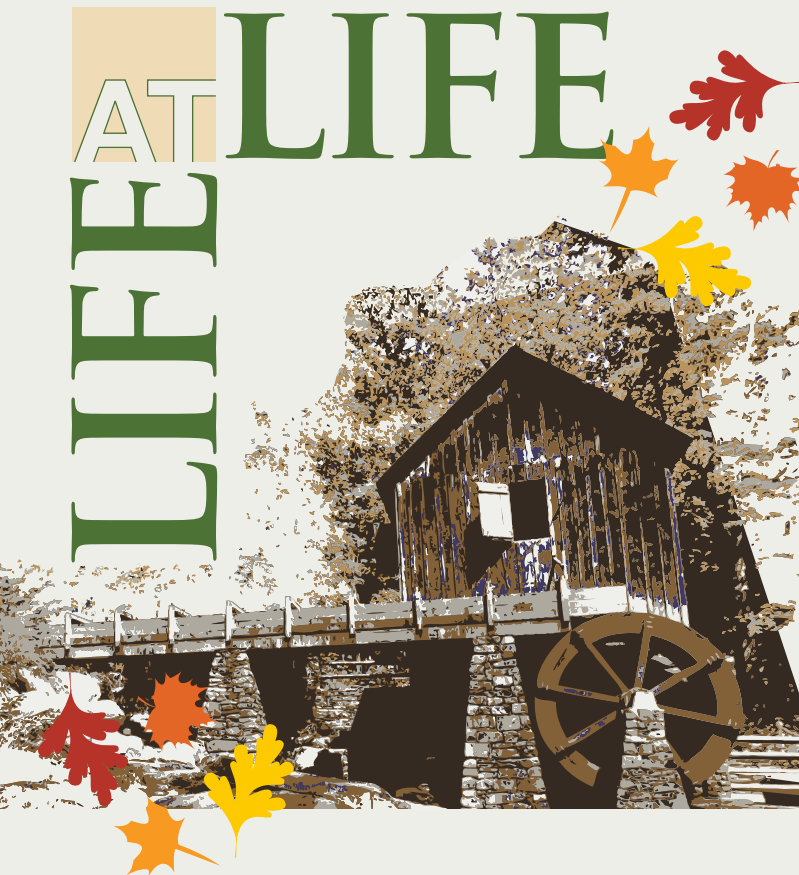


# AT LIFE

# LIFE



## 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.

### 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.

### CETL

M–F 8 a.m.–5 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.

### Socrates Café

M–F 7 a.m.–3 p.m.  
 Breakfast 7 a.m.–9:30 a.m.  
 Lunch 10:30 a.m.–2 p.m.

### Plato II Go

Daily 6:30 a.m.–6:30 p.m.

### Library

M–TH 7 a.m.–11:45 p.m.  
 Friday 7 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

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

## Letter from the Editor

April Basler



You are reading Issue 4 of Volume 5 of the Life University Staff Newsletter. This means that we have been bringing you the newsletter each quarter for five years now! It has been an honor to be Editor and my team has grown and changed over the years. One thing has always remained constant though, our desire to bring you interesting and informative articles that are written for staff and by staff.

This issue we decided to keep things short and sweet. But, we have brought back most of our regular articles for you to enjoy. In our *From the Desk of Staff Council* article, you can read about what a building rep does and also find out what's on the Staff Council Blackboard site. We have included a *Fall CE Recap* from Rebecca Koch and Cynthia Lund. I know I enjoyed greeting and talking to all the CE guests during the event. In our *Around Campus* article, we have featured CC-HOP. Be sure to read the *Tech Tips* and the *Tidbits* section. You might learn a thing or two.

We're so glad that we have received even more nominations for *Staff Spotlight* from fellow staff members. This quarter's spotlight features Lt. Linda Marlowe of Campus Safety who has worked here at LIFE for over twenty years. We also received a recipe submission: *Cauliflower Pizza*. Be sure to also try our *Pumpkin Bread* recipe just in time for Thanksgiving.

As you can see, this issue is Thanksgiving themed to get you in the spirit of the holiday season. The holidays will be here before you know it. I still have to get all my shopping done! On behalf of the Staff Newsletter team, we wish you Happy Holidays and a prosperous and healthy New Year!

**Have a great rest of the quarter!**

April Basler  
 Staff Newsletter Editor  
 CC-HOP Office Assistant



## From the desk of Staff Council

### Would you like to become a building rep?

Here are the duties a rep performs in their area.

1. Introduce yourself to others to let them know you are a building rep.
2. Bi-weekly building "walkabouts" to get a pulse for your area.
3. Monthly meeting with Staff Council Executive Committee.
4. Be involved with all staff on campus.

**Reminder:** There will be a Staff meeting during the Faculty Staff Development Program (FSDP) in January.

On the **Staff Council 101 Blackboard site**, you can view Staff Council meeting minutes, officer information and much more. Be sure to check it out!

# Donation Benefiting Food4LIFE

This beautiful, handmade winter-theme quilt was created and donated by an employee who wishes to remain anonymous. It will be auctioned or raffled off to raise funds for Food4LIFE. Please be on the lookout in Power Up for details.



## Local Happenings



**NOVEMBER 28 —  
DECEMBER 31**  
**Lights of LIFE**

**Times:** Sundays through Thursdays 6 — 10 p.m., Fridays & Saturdays 6 — 10:30 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:** [www.life.edu/info/info-visit-life/info-lightsoflife](http://www.life.edu/info/info-visit-life/info-lightsoflife)



**DECEMBER 6**  
**Children's Christmas Parade**

**Time:** 10:30 a.m. — noon. Rain or shine

**Location:** Midtown, Atlanta

**Information:** The parade will start off at Peachtree St. and 16th St. and end at Peachtree St. and 5th St. Watch as Midtown Atlanta will be transformed into Santa Claus Lane with the sights and sounds of the season. Benefiting Children's Healthcare of Atlanta.

**Website:** <http://www.choa.org/parade>



**DECEMBER 11 — 28**  
**Atlanta Ballet's Nutcracker**

**Times:** Various times

**Location:** Fox Theatre, Atlanta

**Information:** The holiday season begins with the return of Atlanta Ballet's Nutcracker to The Fox Theatre. It is a fun-filled, magical adventure that continues to thrill audiences. Bring the whole family for an

Continued on page 4

## Tech Tips

Well, it really looks as if this Internet/Google thing is going to catch on. In fact, if you're like most people these days, you're Googling things you're curious about several times a week (or an hour, depending on your level of fixation with factoids).

Sometimes, though, you get a hit for a page that has your search words in it — somewhere — but you'll be hornswoggled if you can see where because there's just too much other info to filter through.

So, how can you find your search words in that ocean of info? Well, when using Google in Explorer and Safari (and maybe other search

engines and browsers — but you'll have to check), once you land on a page yielded by your search term, look on your browser's tool bar, and click on Edit. In the Edit dropdown menu, click on "Find." Then, though it will be different depending on which browser you're using, you'll see where to search for the search word/term you're looking for and, voila! You will see each instance of your search term highlighted on the page(s). You may have to look for someplace to click "Next," but you'll appreciate being able to find the relevant terms, without having to slog through all the unrelated info.

*Happy surfing!*

## Tidbits:

Band-Aid Brand Adhesive Bandages first appeared on the market in 1921. The little red string that is used to tear open the package was not added until 1940.

Artificial turf is becoming an increasingly popular choice for athletic field coverings. While easy to maintain, the rubber used for shock absorption can cause field temperatures to climb in excess of 160 degrees!

In a desert, a mirage is caused when air near the ground is hotter than air higher up. As light from the sun passes from cooler to warmer air, it speeds up and is refracted upward, creating the image of water.

On every continent, there is a city called Rome.

Because a solar year is just under 6 hours longer than the calendar year, there is no leap year if the year is evenly divisible by 100 (such as 2100)

## Things you probably didn't know until Now

unless that year is also evenly divisible by 400, in which case there is a leap day that year!

The longest interstate route is I-90 from Seattle, WA to Boston, MA and is 3,020.54 miles long. The first school bus was introduced in England in 1827. It was drawn by a team of horses and could hold 25 children.

In 1795, the liter was introduced in France as one of the new Republican Measures, and defined as one cubic decimeter.

Edward J. Hock invented the safety belt, which was first used by the Ford Motor Co. as standard equipment. Hock was awarded \$20.50 for his invention. The original schematic and blueprints shows that he utilized scrap parachute strapping to implement his idea.

Construction worker hard hats were first invented specifically for workers on the Hoover Dam back in 1933.







## Around Campus: CC-HOP



Each issue, we feature a different department for the Around Campus article. This quarter we talked to staff at the Campus Center for Health and Optimum Performance (CC-HOP aka “student clinic”).

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

**CAMPUS CENTER FOR HEALTH AND OPTIMUM PERFORMANCE:** 1269 Barclay Circle, Marietta GA, 30060, in the Administration building.

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

**CC-HOP:** We have 23 employees.

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

**CC-HOP:** Our main goal is to always be available for our students and patients and to give great customer service through service, mentoring and to lead by example.

**SN:** What are your hours?

**CC-HOP:** Monday & Friday 8:30 a.m. — 7 p.m.

Tuesday & Thursday 8 a.m. — 7 p.m.

Wednesday 9 a.m. — 1 p.m. & 5 p.m. — 7 p.m.

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

**CC-HOP:** Life University has always had a student clinic with an interesting history. In 1997, student clinic was housed in the Administration building and was called Certification clinic. It was run by Dr. Cynthia Boyd. Later, student clinic was moved to the Mod buildings. In 2007, student clinic was moved back into the Administration building. It was remodeled and named the Campus Center for Health and Optimum Performance. The student clinic is under the direction of Dr. Susan Sharkey.

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

**CC-HOP:** Yes, you can find us at [www.life.edu/health](http://www.life.edu/health) under “clinics.”

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

**CC-HOP:** The most effective way CC-HOP has impacted LIFE College of Chiropractic students is that we are available and hands-on (and our non-DC students benefit by receiving care through student interns). Through our actions and dedication, the students know we care about them and are willing to do what it takes to ensure that they achieve success. Students often bring us flowers, cards and goodies to show us their appreciation and say thank you. We are a unique group of people in CC-HOP. Our motto is “Whistle while you work, but if you can’t

do both just work!” We are a multi-functional team at CC-HOP. Staff and faculty juggle many hats and are happy to assist our students and patients. At times, working in student clinic can be a challenge but that’s what makes us thrive. In fact we love working under pressure. When the pace slows down we start complaining and asking, “Where are the students?”

**SN:** What would you write in 300 words or less to describe your department for someone who knows nothing about it?

**CC-HOP:** The Campus Center for Health and Optimum Performance is where students in the DC program begin their clinical experience in the 8th quarter of the program. The quarter before entering the clinic, students are required to pass an orientation class. This class is taught by two of the faculty clinicians from student clinic with a lab the following day with their future advisors, thereby involving the remaining faculty. During this time, students are introduced to integrating their previous academic material into a patient management plan that includes EHR (Electronic Health Record) system, clinic polices, procedures and forms.

In other words, student clinic functions as a huge lab. After completing the orientation class, students are allowed to practice and build their chiropractic skills while administering chiropractic care to their immediate family and other students enrolled here at LIFE. During this time, students will learn how to manage their patients’ care plans, make appointments, write patient history reports and so much more. Students are mentored by faculty members who have many years of experience in the field of chiropractic.

Dr. Susan Sharkey leads CC-HOP with great compassion for the needs of our students and patients. She operates with an open door policy to accommodate their needs and concerns. The support team here is second to none. The staff are hands-on with our students, assisting them with scheduling, polices, procedures and helping with the E.H.R. (Electronic Health Record) process. This includes hugs and encouraging words such as “you can do this” when students become overwhelmed. Working in student clinic is like no other place on campus, as you must be able to multi-task and work in a high-pressure environment. But, that’s what makes us thrive here at CC-HOP.

We love working with our students and helping them to become the chiropractors of tomorrow so that when they walk across the stage at graduation they are ready to give, to do, to love, to serve, out of a sense of abundance. We take pride in knowing that their clinical education started here in CC-HOP.

# Staff Member Spotlight: Lt. Linda Marlowe



Every issue, we feature a different staff member who is interviewed for the Staff Member Spotlight. This quarter we're featuring Lt. Linda Marlowe.

## STAFF NEWSLETTER:

What department do you work in at Life University?

**LT. LINDA MARLOWE:** Campus Safety

**SN:** What are your job duties?

**LM:** Administration, dispatch, counter, etc.

**SN:** How long have you been at Life University?

**LM:** Since March 21, 1994

**SN:** What do you like most about working at LIFE?

**LM:** The whole LIFE community. This is my family away from home.

**SN:** What is the most challenging thing about your job?

**LM:** Surely NOT parking, parking, parking!

**SN:** Please share about your education

**LM:** I have completed High School, Business College, Georgia State Mandated Law Enforcement and Dispatch 911, and ALLIED BARTON.

**SN:** Please share about your past job experience

**LM:** Atlanta Police Department Domestic Crisis Intervention, Pregnancy/Adoption and Counseling Agency.

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

**LM:** Been there and done all that!

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

**LM:** I do volunteer work for the American Legion #160. I've been a Ladies Auxiliary professional bingo caller for twenty years.

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

**LM:** That would be telling, wouldn't it?

**SN:** If you could go anywhere in the world, where would it be?

**LM:** Like everyone else, just travel the US and the world.

**SN:** Is there anything else you would like to add?

**LM:** I've had the best time of my life here at Life University:

I've watched LIFE grow into the 19th Century Village, the torch, Bell Tower, the CCE building that used to be a warehouse and C-HOP. The Wellness Center/ Treehouse was remodeled. The upper track was built for the Olympics. The new upper gym, Lyceum Park, the LVR and more were built.

I've met Larry Bird and [Evander] Holyfield all in one week. I got to witness LIFE's basketball team win 99 home games in a row plus an awesome women's basketball team.

I experienced Run for LIFE many years with over five thousand runners and Easter egg hunts with over five thousand kids getting free Easter baskets and stuffed rabbits.

The Marietta Square Gazebo was built and designed in September of 1985 by a supervised construction firm. It was dedicated spring of 1986 and Dr. Sid made a pledge under Ladies of LIFE.

It feels like my very own personal Christmas with the Lights of LIFE when I get to say Merry Christmas and best wishes over a million times.

Lt. Linda M. Marlowe  
Life University/Allied Barton  
Campus Safety  
1269 Barclay Circle, Mod 2

## 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).

Continued from page 2

enchanting and memorable evening that keeps the spirit of the holiday season alive! Tickets \$15- \$89

**Website:** <https://foxtheatre.org/>



## DECEMBER 18 Vodka and Latke

**Time:** 7 – 11 p.m.

**Location:** Aja. 3500 Lenox Rd NE, Atlanta (Buckhead)

**Information:** Enjoy Atlanta's biggest Hanukkah party is at Aja in Buckhead. Dance the night away or enjoy a cocktail on the rooftop deck! Event brought to you by the Atlanta Jewish Community Center. Tickets \$ 25

**Contact:** Roey Shoshan 678-812-4055 or [roey.shoshan@atlantaajcc.org](mailto:roey.shoshan@atlantaajcc.org)



## DECEMBER 31 2015 New Year's Eve Masquerade Ball

**Time:** 9 p.m. – 3 a.m.

**Location:** Whiskey Park, Atlanta, GA

**Information:** Enjoy the 6th annual ball with a DJ, open bar, a midnight champagne toast and party favors. Formalwear and masquerade masks highly encouraged. Call 404-724-2559 for more information.

**Website:** <http://www.atlnewyears.com/event.aspx?e=23704>



## Fall CE 2014 - A Year of Firsts

Fall CE was again a huge accomplishment for the many departments on campus who work together to make it happen. Wednesday saw record-breaking attendance, Thursday was a welcoming party that went off without a hitch, Friday's schedule gave us hundreds of guests moving around campus (in the rain), and the weekend weather made it a joy to host the 1500+ visitors.

It is the hundreds of Fall CE Hosts who make this happen "in the moment" and once again they showed up, stepped up, and represented well. More than 200 faculty and staff attended 13 Host

Training sessions, and it showed: they demonstrated knowledge and graciousness throughout the week. More than 300 faculty and staff signed in to fill ten 6-hour shifts, many of them doing more than one shift and for that they are true "Heroes and Super Heroes".

There are not enough ways to say "thank you" to the hundreds of LIFE faculty and staff members who make Fall CE possible, but Rebecca and Cynthia want to say just that: thank you, thank you, thank you for your service.

# Recipies



## Cauliflower Pizza

Recipe Submitted by Pat Banks

### INGREDIENTS:

1 head cauliflower  
Flax meal (I've also ground up flax seed instead of meal and that works also)  
Egg  
Parmesan cheese  
Spices  
Pizza toppings\*\*



### INSTRUCTIONS:

- STEP 1: "Rice" one head of cauliflower in food processor. (If you don't have a food processor it is possible to do it by hand with a cheese grater)
- STEP 2: Once grated, place in bowl and add egg, flax meal and Parmesan cheese. (Put in enough to make the cauliflower stay together. Amount varies. Optional: Add Italian spices and/or a bit of red pepper)
- STEP 3: Spread the cauliflower onto a pan. (It is recommended to use a 12" stone that has been sprayed with grape seed oil. Spread it out as thin as you can.)
- STEP 4: Place in oven on 375 degrees until brown. (You can up the temperature if you want to cut down on time, but make sure it is slightly brown before taking it out)
- STEP 5: Now add your ingredients, the more the better.

\*\*Topping Suggestions: onion, garlic, spinach, cooked meats, etc. (Be sure to sauté in a pan before adding to pizza)

*Cook's Note: Only bake the pizza until the cheese melts and it's hot. So prepare the toppings in a pan (except for cheese) and they go onto the crust warm.*

## Pumpkin Bread

### INGREDIENTS:

3 cups Flour  
2 tsp. Baking Powder  
2 tsp. Baking Soda  
1 tsp. Salt  
1 ½ tsp. Cinnamon  
1 tsp. Nutmeg  
4 Eggs  
2 ½ cups Sugar  
2 cups Pumpkin  
1 ¼ cups Oil



### INSTRUCTIONS:

- Mix the dry ingredients together.  
Mix the wet ingredients together.  
Add wet to dry and mix well.  
Pour into loaf pan(s) and bake at 350 degrees oven for approximately 50 minutes (or when a knife is inserted in the middle it comes out clean).

*Enjoy!*



**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).