 months have made us appreciate the simpler things in life, like being able to travel freely and unimpeded, and being able to go mask free.

All of these small victories are waves of the future. Waves, just like the ocean, crest and recede and are affected by the tides. The ebb and flow are the only way to etch away the rocky shores ahead. Some days the tides are calm and some days raging. So too, is the path of progress forward, especially during times of COVID 19. Regardless, we can celebrate our small wins, just as much as the big ones and remember that the tides are always moving.



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Just like those rocky shorelines, coasts need lighthouses to protect us from running aground. The *AAOJ*'s metaphoric lighthouses are our amazing AAO leadership and staff support: President Paul R. Rennie, DO, FAAO; Executive Director Sherri Quarles; Publications Administrator Katie Kowalski, and many others at our home base in Indianapolis. Without these lighthouses, we would surely lose our way. I am so grateful for the work they do to keep us on course and moving forward with every single issue.

This summer, take time to appreciate the ebb and flow, and find time to appreciate those who have kept you on course. Hopefully you get to enjoy those little pleasures and renewed freedoms as well this summer, but with the safety of your lighthouses securely in sight so you don't run ashore.

In Gratitude –

Janice Blumer, DO, FAAO