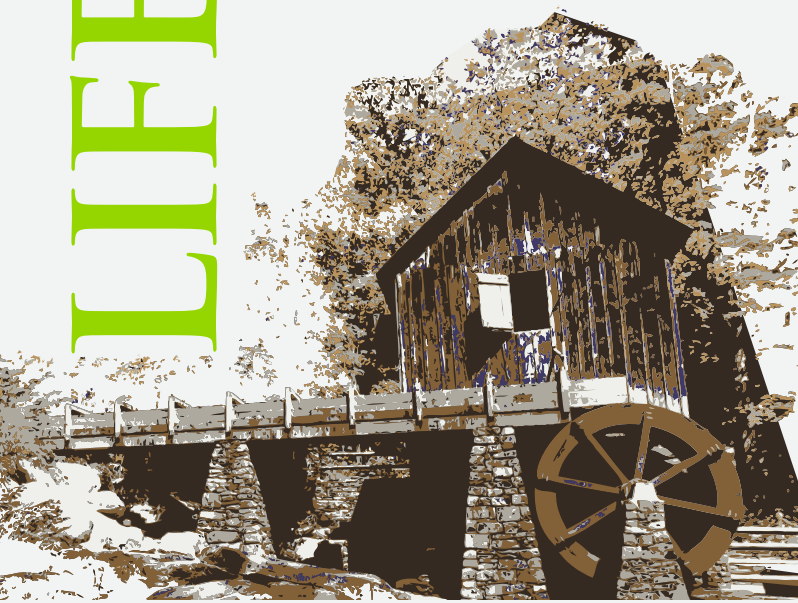


AT LIFE

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 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

INSIDE THIS ISSUE

From the Desk of Staff Council	2
What is the Passport to Wellness Program	2
Local Happenings	2
Around Campus: Library	3
St. Patrick's Day Tidbits	4
Tech Tips	5
Staff Member Spotlight: Yehia House	5
A Little Kindness is all we Need	6
Interview with Earnest Arnold	7
Remembering Debbie Lancaster	7
Recipies	8

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

Letter from the Editor

By April Basler



This issue marks year six of the staff newsletter. I would like to take a moment to brag about the newsletter team. We are all so very busy with work and our personal lives but each of them makes the time and effort to contribute to the newsletter. Whether it is editing stories, conducting interviews, giving advice or coming up with ideas, each of them gives it their all. Sometimes, not everyone in

the newsletter staff can make it to a meeting or participate every quarter, but they all really care about making the newsletter the best it can be. And they're all fun to chat with and be around too! This issue, we have included an article called *A Little Kindness is All You Need*, in which each newsletter team member has shared affirmations on what makes her feel loved and inspired. This will allow you to get to know us a little better. So, thank you, Bridgette, Deidre, Shelia and Elizabeth! You are so greatly appreciated!

We have included some great content and stories in this issue's newsletter. Meet Yehia House of Outreach Clinics, our *Staff Member Spotlight*. We have also featured shuttle driver Earnest Arnold in a special interview. Learn more about LIFE's Passport to Wellness program in an article by Dr. Maria Michelin. You can also learn about hidden tools Google has to offer in our *Tech Tips*. This quarter's *Around Campus* features the Library.

I know we were all saddened by the loss over the holiday break of one of our own, Debbie Lancaster. Debbie had worked at LIFE since 1989 as an administrative assistant in what is now the College of Graduate and Undergraduate Studies and was also a LIFE graduate, earning two degrees at the University. The

Staff Newsletter has dedicated a place in this issue as *a memorial to Debbie*.



I hope you all have a wonderful quarter. Please continue to send us feedback about the newsletter. We love to hear from you!

April Basler
 Staff Newsletter Editor
 CC-HOP Office Assistant

From the desk of Staff Council

This quarter's Staff Development Program included the topics "Setting Goals to Maximize your Potential from Within" and a "New Year, New You." We were informed, encouraged and challenged by the presentations given by Dr. Maria Michelin, Tiffany Peterson and Marie Powell. A big thank you goes out to them. One particular reminder by Dr. Michelin is the very resourceful Passport to Wellness Program offered to all employees at LIFE. We contacted Dr. Michelin for a re-cap of the program and its benefits. Be sure to include it in taking steps to maximize your health and to start to build a new you — right here at LIFE.

What is the Passport to Wellness program?

BY MARIA MICHELIN DC, CCSP

The Passport to Wellness program is designed to not just eliminate pain and illness, but to help you thrive. Our goal is to remove the interferences that are preventing you from reaching your maximal potential.

If you have no idea what is holding you back from reaching your health goals, we have some tools to get you started. First, we offer an online holistic health and wellness assessment. This tool is designed to help you appraise your status in each of the six domains of health:

has a specialized certification in sports nutrition as well. So if you are trying to improve your athletic performance, Ilana can help. Passport to Wellness program members receive free nutritional counseling and meal planning. Tiffany Peterson, MS is the health coach for the Passport program. She can help you create health goals and a plan to achieve them that makes sense with your lifestyle. Health coaching involves regular meetings for support, accountability and encouragement in areas that are especially challenging for you as an individual.

Chiropractic is a philosophy of health, a science of the nervous system and spine, and an art of helping people maintain or regain their health naturally. I am the chiropractor in the Passport program. I use a variety of different techniques to remove interferences to the proper functioning of the nervous system. I will also address various extremity (non-spinal) joint issues with the advanced training I have received as a certified chiropractic sports physician.

The Passport to Wellness encourages the entire campus to get moving through biweekly Strides for Life walking events. These group walks last for 30 minutes following a warm up. Join us to shake off some of the winter blues.

We still have some pedometers and salad shakers available to help you meet your physical health goals. Drop by the Wellness Portfolio offices in the administration building to get yours.

Passport to Wellness is a voluntary, free private health benefit open to all Life University employees and their adult dependents. To start the program, create a private account at www.wellnessportfolio.org. Once you create an account, you can take the assessments, receive nutritional counseling, receive chiropractic care and work with a health coach to reach your optimum potential. ■

physical, intellectual, spiritual, emotional, social and environmental. Next, we offer an online nutritional assessment to determine the strengths and weaknesses in your diet. Finally, we offer a biochem profile (a screening blood test for risk factors of heart disease, diabetes, anemia and more) to all Passport members. These screenings are all optional. If you already know what you want to work on, you can get started right away working with the Passport to Wellness team.

If you need to clean up your diet (and, really, who doesn't need to?), Ilana Katz MS, RD, CSSD can help. She specializes in assessment of need to formulate individuals' goals for optimal body composition and weight management. Ilana



MARCH 9 The Sing-Off Live Tour

Time: 8 p.m.

Location: Cobb Energy Performing Arts Centre

Information: The Sing-Off is NBC's No. 1 rated a cappella music competition. The Sing-Off Live Tour will offer the ultimate a cappella experience, giving fans of the show a unique opportunity to see their favorite groups perform live, and fans of a cappella music an incredible evening of some of the country's top talent. In addition to headlining talent, each concert will feature local a cappella groups to open the show, allowing fans of the genre the chance to discover top local talent as well.

Website: www.singofftour.com



MARCH 13 —15 American Craft Council Show

Times:

Friday, 10 a.m. — 8 p.m.

Saturday, 10 a.m. — 6 p.m.

Sunday, 11 a.m. — 5 p.m.

Location: Cobb Galleria Centre, Atlanta

Information: The American Craft Council (ACC) Show features hundreds of the country's top fine craft artists presenting their latest handmade creations in jewelry, clothing, furniture and home

Continued on page 3



Around Campus: Library

The library's official name is the Drs. Sid E. And Nell K. Williams Library located in the Learning Resource Center building. The library is open 7 days a week. Hours for Monday through Thursday are: 6:45am to 11:45pm. Weekend hours are: Friday, 6:45am to 6:45 pm; Saturday, 10:30am to 6:45pm; Sunday, 1:30pm to 11:45pm. There are 18 full and part time employees as well as several work-study students dedicated to supporting the learning and information needs of the entire LIFE community.

The library supports the university's Vitalistic philosophy and mission of empowering students with the education, skills and values needed for career success and life fulfillment. Resources and services are aimed at reinforcing and expanding on classroom teachings, providing a place for continued discussions and resources to assist with further inquiry. In addition, the library also teaches and reinforces information literacy skills for locating, evaluating, and incorporating new information to assist graduates in maximizing their potential.

Books are the most obvious resource in the library, but so many other resources and services are also available. There are print and electronic journals, research databases, videos, audios, interactive anatomy and physiology resources, anatomical models, x-rays, computers, printers, copiers, wireless access, individual and group study spaces, and

group and one-on-one instruction. The library can even borrow books from other libraries through Inter-library loan relationships to get the resources that students need. Even books come in many forms. There are physical books, electronic books and audiobooks preloaded onto digital players called Playaways.

While much of the support provided happens in the library, there are many activities that aren't confined to the physical space. Many times, instruction takes place in classrooms. Materials and other learning resources can be located and accessed online. Technological advances and the changing habits of learners will allow library services and resources to continue to grow beyond the confines of the physical space allowing the library to continue to meet the University's strategic growth goals.

Library staff work hard to display SLP in all interactions and the library offers many services in support of outstanding performance. Services that you may not be aware of include monthly thematic displays such as March's collaboration with nutrition and dietetic students to bring awareness to the topic of nutrition and wellness as well as showcase some of the library's collection. The library also extends hours and serves students coffee and tea in the evenings during midterms and finals. Students are further supported by the library's active participation in Food4Life and is a collection/distribution point for the Food4Life program. Those in need should email Food4Life@LIFE.edu.

All library resources are also available to staff and there are many treasures such as e-books and other learning resources to assist in communication, leadership, organization and other interesting topics. Reference staff will be happy to assist you in identifying, locating and guiding you in the use of our resources. ■



Continued from page 2
décor. Advance show tickets are \$12 for a one-day pass or \$29 for membership in the ACC, a three-day pass, plus a one-year subscription to American Craft magazine. On-site admission is \$13 per day, and the same \$29 ACC membership deal as available online. Special Friday "happy hour" (after 5:00) admission is a bargain at only \$5.00 (the show is open until 8:00).

Website: <http://shows.craftcouncil.org/atlanta>



MARCH 14 St. Patrick's Day Outdoor Bash

Time: All day

Location: Buckhead Avenue, Atlanta

Information: The 19th Annual St. Patrick's Day Party is the biggest in Atlanta. Fado Irish Pub is closing down Buckhead Avenue and setting up stages, bars, beer gardens, food tents and more in celebration of St. Patrick's Day.

Website: <http://www.fadoirishpub.com/atlanta/st-patricks-day-2015/>



APRIL 4 The Color Run 5K

Time: Race begins at 9 a.m.

Location: Atlanta Motor Speedway, Hampton GA

Information: Wear a white shirt, and then get bombarded by handfuls of colored cornstarch and glitter as you run the Color Run 5K at Atlanta Motor Speedway.

Website: <http://thecolorrun.com/atlanta/> ■

St. Patrick's Day Tidbits

THINGS YOU PROBABLY DIDN'T KNOW UNTIL NOW



❁ Saint Patrick wasn't born on March 17.

❁ Saint Patrick is a saint of the Catholic Church, and his holy day is the day of his death on March 17, 461 AD, and subsequent entrance to heaven, rather than the day of his birth. He spent most of his adult life converting the pagans of Ireland to Christianity.

❁ St. Patrick wasn't Irish.

❁ He wasn't born in Ireland. Patrick's parents were Roman citizens living in modern-day England, or more precisely in Scotland or Wales (scholars cannot agree on which). He was born in 385 AD. By that time, most Romans were Christians and the Christian religion was spreading rapidly across Europe.

❁ St. Patrick was a slave.

❁ At the age of 16, Patrick had the misfortune of being kidnapped by Irish raiders who took him away and sold him as a slave. He spent several years in Ireland herding sheep and learning about the people there. At the age of 22, he managed to escape. He made his way to a monastery in England where he spent 12 years growing closer to God.

❁ St. Patrick used the shamrock to preach about the trinity.

❁ Many claim the shamrock represents faith, hope, and love, or any number of other things but it was actually used by Patrick to teach the mystery of the Holy Trinity, and how three things, the Father, The Son, and the Holy Spirit could be separate entities, yet one in the same. Obviously, the pagan rulers of Ireland found Patrick to be convincing because they quickly converted to Christianity.

❁ Legend says St. Patrick drove all the snakes from Ireland.

❁ According to legend, St. Patrick drove all the snakes, or in some translations, "toads," out of Ireland. In reality, this probably did not occur, as there is no evidence that snakes have ever existed in Ireland, the climate being too cool for them to thrive. Despite that, scholars suggest that the term "snakes" may be figurative and refer to pagan religious beliefs and practices rather than reptiles or amphibians.

❁ St. Patrick's color is blue.

❁ The original color associated with St. Patrick is blue, not green as commonly believed. In several artworks depicting the saint, he is shown wearing blue vestments. King Henry VIII used the Irish harp in gold on a blue flag to represent the country. Since that time, and possibly before, blue has been a popular color to represent the country on flags, coats-of-arms, and even sports jerseys. Green was associated with the country later, presumably because of the greenness of the countryside, which is so because Ireland receives plentiful rainfall. Today, the country is also referred to as the "Emerald Isle."

❁ The Shamrock is not the symbol of Ireland.

❁ The shamrock is a popular Irish symbol, but it is not the symbol of Ireland. As early as the medieval period, the harp has appeared on Irish gravestones and manuscripts. However, it is certain that the harp was popular in Irish legend and culture even well before that period.

❁ Since the medieval period, the harp has represented the nation. King Henry VIII used the harp on coins as early as 1534. Later, the harp was used on Irish flags and Irish coats of arms. The harp was also used as a symbol of the Irish people during their long struggle for freedom. Starting in 1642 the harp appeared on flags during rebellions against English rule. When Ireland became an independent country in 1921, it adopted the harp as the national symbol.

❁ There are more Irish in the USA than Ireland.

❁ Well, sort of. An estimated 34 million Americans have Irish ancestry. Some are pure-blood Irish, meaning they or their parents came from Ireland, but many more have mixed ancestry today. By contrast, there are 4.2 million people living in Ireland. This peculiarity has a lot to do with the troubled history of Ireland. During the potato famine in Ireland, millions of Irish left the country for the US. This diaspora of Irish continued throughout much of the 19th century. Great numbers of Irish immigrants filled factories, served as railroad laborers --and even joined the military, sometimes immediately upon stepping foot on American soil! During the US Civil War,

entire regiments of troops were comprised exclusively of Irish immigrants. It wasn't until the economic boom of the 1990s that more Irish stayed in their native country than traveled abroad searching for better opportunities.

❁ St. Patrick's Day in the US has a strong political history.

❁ In the mid-19th century, the Irish faced discrimination much like that faced by African Americans. In a few rare instances, prejudice against the Irish was even more fierce! The Irish were culturally unique, Catholic, and because of deplorable conditions in Ireland, flooded into the US in large numbers. They were perceived as a potentially disloyal and were treated harshly. To combat this, the American Irish began to organize themselves politically. By the end of the 19th century, St. Patrick's Day was a large holiday for the Irish and an occasion for them to demonstrate their collective political and social might. While the political emphasis has faded along with the discrimination, the holiday remains ever popular as an opportunity for festivity regardless of one's cultural background.

❁ St. Patrick's Day was a dry holiday in Ireland until 1970.

❁ Aside from the color green, the activity most associated with St. Patrick's Day is drinking. However, Irish law, from 1903 to 1970, declared St. Patrick's Day a religious observance for the entire country meaning that all pubs were shut down for the day. That meant no beer, not even the green kind, for public celebrants. The law was overturned in 1970, when St. Patrick's was reclassified as a national holiday - allowing the taps to flow freely once again.

❁ **BONUS FACT:** Your odds of finding a four-leaf clover are: About 1 in 10,000.

Source: <http://www.catholic.org/news/saints/story.php?id=45045> ■



Tech Tips

Google Search Hacks That Will Make You Love Google Even More

1. Find out what the weather is like without stepping outside.

Type in "weather" and your location to find out the forecast. Really, you could type in any location to find out the local weather.

2. Choose your next snack by comparing food.

Just type in the two foods separated by "vs." Google will give nutritional information for both foods.

3. Set a timer.

No more fumbling for your phone, just type in "set timer" for your desired time.

4. Keep track of your TV schedule.

Want to know when the next episode is? Maybe you want to know if you've missed something while on vacation? Just type in the TV show and "episodes."

5. Calculate your tip and divide your bill.

Just type in tip calculator. Your waitress will love you.

6. Find out when the sunrise is.

Just type in sunrise and your city

7. Also, find out when the sunset is.

8. Use Google to translate sentences.

Type in "translate" and Google will do the work for you.

9. Find out movie times.

Just type in the name of the movie for the list of showings.

10. Find out when Thanksgiving (or any holiday) is.

Just type in the holiday and let Google be your calendar.

11. Use Google to play games.

Google Image Search "Atari breakout" and enjoy. ■

Source: <http://tech.diply.com/trendyjoie/12-google-search-hacks-that-will-make-you-love-google/68293>



Staff Member Spotlight: Yehia House

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

STAFF NEWSLETTER: What department do you work in at Life University?
YEHIA HOUSE: I work in Outreach clinics.

SN: What are your job duties?

YH: Maintaining and filing patient records and

intern credits, updating calendars and patient scheduling, answering phones and patient questions.

SN: How long have you been at Life University?

YH: For five years

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

YH: I enjoy knowing that I am part of a system that offers help to people in our community who otherwise would be unable to receive the vital care of chiropractic.

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

YH: Many patients who come to the outreach clinic automatically assume that I speak Spanish. We have a good laugh when I answer them in Arabic and we can't understand each other.

SN: Please share about your education.

YH: I received an LL.B. (Bachelor's degree in Law) and M.S in International Contracts in Cairo, Egypt

SN: Please share about your past job experiences.

YH: I was a Managing Director for one of the top 3 events planning companies in the Middle East for seven years before I immigrated to the USA.

SN: What is one of your career goals?

YH: I am considering starting the journey to become a chiropractor!

SN: What do you like to do for fun?

YH: Traveling and reading are my top hobbies outside of work

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

YH: I used to have a band in college. I won first place in five tournaments in martial arts in my youth. Also, I'm not fully Egyptian; I'm Turkish too :)

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

YH: China or Thailand

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

YH: Yes, my wife and I are expecting our first baby in April! We can't wait to meet her :) ■

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.

A little kindness is all we Need

By Deidre Deloach, BA

For a lot of us, the start of a new calendar year represents a “do over.” Any disappointments or failures from last year can be fixed by starting over with a new attitude and a new plan. An underlying hope for change seems to drive the plans we make for self-improvement. Wikipedia’s definition of hope is “an optimistic attitude of mind based on an expectation of positive outcomes related to events and circumstances in one’s life or the world at large.” As human beings we strive to make our personal space, community and world a better place to live and to do that, we need to be our “best selves.” We have the feeling that what is wanted can be had if we are at our personal best. Sometimes our “do over” gets lost in the shuffle and a sense of failure creeps into our consciousness. Is there an exact science to achieving new goals? What are we missing?

Maybe a little self-compassion is in order. As a society we lean toward using self-criticism as a way of measuring success. However, new research shows that self-criticism can be self-destructive. Kristin Neff, Ph.D., associated professor in human development at the University of Texas at Austin, researched the effects of self-criticism as a tool for achieving life goals. Neff found that “self-criticism can lead to lowered self-esteem, anxiety and depression.” Neff asserts that being kind to yourself does not mean that you are complacent or arrogant; instead, self-compassion is a tool that thwarts hopelessness and angst. It also develops the emotional side of coping skills and increases the ability to show compassion for others.

Self-compassion involves examining your
life as it is and reserving judgment.

Generally, we make goals because of a need or deficit concerning things that we value in life. We also tend to be focused on the end result and lose sight of the reason(s) behind the initial goal(s) such as improving family life, better health, enriching our community or furthering our education. Self-compassion involves examining your life as it is and reserving judgment. This practice clears the way to proceeding without the heaviness of guilt over past shortcomings.

Focusing on the things that are of value to your life is the ultimate inspiration because you begin to realize that you are not alone in your labor. Becoming isolated is avoided when you know that you are not struggling alone. So instead of making resolutions or goals based on tough self-condemnation, remember to be kind to yourself. Focus on motivating reflections that are true to your life. Reciting your own confirmation statements derived from your own life experiences creates motivation that is everlasting.

We recently showed our love for others on Valentine’s day. The holiday is all about showing compassion for our loved ones. The Staff newsletter team decided to share our own affirmations in this issue to let you get to know us better:



DEIDRE DELOACH:

I’M INSPIRED BY... Eleanor Roosevelt
I FEEL LOVED WHEN... My fiancé told my Mom, “Thank you for raising such a wonderful woman.”

I’M CONFIDENT WHEN... I say no to homemade apple pie for desert, have a cup of fruit and walk away satisfied.

I’M ENCOURAGED BY... “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future”; Jeremiah 29:11.



APRIL BASLER:

I’M INSPIRED BY... Great writers.

I FEEL LOVED WHEN... My husband tells me that he doesn’t know what he would do without me.

I’M CONFIDENT WHEN... I look up at myself in the mirror and smile, ready to take on the day.

I’M ENCOURAGED BY... My family and friends.



ELIZABETH GEISZ:

I AM INSPIRED BY... Taking time for quiet reflection in nature.

I FEEL LOVED WHEN... My needs are truly heard and understood.

I FEEL CONFIDENT WHEN... I look back on past accomplishments, and see them as evidence I can overcome anything.

I FEEL ENCOURAGED BY... Opportunities to expand my knowledge base.



BRIDGETTE MORRIS:

I’M INSPIRED WHEN... I sit still and count my blessings.

I FEEL LOVED WHEN... My husband makes chocolate-covered strawberries.

I’M CONFIDENT WHEN... I can laugh at my mistakes.

I’M ENCOURAGED BY... Laughter.



SHELIA WOOD:

I’M INSPIRED BY... My children’s successes in having become compassionate people and watching my favorite aunt overcome the odds of pancreatic cancer; she is winning against all prognoses.

I FEEL LOVED WHEN... My whole family is at home, at the same time. Now that my kids are grown with busy lives of their own, this is

becoming more and more rare.

I’M CONFIDENT WHEN... I’m having a good hair day! Sad, but true, nothing beats a good hair day, cute shoes, or pants that didn’t used to fit and now they do.

I’M ENCOURAGED BY... The ambitions of others and being able to help them in any way I can. ■

References

Blog; Psych Central, 5 Strategies for Self-Compassion <http://psychcentral.com/blog/archives/2012/06/27/5-strategies-for-self-compassion/>
Norcross, J.C., Mrykalo, M.S., & Blagys, M.D. (2002). Auld lang syne: Success predictors, change processes, and self-reported outcomes of New

Year’s resolvers and nonresolvers. *Journal of Clinical Psychology*, 58, 397-405.

Blog; World of Psychology, Why We Make New Years Resolutions <http://psychcentral.com/blog/archives/2010/12/28/why-we-make-new-years-resolutions/>



Interview with Earnest Arnold by Shelia Wood

SHELIA WOOD: How long have you been with LIFE?

EARNEST ARNOLD: I've been here a long time.

SW: What is your favorite thing about driving LIFE shuttles?

EA: Students. The students are what I love the best. They're the first ones that turned me onto Chiropractic and I have felt better ever since. The students have taught me so much about Chiropractic and the campus. They're always teaching me something.

SW: What is your favorite saying?

EA: No one can steal your joy except yourself. When I wake up, it's a good day—I love life.

SW: Why is this phrase important to you?

EA: Because any day you wake up is a good day.

SW: How did you get started driving for Athletics at LIFE?

EA: I used to drive for Greyhound bus. We didn't drive on the interstate back then. When I came to LIFE and they found out I drove for Greyhound, they asked me to drive teams for games. So I started driving them around everywhere. My first trip was when I drove the Rugby team to Knoxville, TN with Coach Scott and we won. I was hooked after that.

SW: What is your favorite memory of LIFE so far?

EA: I can't have just one. I make new ones every day.

SW: What is the best thing about driving Athletics?

EA: I get to go to the championships! Basketball, Rugby...the whole experience just keeps getting better!

SW: What is something about yourself that you would like people to know but they probably don't?

EA: My father was my greatest influence. He always said, "Don't let anybody change you from being you. You are your own master." I still hold true to that today.

SW: How does it feel to have been chosen by students and honored with the SPEAK award for five quarters?

EA: Amazing. I didn't know it each time until it was all over. I asked a student why he thought they keep choosing me and he said, "Because you just make our day." It doesn't get any better than that right there.

SW: Why do you blow your horn when you drive the shuttle?

EA: When I drove for Greyhound, we drove through a lot of little towns, back roads, country roads. Everyone was so friendly. A lot friendlier than people are now. Everybody honked or waved. I just never stopped honking and waving. I am just trying to keep that going. The friendliness of it, the small town feeling of saying hello to everybody and pass it on. ■

Remembering Debbie Lancaster

We ended last year having lost one of the brightest lights of LIFE, a dear coworker and constant friend to so many here on campus. Debbie Lancaster went to sleep Saturday, December 20, and transitioned sometime in the night. There are no words to express the sorrow of losing Debbie without a last chance to tell her what her good cheer and easy wit meant to everyone who knew her. There was no bigger supporter of our Undergrad program and its alumni. There was no greater proponent of inclusiveness and acceptance of others. There is no one who will leave a missing piece in more of our hearts than Debbie. Please join together in a moment of prayer and support for the family she leaves behind – and that includes the many people at LIFE Debbie had made part of the family she chose.

The following are fondest memories of Debbie shared by staff and faculty members:

"There was nothing that pleased Debbie more than talking about her grandchildren and Life University. She was so passionate about finding ways to get more LIFE alumni involved in participating in the activities of the university. Her work with the Diversity Committee was another topic of her daily conversations. One of her favorite quotes

was, "Am I the only one thinking about these things? This is not rocket science." Whenever I wanted to feel good about the activities of the day, I would either call her or walk over to her office for a quick chat. She is and will continue to be sorely missed. Debbie, no hotdogs until I get there!" ~ Dr. Jerry Hardee

"Debbie was there to help everyone and she had a big heart. She called it how she saw it. She was kind, helpful, loving, a great friend. She had my back! She loved her family, Josh, Ashley and her three beautiful grandchildren. She doted on all of them. I miss the stories and updates. I miss texting with her over the weekend. I miss her every day when something comes up and I want to text her or she texted me. It is so hard to lose a friend and coworker as it is a family member. I miss hearing about Somerville, too; she loved her family there." ~ Ellen Siepser

"I worked with Debbie this past year on the Diversity Committee and got to know her better. She had a wonderful sense of humor. A group of us got to spend her last birthday with her in October when Dr. Hardee took us to celebrate at one of her favorite restaurants- Big Chow. She was special, always ready to help with anything,

and I never had to ask twice. She made such a difference in the lives around her. Sometimes we forget how important the people around us are until they are gone. I wish I could have said goodbye. Her death had an impact on all of us - for me, I pull my daughter closer and tell her I love her more often. Debbie is and will continue to be missed." ~ Susan Starling

"Debbie- my friend, sister, and co-worker was a dear and beloved sweetheart who was very compassionate, intelligent, resourceful and charismatic. She was my traveling partner to and from basketball games and much needed trips as well as my card partner. She was phenomenon, and she will truly be missed." ~ Henry Hammond

"I met Debbie when I came to work at Life 22 years ago. But, what I'll most remember about her is that in recent years, she always had a witty comment for my posts on Facebook. I so miss those..." ~ Peggy Ingram ■





Mom always told us that breakfast was the most important meal of the day. She is absolutely right, but some of us still leave home without breakfast even though science backs mom up, with many studies supporting that breakfast sets the tone for the day. It keeps adults from being grouchy, kids are able to focus in school for longer periods of time and it balances our metabolism. Here are six recipes that give a delicious spin to breakfast time.

Avocado Toast with Egg

INGREDIENTS:

- 1 ripe avocado
- 1 teaspoon lemon juice
- sea salt
- pepper
- 2 eggs, cooked sunny side up
- 2 pieces of multigrain bread, toasted
- black beans (optional)
- sliced tomato (optional)
- shredded cheddar cheese (optional)

DIRECTIONS:

Toast the slices of bread. Cut the avocado in half lengthwise, twist to separate, remove and discard the pit. Scoop out the avocado flesh. Add it to a small bowl, and mash with a fork. Stir in the lemon juice.

Cook the eggs. Spread the avocado on the toast. Top each piece of toast with an egg, and sprinkle with sea salt and fresh ground pepper.

Peanut Butter Banana Smoothie

Blend 1 frozen banana, 2 tablespoons peanut butter, 1 cup almond milk, and a few ice cubes.

Tip: Add a scoop of your favorite chocolate or vanilla protein for an extra protein boost.



Savory Oatmeal with an Egg

Prepare oatmeal as usual with milk or water, but add a pinch of salt and pepper and top with an over-easy or poached egg. Sprinkle with a little sharp cheddar cheese.

Ricotta and Tomato Breakfast Sandwich

2 slices of a hearty whole-grain bread, spread each slice with 1 tablespoon ricotta cheese and sprinkle with kosher salt and fresh cracked pepper to taste. Add 1-2 hearty slices of fresh beefsteak tomato (blotted with paper towel to remove excess liquid) and enjoy.

Breakfast Egg Salad

Mash 1 hard-boiled egg with 1 tablespoon mayonnaise and 1 teaspoon Dijon mustard. Spread on a toasted split onion roll and top with 2 slices each of tomato and cooked bacon.

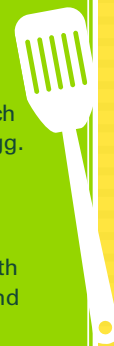
Grilled Peanut Butter and Banana Sandwich

INGREDIENTS:

- Cooking spray
- 2 tablespoons peanut butter
- 2 slices whole wheat bread
- 1 banana sliced

DIRECTIONS:

Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry sandwich until golden brown on each side. ■



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.