

# LIFE AT LIFE

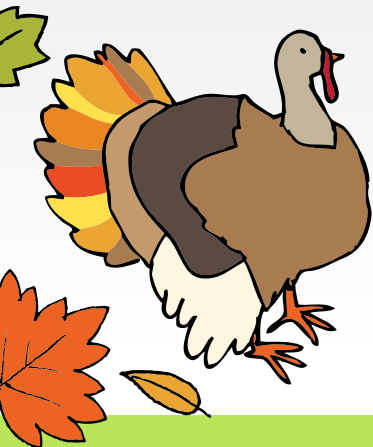
A STAFF COMMUNICATION



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You can access past Newsletters by visiting the Staff 101 Blackboard site.



## LETTER FROM By April Basler *the Editor*



### Hello Life University Staff-

Wow, is it me, or did the year go by so fast? The holidays are approaching, and that means giving thanks and spending time with loved ones. I hope you have a lot to be thankful for this year. Next thing we know, it's going to be Hanukkah, Christmas, Bodhi Day, Kwanzaa and the Winter Solstice. I hope everyone has a great holiday celebration and a restful break.

This issue of the Staff Newsletter is jam packed! Learn more about the Purchasing department in this quarter's "**Around Campus**" article. We have included an article about the new LIFE U Shop, just in time for gift-giving season. Get to know staff member VonChristian Webb of CC-HOP in our "**Staff Spotlight**" feature. We have also included a "**Fall Week 0 Recap**" by Rebecca Koch, and our "**Life-Steps to Wellness**" article discusses something very important: Self-care. Are you always at a loss of what to do with your Thanksgiving leftovers? Read Shelia Wood's take on "**Reinventing Thanksgiving Dinner**," complete with two recipes.

Last quarter, we put an ad in the newsletter for LIFE employees who provide notary services to the LIFE community. We have included that complete list in this issue. Now, we're looking for more submissions— your pets! We would like all staff members to send in pictures of their furry family members, and next issue, we will feature the Pets of LIFE.

A member of the LIFE community has a very important story to tell and she has utilized the Staff Newsletter as an outlet to share it. Read about Eileen Zebrowitz's brave battle with breast cancer called "**Survivor – It's real but not a Reality Show.**" She has also included excerpts from well-known blogs that give suggestions on what to say and do when someone you know is battling cancer.

The Staff Newsletter team and I wish you a Happy Holidays and a prosperous New Year! Have a great rest of the quarter!

April Basler  
Staff Newsletter Editor  
CC-HOP Office Assistant

## CAMPUS HOURS

<b>CC-HOP</b>	
M & F	8:30 a.m.–7 p.m.
TU & TH	8 a.m.–7 p.m.
W	9 a.m.–1 p.m. & 5 p.m.–7 p.m.
Closed W	1 p.m.–5 p.m.
<b>CETL</b>	
M–F	8 a.m.–5 p.m.

<b>C-HOP</b>	
M–F	8 a.m.–7:30 p.m.
Sat	8 a.m.–1 p.m.
Closed	
each day	1:30 p.m.–3 p.m.
<b>Socrates Café*</b>	
M–TH	6:30 a.m.–3 p.m.
Friday	6:30 a.m.–1:30 p.m.

<b>Wellness Center</b>	
M–TH	5:30 a.m.–9 p.m.
Friday	5:30 a.m.–8 p.m.
Sat/Sun	10 a.m.–5 p.m.
<b>Plato II Go*</b>	
M–TH	10:30 a.m.–7 p.m.
Friday	10:30 a.m.–5 p.m.

<b>Library</b>	
M–TH	6:45 a.m.–11:45 p.m.
Friday	6:45 a.m.–6:45 p.m.
Saturday	10:30 a.m.–6:45 p.m.
Sunday	1:30 p.m.–11:45 p.m.

\*Hours Subject to Change

# FROM THE DESK OF STAFF COUNCIL

## *John C. Maxwell's Key to Success*

"The secret of your success is determined by your daily agenda." – John C. Maxwell

Oftentimes, people chalk up success to luck or being at the right place at the right time; something that we can wait to fall into our laps. I've heard many preach that if you just work hard and meet the right people then you will be successful. Many times as well, people don't believe that success can be achieved so they criticize it. In my own experiences, I've been mentored and taught that success means doing the most that you can for others. Although working hard and being selfless are a small part of success, the true key to success lies in your daily agenda.



By Adam Townsend

Recently, I began reading a book titled *Today Matters* written by John C. Maxwell, an American author, motivational speaker, management consultant and pastor. In this book, Maxwell provides a real-life approach to bringing out your maximum potential and achieving success through a simple list of what he refers to as, "daily dozens." Maxwell's personal list of daily dozens includes attitude, priorities, health, family, thinking, commitment, finances, faith, relationships, generosity, values and growth. These are items that he reflects on every morning and focuses his attitude and behaviors on nurturing.

These daily dozens can be different for every individual and I want to encourage the Staff at Life University to spend some time and reflect on what priorities they might want to add to their own personal daily dozens. We are the rubber that meets the road for the University when it comes to serving our students. I want to challenge you to continue promoting your success by taking John Maxwell's advice and put his instructions into action by listing out your own daily dozens and working on them daily. ■



**NOVEMBER 26**

***Thanksgiving Day Half Marathon and 5K***

**Time:** 7:30 a.m.

**Location:** Turner Field, Atlanta

**Information:** This Thanksgiving race, put on by the Atlanta Track Club, attracts thousands of runners and walkers eager to share in the holiday spirit and give thanks for their health and fitness.

**Website:** <http://www.atlantatrackclub.org/thanksgiving-day>

## *Local Happenings*



**NOVEMBER 26 —  
DECEMBER 31**

***Lights of LIFE***

**Times:** Mondays through  
Thursdays 6 — 9 p.m.

Fridays, Saturdays &  
Sundays 6 — 10 p.m.

**Location:** Our beautiful campus

**Information:** A holiday tradition since 1989. Enjoy the lights petting zoo, train rides, pony rides, concession stand and a visit from Santa Claus. \$5— \$10 for cars. \$20 for vans/buses.

**Website:** <http://www.life.edu/events/lights-of-life>



**DECEMBER 6**

***40th Annual Hanukkah Bazaar***

**Time:** 11 a.m. — 5 p.m.

**Location:** Congregation Or VeShalom, 1681 N Druid Hills Rd., Brookhaven

**Information:** There will be jewelry and craft vendors, games and activities for the kids, a used book sale, an international dinner auction, and food.

**Website:** <https://orveshalom.org/content/ovs-hanukkah-bazaar>



**DECEMBER 5**

***A Day with Santa***

**Time:** 12 noon— 6 p.m.

**Location:** Downtown Kennesaw

**Information:** Santa's arrival begins with a parade followed by holiday activities including free snow tubing, inflatables, kid's crafts, visits with Santa, stage entertainment, concessions and a holiday gift market.

**Website:** <http://www adaywithsanta.com/>



**DECEMBER 31**

***New Year's Eve Peach Drop 2016***

**Times:** 11a.m., Children's activities and music, 6 p.m., Main acts, Midnight, peach drop

**Location:** Underground Atlanta

**Information:** Enjoy music and fun for the whole family at the peach drop, the largest New Year's Eve celebration in the Southeast. The giant 800-pound peach that descends at midnight as confetti rains on the crowd at Underground Atlanta.





Each issue, we feature a different department for the Around Campus article. This quarter, we talked to staff at the Purchasing Department.

**STAFF NEWSLETTER:** Where are you located?

**PURCHASING DEPARTMENT:** The Purchasing Department and Mail Services are located on the northeast end of the CGUS Building. So that places us down the hallway between the Socrates Café cashier and LIFE U Shop (bookstore); or inside the loading dock if you follow the directional arrows from LIFE's Way.

**SN:** How many people work in your department?

**PD:** We currently have 4 people that work in our department - Mel Burton, Purchasing & Mail Services Manager; Mack Hill, Mail Services & Inventory Supervisor; Crystal Hughes Purchasing Clerk; and Michael Thomas, Mail Clerk.

**SN:** Does your department have a mission/main goal? What is it?

**PD:** Our primary goal is to research and obtain the best value for goods and services used throughout the University. This is accomplished by continually evaluating consumables, services, as well as fixed materials and matching them to vendors that can meet our needs and our terms in conjunction with our

established policy and practices. We then use this information to process purchase orders, ship and receive merchandise and facilitate the movement of written correspondence across campus.

**SN:** What are your hours?

**PD:** Our office is officially open from 8am – 5pm Monday thru Friday, but you can sometimes find someone in as early as 7:30am or as late as 6pm.

**SN:** How long has your department been in existence?

**PD:** I can't really say, but I'd figure since the late 1970's (none of us were here then).

**SN:** Are you on the LIFE website?

**PD:** Absolutely. Browse to [www.life.edu/purchasing](http://www.life.edu/purchasing) for policies, procedures and general FAQs.

**SN:** Brag about yourself for a minute. In what specific ways have you impacted LIFE students as a department?

**PD:** Most students don't even realize that our little out-of-the-way office even exists...until they get an email that says, "LIFE University Mail Services: Business Card Arrival" and then we're there with a smile and "Congratulations" as they take the next step in their LIFE journey. ■



## Tech Tip: Cleaner Keys

For the majority of people at LIFE, you are working through a keyboard anywhere from a little to most of the time. For those folks, a keyboard is our gateway to the world of work and knowledge and the primary tool of our trade. It's easy to take your keyboard for granted and, when attached to a desktop, they are not quite as crucial to our work or as costly to replace. When integrated into a laptop, they're part and parcel with the entire computer and far more costly – in time and money - to repair or replace. The surest way to long keyboard life is keeping them reasonably clean. And the number one rule for doing that is to not eat near them.

Drinking around them is more potentially and immediately damaging but containing a beverage is doable while containing the crumbs from food is just about impossible. Dust is another particulate that can limit the life of a keyboard. To save money, keep your keyboard clean. To save money on keeping your keyboard clean, forget those aerosol air dusters and use the sticky ends and corners of Post-It (or similar) notes to pick up dust from between and beside the keys. It might take you a note or three to get the knack of it but it works pretty well. ■



## STAFF MEMBER SPOTLIGHT:

# VonChristian Webb

Every quarter, we feature a different staff member for the Staff Member Spotlight.

This quarter, we're featuring VonChristian "Von" Webb.

**STAFF NEWSLETTER:** Tell us about what brought you to LIFE.

**VONCHRISTIAN WEBB:** What brought me to LIFE was starting as a student. After a few years as a student, I received a great opportunity to become an employee for the University.

**SN:** Where at LIFE do you work and what might your day look like?

**VW:** I currently work in the Campus Center for Health and Optimum Performance (CC-HOP) as an Office Assistant. My days can vary depending on the schedule for the day, but mostly I check in patients and schedule appointments for interns.

**SN:** What has surprised you most about LIFE since you got here?

**VW:** One of the things that has surprised me the most about LIFE is finding a University that makes you want to strive for the best and work hard to achieve your goals. You are not able to find that everywhere you go.

**SN:** Please share about your education.

**VW:** My education has been great experience. I believe getting my education at LIFE was one of the best decisions to make.

**SN:** Please share about your past job experiences.

**VW:** The best way to explain the experiences from my past jobs would be to say they are

what helped me get to this point and are some of the reasons why I am the person I am today. I can say it was an up and down journey, but it was well worth it. I also have experience in customer service.

**SN:** What is one of your career goals?

**VW:** One of my career goals is to grow inside the University and to aim to reach the University's expectations.

**SN:** What do you like to do for fun?

**VW:** Honestly, what I like to do for fun is socialize, which is a part of what I do for LIFE. Talking and interacting with people is great and can be a lot of fun.

**SN:** What is something not many people know about you?

**VW:** One thing that most people do not about me is that I like to eat ice cream when it is cold outside. I know that sounds odd, but it is very true.

**SN:** Can you tell us about some items on your "bucket list?"

**VW:** One of the items in the bucket list would be to travel more. There are many places in the world that I would not mind seeing, and I hope to be able to do that someday.

**SN:** Do you have anything else you would like to add/share?

**VW:** Thank you for this opportunity. I hope everyone enjoys reading my interview. ■



**VOLUNTEERS NEEDED:** We need staff members to be highlighted in the Staff Member Spotlight. If you would like to volunteer or know someone who would be interested in being in the Spotlight, please email [StaffNewsletter@LIFE.edu](mailto:StaffNewsletter@LIFE.edu).

## T i d b i t s

- \* No building in Washington, DC may be taller than 13 floors. This is so that, no matter where in the city you are, you can see the monument to our first President, George Washington.
- \* Do you know the names of the three wise monkeys? They are: Mizaru (See no evil), Mikazaru (Hear no evil), and Mazaru (Speak no evil).
- \* In 1795, the liter was introduced in France as one of the new Republican Measures, and defined as one cubic decimeter.
- \* The slide rule that many of us grew up with was first developed in the 1600's and by the mid 1970's, the use of cheap electronic calculators made the slide rule obsolete.
- \* What do George Orwell, Lyndon B. Johnson and Benito Mussolini have in common? They all used to be schoolteachers.
- \* The world's largest cardboard box was manufactured on March 29 2007 and measured approximately 33 ft. x 13 ft. x 7ft.
- \* The oldest known message in a bottle spent 98 years at sea. The bottle was one of 1,890 bottles released on June 10, 1914, and the 315th to be entered into a log, which is still kept and updated by Marine Scotland Science in Aberdeen. ■

## Pets of LIFE

Want to brag about your furry family member? Send in a picture of your pet(s), and we'll feature a collage of LIFE pets in our next newsletter! Please submit your photos to [StaffNewsletter@LIFE.edu](mailto:StaffNewsletter@LIFE.edu).

# Fall into Excellence

We live our LIFE in the fast lane, of that there can be no doubt. We seldom do just one event on campus if we can create more energy and buzz by doing several at the same time. This formula works well for participants, giving them a sense of how full our LIFE can be. It's a challenge for event organizers and they meet and exceed it every time. And, our guests tell us in their feedback, time and again, it's a challenge worth meeting.

Fall Week 0 is one of those times. It's a short break, and it was already full with the usual business of quarter changeover tasks like preparing for classes, doing routine maintenance, completing admissions, and orienting our new students.

*"Keep your best wishes close to your heart and watch what happens"*  
-Tony DeLiso

For the fourth year in a row, we've also added in Fall CE. From the beginning, it was clear doing Fall CE and Orientation at the same time would be challenging – but worth it. It was a monumental task, so big that multiple departments had to work together to plan it, and everyone on campus who was not engaged in Week 0 duties critical to serving the needs of students and/or campus facilities to staff it.

If you read the Fall CE recap from Dr. Riekeman and Greg Harris (VP for Advancement, whose areas have primary responsibility for Fall CE), you'll know that – thanks to each and every one of us – LIFE now hosts the largest Chiropractic CE event in the nation, with nearly 2,000 attendees. We also took in about \$25,000 in cash contributions and, as Advancement begins to sort through the data, there is little doubt we'll see this year's Fall CE continued the trend of increasing alumni participation and engagement in other events and donation opportunities.

Few things at LIFE have shown who we are as a community more than what we've managed to do over the Week 0 break between summer and Fall Quarters for the last four years, especially this last one.

It was tough thinking about doing it without Cynthia Lund, who was so critical to the process the first three years. Her "can-do" spirit and efficiency – and her laughter - were woven into the fabric of Fall CE. It was an honor, along with Taz Graves, to work

together and carry Cynthia's spirit between us. We thought of her often and laughed and cried – along with so many of you – and kept plugging along.

It was also challenging for me personally this year with my mother in hospice care. I do not have words, but I do have tears flowing as I write this, to express the gratitude I feel for everyone on campus who came together to support Fall CE and served so beautifully as Hosts. Everyone knew or found out what to do and simply did it. Special thanks to Drs. Lydia Dever, Karen Numeroff, and Deb Roche for being there Wednesday, Thursday and Friday morning to learn the ropes on checking in Hosts and Scanner School and then making sure everyone who came after, including Karen Gates, Bridgette Morris, Drs. Susan Sharkey, Leslie King, Bernadette Lavender, Linda Mullin, and David Koch, knew the drill for Friday afternoon/evening, Saturday and Sunday. Thanks to them and each of you, my mother and I had a bit more time together.

It was also noteworthy that so many Student Services and Enrollment peeps, who are exempt from Fall CE Host duty because of how tapped out they have to be after an end-of-the-quarter that includes Bag Check, convocation banquets, grades, student loans, advisement, applications, admissions, graduation rehearsal, the graduation ceremony, reception and who knows what else? Then, they went right into Week 0 with Orientation, registration, more advisement, loan processing, and so on - and many of them volunteered to serve as Hosts anyway, in addition to doing their usual grueling routine. As always, Grounds made every-blinking-thing happen and there is no way we could do so much at the same time – or at all – without them. Physical Plant kept the systems running and worked hard to maintain comfortable temperatures. The IT/AV Team was as amazing as usual and took care of every Fall Week 0 event on campus, in addition to assisting Fall CE speakers. And, as always, Advancement worked together to welcome and serve alumni and vendors - and Postgrad got everything ready for our guests to receive CE credit and then worked through all those scans to make sure our Fall CE Guests get all the credit they earned.

Everyone on campus plays a part in successful Fall Week 0 events and, once again - thanks to each and every one of you - this year was the best one yet. ■



# LIFE-Steps to Wellness: *Self-Care*

Self-care is not selfish; it is the most intimate form of empathy and compassion one can experience. Most of us neglect our own care in favor of caring for others. We can also get so wrapped up in day-to-day obligations that we forget to listen to what our body is trying to tell us. Taking even small breaks to care for oneself may seem impossible at times, but is highly important for optimal performance and health!

## Tips for Self-Care:

- Identify what activities help you feel your best
- Map out time for yourself on your calendar
- Include acts of self-care whenever and wherever you can
- Check in with yourself regularly
- Surround yourself with great people
- Consider the quality of self-care
- Remember that self-care is non-negotiable

Adapted from [psychcentral.com](http://psychcentral.com)

## Steps to Self-Care:

- Get adequate sleep
- Maintain good nutrition
- Exercise regularly
- Develop supportive relationships
- Accept who you are
- Practice good communication
- Practice positive thinking
- Be mindful of substance use
- Practice setting realistic goals
- Find time for relaxation and play

Adapted from

<http://www.framingham.edu/counseling/self-help> ■

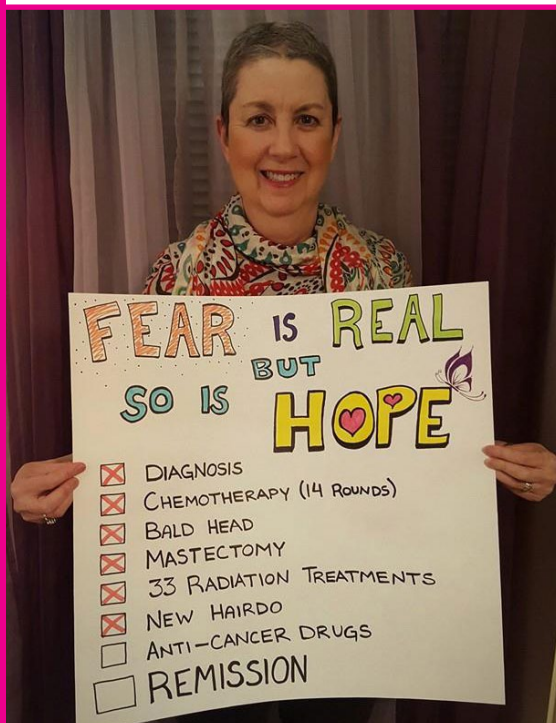
# Survivor

By Eileen Zebrowitz

– It's real but not a reality show.

In September, many of the people at LIFE who know me noticed that I changed my hair style from a dark brown shag to a very short salt and pepper pixie. Staff and students alike remarked how nice I look with the changed hairdo. They had no idea that the dark brown shag was a wig and the pixie was my own hair growing back!

In January 2015, I awoke from what I hoped was simply a bad dream. I had gone for my annual mammogram, and the doctor became quite concerned when she felt a lump during the exam. She said that it may just be a fatty tumor, but made an appointment for me to come back in two days to have a biopsy. Well, that biopsy, plus three additional ones, confirmed with the mammogram that I had a very aggressive, stage two, triple-negative breast cancer.



It was a complete shock to me and my family. My health was excellent. I was always the healthy one who watched what I ate, and worked out at our Wellness Center four or five days a week. I enjoyed attending the Zumba and Pilates classes. That was all to change.

I have learned more about breast cancer than I ever dreamed possible, and rather than

going into great detail, suffice it to say that there isn't just one type of breast cancer. I should be so lucky in a lottery, but I ended up with one of the toughest ones to fight.

The oncologist and breast doctor put together a plan of action and we got started. We decided to proceed with chemotherapy prior to undergoing surgery. The hope was that the chemo would shrink the tumor enough to either have it disappear completely, or make it easy to remove with a lumpectomy. I was to receive two different courses of chemotherapy over the coming months. The treatment started on March 12th, with two different drugs administered weekly in a three week cycle, for a total of twelve treatments. The next course would be administered in the same manner. I completed a total of 14 chemotherapy treatments

The chemotherapy wears you out, especially as you get near the end of the treatment course, and I found myself taking frequent naps. There are many side-effects to taking the medication. Losing all of my hair was bad enough, but to add insult to injury, I was losing my sense of taste, too. I struggled to find foods that I could taste, and that tasted good to me. The doctors were always concerned that I would not consume enough to maintain body weight. I had to force myself to eat. Working throughout the chemo was a good distraction for me. Keeping busy was the key to getting through it. The busier you are, the less time you have to think about what you are going through. Chiropractic care really helped with the side effects and hypnosis helped to keep me calm and relaxed. I only missed work for chemo, doctor appointments and the three weeks after surgery. My supervisors and the people I work with were very supportive. My friends and neighbors were also very supportive bringing meals for me and my husband.

Well, the chemotherapy was finally completed in the middle of June and it was time to schedule surgery. Although the chemotherapy kept the tumor from growing, it did not appreciably shrink it, and a lumpectomy was no longer an option. More tests and scans had to be performed before the scheduled surgery in the middle

*continued on the next page*

# Notaries Public at LIFE

When you find you need a notary, there's one right around the corner. The following LIFE staff members would be happy to notarize any documents for you.

**NOTARY:** Brett North

**CONTACT INFO:** 770-426-2786  
or [brett.north@life.edu](mailto:brett.north@life.edu)

**LOCATION:** C-HOP

**INFORMATION:** Hours vary –  
Please call or e-mail first  
No fee

**NOTARY:** Lt. Linda Marlowe

**LOCATION:** Campus Safety,  
Mod 2

**TIMES:** 7 a.m. to 3 p.m. M-F

**INFORMATION:** Driver's  
License required. Notary  
since 1983.  
No fee

**NOTARY:** Adam Townsend

**CONTACT INFO:** adam.  
[townsend@LIFE.edu](mailto:townsend@LIFE.edu) or call  
ext. 3050

**LOCATION:** Center for  
Excellence in Teaching and  
Learning (CETL) next to the  
Library.

**INFORMATION:** Please call or  
email first  
No fee ■



For another cancer survivor story, click here to read a blog post Rebecca Koch wrote last year on the 10th anniversary of her terminal kidney cancer diagnosis: <https://happilyrebecca.wordpress.com/2014/02/18/the-other-side/>

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of July. Several weeks after surgery, I began the radiation treatments. Every day, Monday through Friday for 33 days, I drove 25 miles one-way to get radiation treatments. I was very fortunate that I had no problems from the radiation and am now finished.

Physical therapy is helping me regain strength and range of motion in my arm, and relieve some of the pain associated with the surgery. I still need medications to help my body heal completely. This was not a journey. It was a nightmare that I wish I didn't have to face, and at least for the moment, I am a survivor.

If you want to support Breast Cancer Awareness and Cure, the highest rated Breast Cancer Organization in the U.S. is Breast Cancer Research Foundation, [www.bcf cure.org](http://www.bcf cure.org). They are searching for a cure unlike some of the better known charities.

**The following are excerpts from "What I Wish You'd Say to Me."** By Mandi Hudson, who writes the award-winning blog "Darn Good Lemonade."

People with cancer want to know that those around them love them, and can offer help and support. There are plenty of articles out there on what not to say to someone who has cancer, but what should you say?

Sometimes, the simplest response is the best response. Say you are there for them, and mean it. People with cancer tend to find a major shift in their relationships when they are in cancer treatment, and bad friends tend to get weeded out pretty quickly. Where some will step up and help them out, there will also be a loss of some friendships, because some people can't cope with a cancer diagnosis and avoid them.

Sometimes they just need someone to vent to. Many patients put on a happy face, when inside they are a boiling pot of turmoil. They might feel like they don't have a safe place to vent out many of their frustrations and worries. Same goes for caretakers; they also need somewhere safe to talk.

They should be allowed to say they are extremely exhausted from balancing work, caring for their loved one, and life. Trying to be positive all of the time is exhausting and sometimes they just need to be able to talk about their fears, pain, and what they are going through.

Laura Snyder, who writes Thoughts on Cancer, suggests asking what they are craving and bringing it. Same goes for

housecleaning, childcare, anything you can do to help. Offering specific help is the best kind to offer.

You have to juggle so many things when you have cancer, it can be overwhelming to ask for help when you end up needing it. Also, offer help throughout their treatment. A lot of the time, help comes in waves, everyone offers to cook dinner at once, and then three months into chemo, no one is.

This was shared by Beth Caldwell of The Cult of Perfect Motherhood. Unless you know the patient's circumstance (and even if you do), hearing about the glorious number of people who survived and didn't survive a particular form of cancer is not particularly helpful when you are in the thick of things. This is an even bigger deal for someone with terminal cancer.

Same goes for anyone trying to convince the patient that their treatment is poison, and that alternative therapies are the way to go. Offer to be the voice of reason, even if it is just for a laugh. (A note from Eileen: "I had several students that I considered friends, go crazy on me when I told them I was going to be doing chemo. That's the main reason I found a wig that looked just like my hair. I didn't have the energy to waste debating my reasons for my treatment.")

The cancer patient may have experiences and happy things they want to do in the midst of their treatment (or after). Not everyone has a bucket list, but priorities typically shift over to family, friends, and experiences being an even larger priority.

Taking the patient out for a fun experience (even if it is just a trip to the movies) or helping them fulfill a lifelong dream will mean a lot to them.

Knowing that you are actively on someone's mind and that they care about you is comforting. Avoid noting that you're "thinking about them" involves you bawling your eyes out for three hours. No one wants to hear that they are breaking your heart and that you are worried about them.

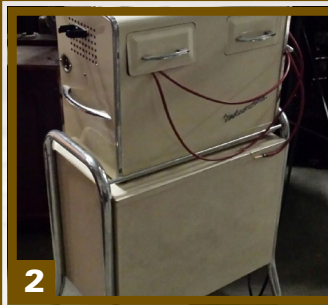
It is perfectly okay to not feel like you have the right thing to say. It is better than saying nothing at all. No one is truly an expert on what you should say, and everyone is different. Being honest when you are tongue-tied is perfectly alright. The cancer patient may guide you on what they need or what is helpful for them. ■



# Blast from the Past Memories from LIFE

We went to LIFE's storage unit on Glover Street and took pictures of old equipment and such that the University used in the past. Things certainly have changed over the years!

**1.** An adjusting table from the 60's **2.** Part of an older style piece of X-ray equipment **3.** An old adjusting table from the 80's **4.** A more recently retired adjusting table **5.** Old toys once used inside the window displays of the Lights of Life trailers in the 80's **6.** Part of the old Historic Village mill controls **7.** Part of X-ray equipment from the 50's **8.** The "dummy" box that was built by John Wheeler and his sister to kick off the Lights of Life each year for decades. Dr. Sid would stand in what is now Lyceum Park flip this switch, and the whole campus would spontaneously light up.



## LIFE U Shop

In case you haven't noticed "the old LIFE U Bookstore," next to Socrates Café, has undergone a total transformation. Whether you're looking for a gift or to sport the latest LIFE U school pride fashion, we've got something for you here! With new branding, merchandise and displays, everyone is sure to find something they like. We have multiple sports and teams to represent and we've got you covered. From shirts and hoodies, to blankets, and stadium seats, you'll be ready for the next LIFE U event.

The bookstore began its remodel during the break between summer and fall quarters and was ready to open, thanks to the Life University Marketing Department, Grounds, and Support Services, by the time Fall CE and Orientation rolled around. It was a huge hit with alumni who stocked up on LIFE U Gear to take home.

We have partnered with a new textbook company so many students will soon be able to buy their textbooks right online with delivery to campus. New brands like Nike, Adidas, Tervis Tumbler, Eddie Bauer, OGO, and even a children's line are coming to the LIFE U SHOP. Various personal care items will soon be available also, so if you're in a hurry and forget something at home, run by the bookstore to pick up a toothbrush. You'll soon be able to shop online and ship your gifts to friends and family anywhere.

**We're open Monday through Friday, 7:30 a.m. until 3:00 p.m. ■**



# Gay Straight Alliance

Life University's mission statement includes the goals of empowering students and helping them to become "transformational leaders in an increasingly diverse, global and dynamic world." What better way to do so than to encourage all students to honor who they are as people while they express their innate potential. The Gay Straight Alliance (GSA) at Life University allows a diverse group of students to interact and support each other as they gain the education and skills to become community and business leaders dedicated to social change.

According to the Life University Gay Straight Alliance Facebook page, the goal of the organization is "to provide students of the Life U community a place that is welcoming and safe for all students/faculty/ staff. All are welcome, regardless of gender identity or sexual orientation. Club activities include social events, guest speakers, regular club meetings, and participation in the Atlanta Pride Parade. We spoke with Beth Horne, the President of the GSA.

**STAFF NEWSLETTER:** What is the vision/ mission of the GSA?

**BETH HORNE:** It is the mission of the Life University Gay Straight Alliance to promote the celebration of diversity in sexual orientation and gender expression, as well as color, race, religion, national origin, culture, citizenship, age, political opinion, and physical ability. We seek to uphold the Eight Core Proficiencies to facilitate professional success, social contribution, and cultural change in the Life University community. Our purpose is to create a supportive and safe environment for all students, faculty and staff at Life University free from discrimination, emotional abuse, bullying, etc. It is our intention to bring LGBTQ-identified students, faculty/staff, and straight allies together to promote a campus culture of inclusion and open communication. We are here to provide exposure to the realities of LGBTQ-identified people, as well as education about current human rights issues in order to bring awareness to our campus.

**SN:** What type of activities does the GSA offer?

**BH:** A few club meetings per quarter (topic discussions, guest speakers), participation in the ATL Pride events, and a quarterly potluck dinner to promote community and celebrate the end of midterms! We hope to begin offering documentary/film showings, panel discussion events and networking with other LGBT groups at nearby schools in the future.

**SN:** What type of support does the GSA offer to the LIFE community?

**BH:** Our club is always a safe space for students and faculty/staff alike to come and find community and be themselves. So many individual backgrounds come to the table and it's incredibly gratifying to find common ground in our diverse stories. Having

a "different" identity can be alienating and the presence of our club on campus shows students and staff that they are welcome and celebrated here.

**SN:** What population of students participate?

**BH:** Mostly DC students but some undergrad and masters students as well.

**SN:** Can faculty and staff participate?

**BH:** Absolutely!

**SN:** Who are the officers of the GSA?

**BH:** The officers are as follows:

**PRESIDENT:** Beth Horne

**VP:** Jeff Angstadt

**SECRETARY/TREASURER:** Sheena Sellner

Dr. Julie Jordan of the College of Chiropractic is the faculty advisor for GSA.

Dr. Jordan said, "I am a 1993 graduate of Life University. For 18 years, I had a rewarding and successful chiropractic practice in South Carolina. Being able to return to Life in a teaching capacity has been a dream come true! And, I am so thrilled to be the Faculty Advisor of the Gay Straight Alliance Club here at Life. The diversity of our campus is amazing, and the GSA club is here as a welcoming, caring, safe place, whether LGBTIQ or straight ally. We welcome ALL. Each quarter my wife, Teresa, and I host a potluck dinner at our home. It is open to those in the GSA club and anyone who might be interested in being part of GSA. It is a great time of fun, food and fellowship. My door (in the Chiropractic Sciences office located in the Center for Chiropractic Education) is always open for anyone with questions or for conversations! Stop by." Club meetings vary from quarter to quarter.

For more information, please email [gsa@LIFE.edu](mailto:gsa@LIFE.edu) or contact the faculty advisor, Dr. Julie Jordan, [Julie.Jordan@LIFE.edu](mailto:Julie.Jordan@LIFE.edu). ■



# Reinventing Thanksgiving Dinner

By Shelia Wood

The few days after Thanksgiving are the least busy in my kitchen. There is always so much food left over, cooking is at a minimum...briefly. The first day, we drag out all of the leftovers and make plates and warm them up. The second day, it's turkey sandwiches with some additional leftovers and after that, I have to get a little creative with choices. Here are two of my favorites:

## Turkey Pot Pie -

a great way to use leftover turkey and veggies

### INGREDIENTS

- 2-3 tablespoons butter
- 1 onion, chopped
- 2 stalks celery, chopped
- 4 tablespoons flour
- 4 cups chicken or turkey stock
- 2 potatoes, peeled and diced
- 2 cups shredded cooked turkey
- 2 tablespoons chopped parsley
- 2 cups leftover vegetables (carrots, green beans, peas, etc.)
- 1 prepared pie crust
- 1 egg, lightly beaten

### DIRECTIONS

Preheat oven to 350 degrees F.  
 Melt butter in saucepan and cook chopped onion until tender. Stir in celery and carrots and cook for 2 minutes. Whisk in flour and cook for 2-3 minutes. Add chicken stock and bring to a simmer. Add potatoes and simmer until tender. Stir in turkey, parsley and peas. Pour mixture into greased casserole. Top with pie crust and brush with egg. Bake for 30 minutes until crust is golden.

## Potato Pancakes -

great "anytime" idea for leftover mashed potatoes or sweet potatoes

### INGREDIENTS

- 2 cups cooked mashed white or sweet potatoes
- 2 eggs
- 3-4 Tablespoons of flour
- Salt/Pepper/Onion/Garlic powder to taste for white potatoes
- Cinnamon for sweet potatoes
- Oil for frying

### DIRECTIONS

Heat large saucepan with enough oil to cover the bottom. Mix mashed potatoes with appropriate seasoning and egg. Blend well. Mold into patties and place in oil. Fry until golden brown and then carefully turn to finish. Add additional oil if bottom not completely covered to avoid scorching.

Bon appétit! ■



Share your favorite recipe! Submit one today: [StaffNewsletter@LIFE.edu](mailto:StaffNewsletter@LIFE.edu)

## Feedback

We want your feedback! How did you enjoy the staff newsletter? Was there a feature you especially liked in the newsletter? Tell us! Do you have an idea to make the newsletter better? We want to hear from you! Want to contribute to the Staff Newsletter or join the Newsletter Committee? Please send comments to [StaffNewsletter@LIFE.edu](mailto:StaffNewsletter@LIFE.edu).