

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:

The Staff Newsletter team and I hope you enjoy this issue as much as we enjoyed creating it! We are especially excited to share a very inspiring article with you. You may remember us asking the LIFE community to share their favorite quotes. We were blown away by all the folks who contributed and the amazing quotes they shared with us. Be sure to read them all in the **LIFE Community Quotes** article.

Independence Day is right around the corner, and this quarter’s tidbits include **25 Fun Facts about the Fourth of July**. You just might learn something new about the birth of our nation. Speaking of summer, we have some great summer salad recipes for you to try. Also, learn how to stay hydrated and healthy while traveling during these hot months in our **Life-Steps to Wellness** article.

Get to know Monico Sullivan, who works for the PEAK program, in this issue’s **Staff Spotlight**. We have featured Alumni Relations, one of LIFE’s smallest departments, in our **Around Campus** article. But, this department of only two staff members has a large impact on our campus.

I hope you have a great rest of the quarter and a wonderful summer!

April Basler
Staff Newsletter Editor
CC-HOP Office Assistant

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*

From the Desk of Staff Council

By Brett North, Staff Council Chair

Your Staff Council recently hosted a class on nutrition / healthy cooking / healthy eating. This is the result of one of our staff member's suggestions.

The first class was held on Wednesday, May 11 and included dinner. Participation was limited to 20 people. Attendees were encouraged to bring an apron and required to wear closed toed shoes.

The current plan is for the class to be offered once per quarter. If interest in the class cannot be accommodated with one class per quarter, we will explore the possibility of additional classes.

A special thanks to Mario Bailey for the suggestion and to Dr. Morris Braum for initiating the process; and again to Mario for the follow-up and follow-through to get the first class scheduled. I think is a great example of how the Staff Council can accomplish things that have a positive impact on the Life U community as a whole. I hope that we are able to do more of these fun and beneficial things moving forward.

Be on the lookout for another class like this next quarter! ■

Lets talk about

By Sheila Wood

INTEGRITY

With so many things going on around us in this world predicated by our need to make good decisions based on trust - things like elections, investigations, global economic decisions hanging in the balance - it's important to consider how recognizing and exhibiting integrity impacts our decisions and shapes our world. "Mr. Webster" defines integrity as, "The quality of being honest and fair; the state of being complete or whole." Integrity, defined by Life University as one of Eight Core Proficiencies, reads: "Integrity provides the underpinning for the responsible exercise of our rights and responsibilities as human beings. Integrity leads to empowerment and excellence, while a lack of integrity results in mediocrity. Life University teaches students how to manage personal integrity and function as valued citizens within the academic, healthcare and larger communities."

Integrity, in a nutshell, is an inner quality that encompasses truthfulness, credibility and sincerity. As we move through our lives, we come to many crossroads relying on our consciences to make the right decision. This does not mean the easy decision, or the popular decision. Unquestionably, easy and popular rarely have anything to do with what is right and just. It's integrity and character. Without integrity, nothing else matters.

We often hear phrases such as "walk the walk", and "talk the talk". But what does that really mean? It seems we have far too many examples of people in prominent positions of leadership who talk about the right thing an awful lot more than actually DOING the right thing. You only need glance at any one of the many social media outlets, the evening news, or headlines to see an example of integrity in leadership gone wrong.

Waaayyyyyy wrong. Be it a Hollywood celebrity, political power, or local representative - whether they make decisions for others

as elected officials, or set an example for impressionable followers due to their notoriety and celebrity status - they are in a position of leadership and our

viewpoints of their "integrity" are subjective based on our own personal values system.

According to Global Visions Institute Integrity Consultant, Kitty Arambula, "Integrity is defined, in the Oxford Advanced Learner's Dictionary, as follows:

- The quality of being honest and having strong moral principles
- The state of being whole and not divided

In current parlance, integrity, when applied to people, their attitude and behavior, has primarily come to be understood as only the first definition. However, I believe that it would serve humanity well, if we all remember and consider the second, and original, definition, as doing so may in fact help us to understand and act with more integrity in everyday life."



I don't think I could have stated it better myself. I hope you will take some time to reflect on, and maybe even share, some of my favorite quotes speaking to integrity:

"Integrity is doing the right thing, even when no one is watching." C.S. Lewis

"Great men and women are not extraordinary people who do extraordinary things. They are ordinary people who do ordinary things with integrity." Jayce O'Neal

"If you have integrity, nothing else matters. If you don't have integrity, nothing else matters." Alan K. Simpson

"With integrity you will do the right thing, so you will have no guilt." Zig Ziglar





Left to Right: Kelsey Donaldson and Mary Ellen Leffard.

AROUND CAMPUS

Alumni Relations

Each quarter, we feature a different department in the Around Campus article. This quarter, we talked to staff in the Alumni Relations Department.

STAFF NEWSLETTER: Where are you located?

ALUMNI RELATIONS: We are located in the SHS building on the 3rd floor across from the upper gym in the Advancement Division Office Suite

SN: How many people work in your department?

AR: There are two of us, Mary Ellen Leffard and Kelsey Donaldson, and we report to the VP for Advancement

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

AR: Our mission statement is: To support Life University while empowering and enriching the lives of its students, alumni and friends worldwide.

Our vision statement is: To service Life University and its students, alumni and friends by bridging a mutual connection and level of engagement for the betterment of all.

SN: What are your hours?

AR: Our schedule varies as Alumni Relations travels all over the country attending conferences, which are all held on weekends, and meeting alumni.

SN: Are you on the Life website?

AR: Yes – Alumni.Life.edu

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

AR: We attend orientation, club days, graduations and speak at Gateway Clinic. We give students information about being alumni, as every student who has completed one quarter is officially a Life University alum.

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

AR: Alumni Relations is a department that is a resource for every student, every alumnus and every friend of the University.

- We send out the Young Alumni & Friends Magazine three times a year that has information about Life U and our graduates and supporters.
- We have six state partnerships to date: Ohio, North Carolina, Virginia, New York, Georgia and Wisconsin. The purpose of the partnerships is to get chiropractors engaged with Life U. They do this through:
 - Recruiting students to send to Life University
 - Becoming a mentor for one of our students – this is huge! Every student who applied for one of the state scholarships last year asked for a mentor program
 - Contributing to the state scholarship to help the student PEAK program
- We coordinate the State Networking Association, which houses six student clubs that reflect our state partnerships.
- Plan all the special events that are held in conjunction with Fall CE, which is one of the largest chiropractic continuing education conventions held in the country.
- Attend 22 chiropractic conferences held all over the United States.
- Host Alumni After Hours at venues all over the country.
- Maintain our social media presence through Facebook, LinkedIn and Instagram
- We work closely with the International Alumni Association of Life University (IAALU). The alumni board is an eleven member board with five committees: Athletics, Philanthropy, Social Media, State Representatives, and Undergraduate. Please email Mary Ellen Leffard at maryellen.leffard@LIFE.edu if you're interested in serving on a committee at Alumni.Life.edu.
- We work closely with the Development, Post Graduate, and Enrollment departments identifying alumni and/or friends who can assist with programming. ■

We asked staff and faculty members to share their favorite quotes. We asked, “What inspires you? What makes you think? Reflect? Or strikes a chord with your heart? Here’s what they had to say:

From Zakiya Blake in OIEPR: “Do I contradict myself? Very well, then I contradict myself, I am large, I contain multitudes.” – Walt Whitman
“Radical simply means ‘grasping things at the root.’” – Angela Davis
“To tell the truth is to become beautiful, to begin to love yourself, value yourself. And that’s political, in its most profound way.” – June Jordan
“In the process of telling the truth about what you feel or what you see, each of us has to get in touch with himself or herself in a really deep, serious way.” – June Jordan
From Peggy Ingram in PAR Center: “To thine own self be true.” - William Shakespeare
From Kim Wagner in Finance: “If you don’t like something, change it. If you can’t change it, change the way you think about it.” – Mary Engelbreit
Dr. Michael Clusserath in the COC Dean’s Office: “It ain’t about how hard you can hit. It’s about how hard you can get hit, and how much you can take, and keep moving forward.” – Sylvester Stallone (as Rocky Balboa in “Rocky”)
From Dr. Gilles LaMarche in Professional Relations: “You never know how far reaching something you may say or do today will affect the lives of millions tomorrow.” – Dr. BJ Palmer
“You will be the same person tomorrow as you are today, but for the books you read and the people you meet.” – Charles “Tremendous” Jones
“I will greet this day with love in my heart - every person, every situation, every circumstance.” – Dr. Gilles LaMarche
From Dr. Paul Donaldson: “Our principles are the springs of our actions. Our actions,

the springs of our happiness or misery. Too much care, therefore, cannot be taken in forming our principles.” – Red Skelton
“The trick is to realize that you’re always doing what you want to do... always. Nobody’s making you do anything. Once you get that, you see that you’re free and that life is really just a series of choices. Nothing happens to you. You choose.” – Jeff Daniels (As Arlen Faber in “The Answer Man” 2009)
From Nita Looney in the President’s Office: “You reap what you sow.” – Author unknown
From Will Brooks in Marketing: “All human wisdom is contained in these two words - Wait and Hope” – Alexandre Dumas, “The Count of Monte Cristo”
“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath” – James 1:19, NKJV Bible
“What do you do with a mistake: recognize it, admit it, learn from it, forget it.” – Dean Smith
“Do not let what you cannot do interfere with what you can do.” – John Wooden
From Dr. Leslie King, Dean, COC: “People don’t care how much you know, until they know how much you care.” – Anonymous
From Dr. Dawn Cadwallader in the President’s Office: “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” – Maya Angelou
From Jason Rodenbeck in QEP: From Wendell Berry’s “A Letter (to Ernest J. Gaines),”

The river is of the earth and it is free. It is rigorously embanked and bound, and yet is free. “To hell with restraint,” it says. “I have got to be going.” It will grind out its dams. It will go over or around them. They will become pieces.
From Adam Janiak in CGUS: “I’m here to chew bubblegum and kick ass, and I’m all out of bubblegum.” – Rowdy Roddie Piper, in the movie “They Live”
From Dr. Richard Shook in the Psychology Dept.: “The man, who, being really on the Way, falls upon hard times in the world will not, as a consequence, turn to that friend who offers him refuge and comfort and encourages his old self to survive. Rather, he will seek out someone who will faithfully and inexorably help him to risk himself, so that he may endure the suffering and pass courageously through it. Only to the extent that man exposes himself over and over again to annihilation, can that which is indestructible arise within him. In this lies the dignity of daring.” –Karlfried Graf von Durkheim from “The Way of Transformation”
From Dr. Salman Afsharpour in Basic Science: “Success has nothing to do with what you gained or achieved in life. It is something you do for others that counts.” – Author Unknown
From Dr. Timothy Guest in C-HOP: “We must respect both parties, namely those whose opinions we share and those whose opinion we reject. For both have diligently sought the truth and aided us in this matter” – St. Thomas Aquinas

From Tameka Glass in Student Advocacy: “Be a reflection of what you’d like to see in others. If you want love, give love. If you want honesty, give honestly. If you want respect, give respect. You get in return what you give.” – Author Unknown
From Dan Carlton in A/V: “After silence, that which comes nearest to expressing the inexpressible is music.” – Aldous Huxley
From Janet Peters in H.R.: “God grant me the serenity to accept the things I cannot change; Courage to change the things I can, and wisdom to know the difference.” – Reinhold Niebuhr
From Dr. Roohieh Hamrang in CC-HOP: “Let your vision be world embracing rather than confined to your own self.” – Baha’l writings
From Rebecca Duffield in Chiro Sciences: “Associate yourself with men of good quality, for it is better to be alone than in bad company.” – Booker T. Washington
From Sharie Williams in Finance: “When the Lord closes a door, He always opens a window. Ask and it will be given to you, seek and you shall find, knock and it will be opened to you.” – Mathew 7:7
From Geetha Sridaran in the Library: “It is the mark of an educated mind to entertain a thought without accepting it.” – Aristotle
From Shelia Wood in Physical Plant: “The trust of the innocent is the liar’s most useful tool.” – Stephen King ■



NOW THROUGH JULY 3

Michael Naranjo: The Artist Who Sees With His Hands

Times: See website for museum hours

Location: Booth Western Art Museum, Cartersville

Information: Michael Naranjo is blind. He lost his eyesight in 1968 while serving in Vietnam. Yet, to this day, Naranjo is widely regarded as one of the greatest living Native American sculptors.

Website: <http://boothmuseum.org/exhibitions/temporary-exhibitions/>



JUNE 11

Balloons over Fayette: Hot Air Balloon Festival

Time: 2 p.m. — 10 p.m.

Location: McCurry Park, Fayetteville

Information: See hot air balloons up close, watch them glow, and take a tethered ride at Balloons Over Fayette, which also has a kids' zone, food, and crafts.

Website: http://www.fayettecountyga.gov/parks_and_recreation/balloons_over_fayette.htm



JUNE 18

Sandy Springs Lantern Parade

Time: 9 p.m. — 12 a.m.

Location: North Springs United Methodist Church, Atlanta

Information: Sandy Springs Hospitality & Tourism is proud to present the inaugural Sandy Springs Lantern Parade at Morgan Falls Park. The parade will begin at North Springs United Methodist Church at 9 p.m. and will wind down to Morgan Falls Park where the Morgan Falls dam is located.

Website: <https://www.facebook.com/events/215669622134662/>

Local Happenings



JULY 4

Fourth of July Fireworks

Times: 6 p.m. Gates Open
9:45 p.m. Fireworks begin

Location: Centennial Olympic Park
Information: Celebrate our nation's birthday with fireworks synchronized to music. Arrive early because gates close when the park is full. Free event.

Website: <http://www.centennialpark.com/index.php/plan-your-visit/event-calendar/springsummer-events/4th-of-july>



JULY 30

Zombie Pub Crawl

Time: 4 p.m.

Location: Diesel Filling Station, Virginia Highlands

Information: Zombies invade five pubs and restaurants along North Highland Ave. during Zombie Pub Crawl. A ticket includes drinks, food discounts, and zombie make-up. Requires age 21 ID.

Website: <http://atlantazombiecrawl.blogspot.com/>



Tech Tips

Optimize Your Google Searches

What's the best search engine in the webiverse? Why, Google, of course. How can you be sure? Google's the only one that has entered the language as a verb. Now, some may argue that's just a matter of which one had the catchiest name, but there's also no doubt a Google search will be quite thorough – almost too thorough! So, here's a few tips for narrowing your results and retrieving info even more efficiently.

- 1) Putting your search term between "quotation marks" will search only for the words between the quotation marks. This can be a great way to find the name of a song you only know one line to. Type in a distinctive phrase from the song, put it between quotation marks, and the song will probably come up in your search (but, be sure you know the exact phrase or it won't work!)
- 2) Think of the dash (-) as a minus sign to take out a word you don't want included in your search (e.g., you're looking for the California wine, Marietta Old Vine Zin, and you keep getting local Marietta, Georgia results, try adding -Georgia).
- 3) You can also add a number of phrases to narrow and focus your Google searches, such as "site:" This tip can probably help you find items on the Life University website most efficiently. For instance, if you want to pull up the employee handbook quickly you can type "employee handbook site:life.edu" into your Google search line...and, sure enough, "Bingo!" The handbook will be the first item in the results.

For more Google search tips, to go <http://www.digitaltrends.com/computing/the-35-best-google-search-tips-and-tricks/> ■

LIFE-Steps to *Wellness*

'Tis the season for camping, cook outs, and picnics! With all of the outdoor activities and food, it can be tricky to balance healthy habits with summer fun. But, with just a little planning, it is possible to maintain a healthy body, mind, and spirit while on the go. Whether you are traveling or just enjoying the warmer weather at home, keep in mind that a few simple steps can keep you on the right track.

Hydration

- Recommended water intake varies due to body size - build up your intake slowly
- Balance coffee, tea, and other drinks with water
- Add a hint of natural flavor by adding fresh fruit to water
- Try herbal sun teas
- Carry a reusable jug
- Order water when dining out
- Choose water-rich foods to stay hydrated, such as watermelon, cantaloupe, cucumber, and lettuce

Nutrition

- Plan ahead, especially when traveling
- Choose seafood and leaner meats when grilling or dining out

- Choose summer/seasonal fruits and veggies
- Try raw foods
- Maintain a regular mealtime schedule
- Enjoy desserts and snacks in moderation

Exercise

- Keep up your regular routine
- Change to cooler times of the day
- Balance indoor and outdoor activities
- Try swimming, hiking, or biking
- Connect with nature
- Walk or take public transit rather than drive

Sunshine

- Wear a hat and protective clothing

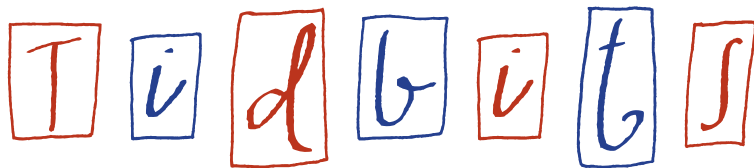
- Use natural sunscreen: Visit [this link](#) to make your own.
- Use Aloe Vera in the event of overexposure

Rest and Relaxation

- Take naps
- Try meditation
- Take on new hobbies, such as gardening
- Take a break from electronics

Connection

- Take time with family and friends
- Get involved with your community
- Explore your spiritual interests ■



25 Fun Facts about the Fourth of July

25. According to author Kenneth C. Davis, July 2nd is the real day of Independence, but it's celebrated on the 4th because that's when Congress accepted Jefferson's declaration.

24. Thomas Jefferson drafted the Declaration of Independence on a "laptop," which was a writing desk that could fit on one's lap.

23. Thomas Jefferson changed the wording of the Declaration of Independence from "the pursuit of property" to "the pursuit of happiness."

22. John Adams and Thomas Jefferson both died on July 4, 1826.

21. Only two men signed the Declaration of Independence on July 4th, 1776 — John Hancock and Charles Thompson.

20. Jefferson's original draft of the Declaration of Independence was lost and the one eventually signed is the "engrossed" document.

19. The printed version of the Declaration was called the Dunlap

Broadside; 200 were made but only 27 are accounted for.

18. Congress declared July 4th as an official holiday in 1870 as part of a bill to officially recognize other holidays, Christmas being one of them.

17. The Declaration of Independence was a justification for a revolt against the British which included a list of charges against the British king

16. Several countries have used the Declaration of Independence as a beacon in their own struggles for freedom. These countries include France, Greece, Poland, Russia and many countries in South America.

15. "Yankee Doodle," a popular American patriotic song, was originally sung prior to the Revolution by British military officers in mockery of the unorganized and buckskin-wearing "Yankees."

14. The "Star Spangled Banner" was written by Francis Scott Key and was originally a poem stemming from his observations in 1814 concerning the British attack on Baltimore's Fort

McHenry during the War of 1812. It was later put to music, though not decreed the official national anthem until 1931.

13. Including John Adams and Thomas Jefferson (mentioned earlier), a total of three US presidents have died on July 4th. James Monroe is the third president to share this fate.

12. Conversely, America's 30th President, Calvin Coolidge, was born on July 4, 1872.

11. In 1776, about 2.5 million people lived in the United States versus 311.7 million people in 2011.

10. The average age of those who signed the Declaration of Independence was 45. The youngest at age 27, was Thomas Lynch, Jr. of South Carolina. The oldest delegate was Benjamin Franklin of Pennsylvania at age 70. Thomas Jefferson was 33.

9. 1 out of 8 signers were educated at Harvard (7 total).

8. 87.5% (\$2.8 million) of imported U.S. flags are from China.

7. 97% (\$190.7 million) of imported fireworks are from China.

6. An estimated 150 million hot dogs will be consumed on July 4th.

5. Both the Philippines and Rwanda celebrate July 4th as a day of liberation. In Southeast Asia, it is known as "Republic Day" and Rwandans celebrate "Liberation Day."

4. The White House held its first Fourth of July party in 1801.

3. The tune of the National Anthem was originally used by an English drinking song called "To Anacreon in Heaven."

2. In 1954, the words 'under God' were added to the Pledge of Allegiance.

1. The oldest, continuous Independence Day celebration in the United States is the Fourth of July Parade in Bristol, Rhode Island; it began in 1785.

Source: <http://list25.com/25-fun-facts-about-4th-of-july-that-will-make-you-want-to-celebrate/1/> ■

Recipes



20-Minute BLT Pasta Salad

INGREDIENTS

- 1 pound bow tie pasta
- 1 cup Kraft Zesty Italian Salad Dressing
- 1/2 cup Kraft Creamy Ranch
- 1 pound thick cut bacon, fried until crispy then cut into strips or crumbled
- 2 large ripe tomatoes, diced
- 10 leaves of crispy romaine lettuce, washed, dried, and chopped into bite-sized pieces
- 1 VERY small onion red onion, diced
- Salt and pepper, to taste

INSTRUCTIONS

1. Bring a large pot of salted water to boil. Add pasta and cook until al dente, about 10 minutes.
2. Drain pasta and rinse under cold water until cool.
3. While the water is coming to a boil, heat a skillet over medium heat, add bacon strips, and cook until crispy, about 4 minutes on each side. Transfer bacon to a paper towel lined plate.
4. Place cooled pasta in a large serving bowl; set aside.
5. In a small bowl, combine zesty Italian dressing and ranch, mix well. Add dressing to pasta and toss well to coat pasta.
6. Add bacon, lettuce, tomato, and onion to the pasta bowl, mix well to combine, and season with salt and pepper as desired. Serve at once, or chill until needed.

Source: http://bakerbynature.com/20-minute-bl-t-pasta-salad/#_a5y_p=3942814

Grilled Watermelon, Feta, and Basil Salad



INGREDIENTS

- 1 whole mini/baby watermelon
- 4 ounces feta cheese, cut into cubes
- Juice of 1/2 a lime
- 2 tablespoons fresh basil, sliced thin
- 1/4 teaspoon kosher salt
- Black pepper to taste
- Balsamic reduction for drizzling

INSTRUCTIONS

1. Cut the watermelon into 1-inch thick slabs and lightly brush them with olive oil.
2. Place the slabs of watermelon cut side down onto a heated grill and grill for about 2-3 minutes per side or until marked and warm.
3. Remove from the grill and cut off the rind, then cut into 1 inch cubes.
4. Toss the grilled watermelon with the basil, salt, pepper, and lime juice.
5. Gently fold in the cubed feta being careful not to break it up.
6. Drizzle the salad with the balsamic reduction before serving.



Source: <http://reciperunner.com/grilled-watermelon-feta-basil-salad/>

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.