

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



Photo credit: Ryan Basler Photography

Hello Life University Staff:

I'm so excited to bring you another issue of the Staff Newsletter! This issue, Volume 7 Issue 1, marks our seventh year of sharing the newsletter with all of you. It's been quite a journey. The newsletter team has grown and changed over the years, but our dedication to publishing a great newsletter has always remained the same.

We decided to keep things a little on the shorter side this time, and we have some great articles for you to read. Get to know our wonderful Grounds crew in the **Around Campus** article. The **Staff Spotlight** features Lindsey Farley of the Marketing Department, who also helps us out with coordinating this newsletter's production. Learn how to reduce stress and meditate in the **LIFE-Steps to Wellness** article.

Last issue, we asked you all to send in your pet pictures for our **Pets of LIFE** pictorial. Thanks to everyone who submitted their furry family members. We have included all of them in a collage. Check out your fellow staff members' dogs, cats, fish and even a parrot!

I really hope you enjoy reading this issue of the Staff Newsletter. Have a great rest of the quarter!

April Basler
Staff Newsletter Editor
CC-HOP Office Assistant



PLATO II GO

Come get your Tex Mex fix at the reopened Plato II Go, featuring fresh burritos, quesadillas and salads.

CAMPUS HOURS

CC-HOP
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.

CETL
M–F 8 a.m.–5 p.m.

C-HOP
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.

Socrates Café*
M–TH 6:30 a.m.–3 p.m.
Friday 6:30 a.m.–1:30 p.m.

Wellness Center
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.

Plato II Go*
M–TH 10:30 a.m.–5 p.m.
Friday 10:30 a.m.–2:30 p.m.

Library
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 12:00 p.m.–11:45 p.m.

*Hours Subject to Change



How can you be as smart as your phone?

Here are a few quick smartphone “hacks” for working that camera to make your life just a little bit easier:

- 1) **Mirror, mirror on the phone:** It’s a mirror for your face, the back of your head or even under a car – any place you can’t see well because it’s at a funny angle or in a tight spot, try taking a picture.
- 2) **Tiny file cabinet:** Capture any document you need info from but just don’t want to carry, including a shopping list, plane ticket, eyeglasses prescription, driver’s license and credit cards – just don’t lose your phone!
- 3) **Augment your memory:** Take a photo of the level you’re parked on in a garage, your gate at the airport, the great wine you had at dinner or a screenshot of directions if you don’t want to use up data Googling them again.
- 4) **Oh, by the way, screenshots are awesome:** You can take them (on an iPhone) by pressing the Power and Home buttons at the same time.
- 5) **Convert your keepsakes:** Kids produce a million drawings, and no one can keep them all even though it hurts a parent’s heart to throw them out. Capture and organize the best ones by year and you’ve got a chronological portfolio of your child’s artistic treasures.

And, if you want to take your smartphone camera to the next level with macros and wide angles, take a look at the Olliclip family of lenses (for iPhone) and a whole host of them (and others) that will work for both Android and iPhone. ■

In less than 10 years, the smartphone has become a nearly indispensable part of modern life. This (mostly) pocket-size device is a link to an inexhaustible supply of knowledge, social communities, at least three different kinds of communication, all your favorite music, books and movies – to name only a few of its major functions. And, oh, the convenience of that camera!



MARCH 10 — 27

Jewish Music Festival

Location: Various Atlanta locations

Information: With 18 events over 16 days, the 7th annual Atlanta Jewish Music Festival (AJMF7) will feature a diverse lineup of local, national and international Jewish musicians performing around the Greater Atlanta area. Enjoy listening to jazz, sacred, folk, orchestral, kids’ and rock ‘n’ roll music.

Website: <http://www.atlantajmf.org/#atlanta-jewish-music-festival>



APRIL 2

International Pillow Fight Day

Time: 3 p.m. — 5 p.m.

Location: Grant Park, Atlanta

Information: Bring your best friend or your worst enemy. Come join the rest of the world in this annual international event. Bring a soft pillow without feathers. Free event.

Website: <https://www.facebook.com/events/964993186925215/>



MARCH 26

Baconfest

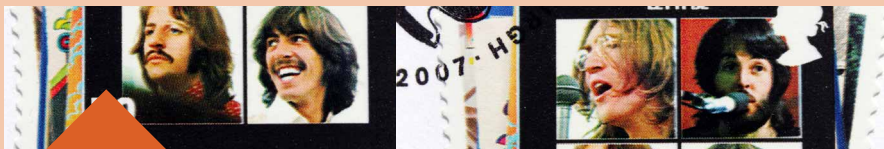
Time: 1 p.m.

Location: Dad’s Garage, 569 Ezzard Street, Atlanta

Information: Enjoy sizzling bacon, barbecue, local bands, games and beer at Baconfest. All proceeds benefit Dad’s Garage Theatre Company, a nonprofit theatre group. For ages 21+.

Website: <http://www.baconfestatl.com/>

Local Happenings



APRIL 22

Let It Be: A Celebration of the Music of the Beatles

Time: 8 p.m.

Location: Fox Theatre, Atlanta

Information: Relive the past from Ed Sullivan to Abbey Road, with favorite hits including Hard Day’s Night, Day Tripper, Sgt. Pepper’s Lonely Hearts Club Band, Twist and Shout, Get Back, I Wanna Hold Your Hand, Strawberry Fields, and imagine the reunion that never was.

Website: <http://foxtheatre.org/shows-and-events/>



AROUND CAMPUS

Grounds

Each quarter, we feature a different department in the Around Campus article. This quarter, we talked to John Wheeler about the Grounds Department.

STAFF NEWSLETTER: Where are you located?

JOHN WHEELER, DIRECTOR: Our office is located in the 1085 Building. We share the building with Physical Plant and Marketing.

SN: How many people work in your department?

JW: Fourteen including myself, an Administrative Assistant, Grounds Foreman and 10 Groundsmen.

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

JW: To support the vision and Mission of the University by maintaining a clean, healthy, safe and aesthetically pleasing environment.

SN: What are your hours?

JW: Our hours vary based on campus needs. We frequently have staff here seven days per week beginning as early as 6:00 a.m. and as late as midnight or even later depending on events. During inclement weather, our crew is the first to arrive and the last to leave, ensuring safe passage on campus when regular schedules can safely commence for everyone else.

SN: How long has your department been in existence?

JW: At least 20 years, which is as long as I have been at the University.

SN: Are you on the LIFE website?

JW: Yes. <http://www.LIFE.edu/grounds-facilities/>

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

JW: The Life University campus occupies 110 acres of wooded and manicured property. The Grounds Department strives to keep the grounds looking clean and idyllic, while keeping in mind our sustainability initiatives. We supervise and coordinate all custodial staff as well as coordinate all furniture moves and many campus deliveries of department materials. Additionally, we support all campus events, on and off campus, by providing setup and event breakdown staff. Every student who attends Life U is in some way touched by the great and versatile work of our staff.

SN: Describe what your department does in a “nutshell.”

JW: We have various, multi-skilled Groundsmen who take care of everything from grass cutting, trimming, fertilization and weed control in the large grassy areas of campus to planting and maintaining landscape beds seasonally. Others handle the pruning, fertilization, weed and ongoing clean-up of the beautifully landscaped shrub and tree beds, as well as the nature paths. The landscaping crew does the planting of new shrubs and trees, and attends to regular mulching on campus, contributing to the sustainability and water conservation efforts that are part of Life U’s participation in the American College & University Presidents’ Climate Commitment (ACUPCC). There is also a trash crew that collects trash and debris daily campus wide. The weekend crew works Saturdays and Sundays to complete special grounds-related projects. Together, these crews work hard to make the LIFE campus a beautiful and enjoyable place to work and attend classes. ■

STAFF MEMBER SPOTLIGHT:

Photo credit: Ryan Basler Photography



Lindsey Farley

Every quarter, we feature a different staff member for the Staff Member Spotlight. This quarter, we're featuring Lindsey Farley.

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

LINDSEY FARLEY: I was in the workforce for three years and was ready to try to get into higher education. Life University had an opening that I found online, and the rest is history.

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

LF: I work in Marketing at LIFE. On a day-to-day basis, I assist areas such as Athletics, Student Services, and Alumni and Friends with all of their internal and external marketing and advertising needs. I also run the Life University Facebook and Instagram pages.

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

LF: How much the school has to offer students, and how much it has grown over the years!

SN: Please share about your education.

LF: I have my Bachelor of Arts in Communication and Master of Public Administration with a focus on Healthcare Administration.

SN: Please share about your past job experiences.

LF: I worked in hospitality sales for Marriott, and then PR/marketing at The Ritz-Carlton hotels of Atlanta, and decided after three years I was ready for a new adventure in the higher education environment.

SN: What is one of your career goals?

LF: To continue to learn and grow and try to become an expert in social media and marketing.

SN: What do you like to do for fun?

LF: I enjoy baking, beading, playing with my American Bulldog, whose name is June Bug, and spending time with my husband and my family!

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

LF: I got married on the beach in Amelia Island in 2014 and hope to live at the beach one day.

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

LF: I'd like to be an extra in a movie and take a week-long car trip across the country, stopping in various states.

SN: Can you share a quote or mentor experience that inspired you — words you live by, so to speak?

LF: My dad is my mentor and has been inspiring me to be the best woman I can be since day one. He had this poem printed, framed and hung on my wall since I was a young girl, and I have had a copy of this poem in my office since I graduated college. ■

Don't Quit

When things go wrong, as they
sometimes will,
When the road you're trudging
seems all uphill,
When the funds are low and
debts are high,
And you want to smile but have to sigh.
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won if
he'd stuck it out,
Don't give up though the pace
seems slow,
You might succeed with another blow.

Often the struggler has given up,
When he might [have] captured
the victor's cup.
And he learned too late, when
the night slipped down,
How close he was to the golden crown,

Success is failure turned inside out,
The silver tint of clouds of doubt,
And you never can tell how
close you are,
It may be near when it seems afar,
So stick to the fight when you're
hardest hit,
It's when things seem worst
that you mustn't quit.

~ anonymous



Pets of LIFE

We asked you all to share your pets with us, and here they are!

Check out your co-workers' furry, finny and feathery family members!



wood's belle of hiram
scarlet elizabeth
Shelia Woods' dog



bear
Sharie Williams' dog



crystal & spirit
Dr. Scott Earley's dogs



tropical fish
Dr. Scott Earley's tropical fish



dempsey & smoky
Eileen Zebrowitz's dogs



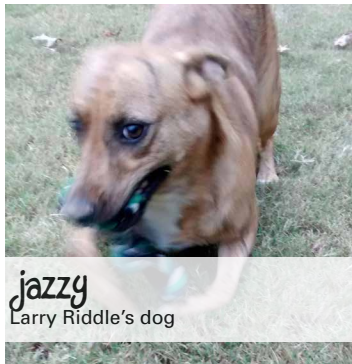
gabby & winnie
Dr. Dawn Cadwallader's dogs



gideon
Brett North's cat



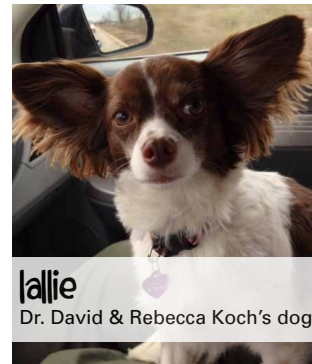
general mason roe wood
Shelia Wood's dog



jazzy
Larry Riddle's dog



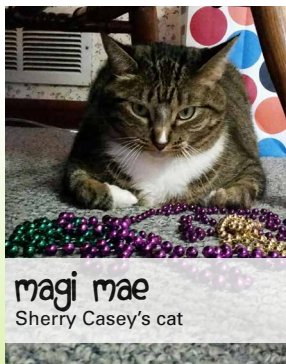
june bug
Lindsey Farley's dog



lallie
Dr. David & Rebecca Koch's dog



gateby
Hally Joseph's dog



magi mae
Sherry Casey's cat



mittens
Dr. Maria Michelin's cat



ollie
Eileen Zebrowitz's parrot



luckie
Sharie Williams' cat

When Your Child *Abandons* You

The Plight of the Empty Nest Mother

By Sheila Wood



I don't write fiction – and it's not because I am short on imagination, but because I write about what I know. And, I know me and my life. I know, boring ... but, I always think there must be somebody, somewhere, that might read my rambling thoughts and think, "Hey, I'm not alone in this crazy stuff I think and experience."

Raising children, in my opinion, is the hardest, most rewarding role a person can have. You have to want it bad. You must really selflessly love someone to let them throw up in your hand, or to sit on the floor next to their bed just to watch them sleep,

when all you wanted five hours earlier was for them to go to sleep because you couldn't stand one more minute of "Why is the sun orange? Why is the sky blue? Why can't I see God but He can see me?"

I could never relate to those parents who couldn't wait until summer break was over, or until Christmas or Spring break ended, and school started back. School was always an intrusion on my time with my children. We reveled in the time we spent together and our daily adventures. I had wanted these amazing human beings desperately and, when they finally were born - first our daughter, then our son - I didn't want to miss a minute! I truly enjoyed them at all stages and ages.

From 1990 until, well a few months ago, I rarely had a dinner for just four. It was more like 6, 8, or 10 at our table, depending on who had followed my kids home. There was always at least one extra face at our table with each of my two kids. Ours was the house where all the kids hung out. They came to "Mama Shelia's" house for fun with my kids, some tender loving care, good southern cooking, sound and honest advice, and often a kick in the behind to "get on with it," whatever "it" was. I was

truly blessed to be a stay-at-home mother until they were well into middle school, and that gift afforded me the opportunity to be all the "things" for them — Room Mother, PTA President, Event Planner, Field Trip Mom, School Board Rep., Fundraiser Coordinator, Proctor, Sunday School Teacher, ALL the "things" ... so what I'm saying here is basically my family was my life for better than 25 years.

So, all this said, when my daughter announced she was breaking up our happy family by moving out, I kind of went a little crazy. It could happen to anybody. Don't judge. Really. That's my story! I had pampered this child since before birth! I didn't even have chocolate when I was carrying her for fear she'd be born with three eyes or seven ears. I had breakfasted her in bed since age two, carpooled, laundered, chauffeured, laughed, churched, consoled and wiped her tears for twenty-five years. My fist thoughts, on hearing her plan, were: "WHAT??! Her life at home has been perfect, bliss even — why would she want to leave?"

You are probably thinking, as a well-intended reader, "It's perfectly natural for her to move out," but you just don't know ... so, hold on a minute. I mean, I knew this day would come, eventually. But my brain, under the influence of my heart, had decided long ago that this so-called "growing up and moving out phase" other parents dreamed about for some crazy reason, and which I could not fathom, would somehow bypass our family and come sometime after I had died. In my vivid imagination, my daughter, her husband, and their five perfect children (none of which she has yet) along with a unicorn and three dogs would just continue to reside in her childhood home after my departure and keep the memories alive. Perhaps my son would even stick around just to keep things merry? Maybe I should take up writing fiction? Everybody needs a dream.

For the rest of the story, [click here.](#) ■

LIFE-Steps to *Wellness*

Five Tips to Reduce Stress:

- Put things in perspective: Remember, this too shall pass
- Self-soothing: Positive self-talk, rest
- Relaxation techniques: Muscle relaxation, meditation
- Activity: Exercise, hobbies
- Community: Surround yourself with positive people; ask for help!

Meditation tips for beginners:

Meditation is a way to take responsibility for your own state of mind. It can encourage clarity, positivity and a sense of calm. Like any exercise, it must be practiced on a regular basis for best results!

- Make it a formal practice
- Start with your breath
- Stretch first
- Meditate with a purpose
- Notice when frustration creeps up
- Experiment

- Feel your body parts
- Pick a specific place
- Commit for the long haul
- Listen to instructional audios
- Generate moments of awareness during the day
- Make sure you will not be disturbed
- Notice small adjustments
- Use a candle
- Don't stress!
- Meditate early in the morning
- Be grateful at the end
- Notice when your interest begins to wane

Adapted from <http://zenhabits.net/>

Remember, meditation is not about emptying your mind of thoughts; rather, it is about noticing your thoughts have drifted from your breath or point of focus, and then returning to your focus, again and again. Each time you return, you strengthen your "meditation muscle." ■



- * Old firehouses have circular staircases because in the days when horses pulled fire engines and were stabled on the ground floor of fire houses, they figured out how to walk up straight staircases.
- * Historically the meter, as a unit of measure, was designed to represent .0000001 times the distance from Paris, France to the North Pole.
- * The modern paper clip was first marketed by Gem Paper Clips in 1894. No patent was ever filed for this design, and to this day the Swedish word for any paper clip is ögem.ö
- * Houses were first numbered in Paris in 1463. In Britain, numbering did not appear until 1708, on a street in London's Whitechapel area.
- * The world's first web server and browser were both invented in 1990.
- * More people are killed annually by donkeys than die in air crashes.
- * 6.3 million - The number of teachers in the United States - from prekindergarten to college - as of 2000.
- * If you eat a teaspoon of sugar immediately after eating something really spicy, the sugar will completely cancel out the heat.
- * Before alarm clocks, people used candles that were designed to burn for a specific amount of hours. If you needed wake up at a certain time, you pushed a nail at the correct length in the candle and when it burned down to that point, the nail would fall on its holder making a noise to wake you up.
- * All polar bears are left handed.
- * Pistachios can actually spontaneously combust if stored improperly. When too many of them are shipped in a single container, the nuts will self-heat and combust. ■



Recipes



What's for dinner?

Bacon Pinwheels

A football and brunch staple

INGREDIENTS:

1 can crescent roll dough
4 oz. softened cream cheese
3/4 c. shredded cheddar cheese
8-9 slices crisply cooked bacon
Garlic powder to taste

DIRECTIONS:

Roll out dough onto plastic wrap or waxed paper and press seams together. Spread with even layer of cream cheese over surface. Sprinkle with crumbled bacon, shredded cheese and garlic. Use wrap to roll the dough into a log. Pinch seams together to seal. Wrap and chill at least one hour. Unwrap and slice into 10 slices. Lay slices on greased cookie sheet and bake in 350-degree oven until golden brown. Let rest 5 minutes before serving.



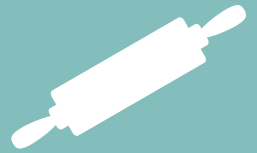
Baked Potato Soup

INGREDIENTS:

4 large baking potatoes (Idaho or russet)
12 slices thick-cut applewood smoked bacon
1/2 cup all-purpose flour
6 cups 2% low-fat milk, heated
5 ounces sharp Cheddar, grated
Kosher salt and freshly ground black pepper to taste
4 ounces sour cream
3 tablespoons finely chopped fresh chives

DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. Place the potatoes on a roasting tray and bake for 45 minutes. When done, the tip of a paring knife should go through the potatoes easily.
3. Slice the bacon into lardons (thin strips) and cook in a large, heavy-bottomed pot over medium heat until crisp. Remove the bacon from the pot with a slotted spoon and set aside, leaving the drippings in the pot.
4. Add the flour to the drippings in the pot and stir to combine. Cook, without adding color, until the flour and fat has combined, about 1 minute. Pour in the milk while you whisk to incorporate. Cook over medium heat until bubbly and thickened, stirring frequently, about 15 minutes.
5. Scoop out the potato pulp from the skins and add to the milk mixture. Mash with the back of a wooden spoon, leaving it a little bit chunky.
6. Add the cooked bacon (leaving a little out for garnishing the soup), 1 cup of the cheese, and season well with salt and pepper. Stir until the cheese has melted. Remove from the heat.
7. Ladle the soup into bowls, drizzle with sour cream (from a squeeze bottle), sprinkle with remaining bacon bits, grated cheese and chives.
8. Enjoy! ■



Share your favorite recipe! Submit one today: 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.