Hello Life University Staff-

Have you ever wondered what steps go into publishing the Staff Newsletter? Well, I’m going to share with you our process. First, the team holds a meeting during Week Zero or Week One. We all share our ideas, brainstorm for articles and decide who we are going to ask to be the Staff Spotlight, Around Campus, etc. We all receive assignments and take charge on sending emails, compiling lists and writing stories. We set our deadlines. We have an internal deadline when all submissions are due. This is usually the beginning of Week Four. Then, my team and I edit all articles, and I format most of them. We meet again to finalize all the documents, and then they are sent for further editing. Once that process is complete, we send all the content and images to the Marketing Department.

About one to two weeks later, we get a draft to review. Marketing does the entire layout for the newsletter. We give our feedback to Marketing and let them know of any changes to be made. Then, when the final product is approved, the e-Reader version is made. The newsletter gets posted on Blackboard and the LIFE website, and links are emailed to all of the staff. So, that’s the newsletter process in a nutshell.

We would love your feedback. Send any comments to StaffNewsletter@LIFE.edu.

We had so many ideas this quarter, so we have a lot of great content for you to read! Want to know more about LIFE’s Diversity Committee? Read their article called “Diversity is the Spice of Life.” Get to know the new Physical Plant Director Larry Riddle in this quarter’s “Staff Spotlight.” As promised, we have brought back “Life-Steps to Wellness,” and you can learn about how to eat healthy on a budget. We have featured the Postgraduate Department in this quarter’s “Around Campus” feature.

Are you a notary and want to let the LIFE community know of your service? Read the “Notary Public” blurb and let us know your information to be featured in the next issue.

Over the break, we all received some very sad news about several members of the LIFE community. We lost some great people, and one of them was a staff member. We have included a memorial to Cynthia Lund in this issue. Several staff and faculty members shared their memories and pictures of Cynthia. She will be missed.

Have a great rest of the quarter!

April Basler
Staff Newsletter Editor
CC-HOP Office Assistant
From the Desk of Staff Council

Welcome new Staff Council Officers!

BRETT NORTH - CHAIR:
It is an honor and a privilege to assume the role of Chairman of your Staff Council. I’d like to thank Dr. Maiyer for his four years of service on the council and acknowledge that he leaves some pretty big shoes to fill. My commitment is to strive to serve as well.

As I chair the Staff Council, I hope to foster an environment where staff members can approach the council with concerns and ideas that we can research and hopefully have results that will produce a positive impact on the LIFE community as a whole.

I hope to be instrumental in creating training opportunities during FSDP days that cater directly to the needs of our staff members and are an asset to the overall development of each of us. I’d love to hear your ideas on topics that you’d like to see addressed in future FSDP workshops.

Life University provides us with a great work environment and good benefits. Most of us could find something to complain about without having to look very deep; but in the end, we surely find many more positives than negatives, and I’d like for us to focus on those as a team and explore ways to give back to the LIFE community, especially in the area of our students. The students are our ‘customers,’ without them, each of us would be irrelevant. Without customers, a business (or institution) cannot survive. I think sometimes we lose sight of that.

Again, I appreciate the opportunity to serve as Chairman, and I look forward to working for you over the next two years.

One of my favorite quotes is “You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.” -Woodrow Wilson

SHAMERE REYNOLDS - TREASURER:
It brings me great pleasure to serve as Staff Council Treasurer. I am honored and privileged to be chosen, and I will uphold this position with the highest standards expected of me. I bring great knowledge and expertise to this position. I currently hold my BBA and MBA with a concentration in Accounting. I have been employed here at Life University for seven years in which I have been promoted three times and my current title is Student Experience Coordinator for the Student Advocacy Center. I was one of the first employees in this new area, so I do take pride in saying, ‘We are the heartbeat of this great University.’

MARIO R. BAILEY - VICE CHAIR:
Hello, my name is Mario Bailey, and I’m looking forward to serving staff council by taking on the full responsibility as Vice Chair. I will work to ensure our voice is heard in a positive and productive form. Additionally, I will assist the other officers in all tasks. I can be reached at Mario.Bailey@LIFE.edu.

ADAM TOWNSEND - SECRETARY:
Adam is in his second year serving as the Staff Council Secretary.

notary public noun no·ta·ry public \
\noun no·ta·ry public \ˈnô-tə-ri-\law : a person who has the authority to act as an official witness when legal documents are signed

This is a call out to those who serve as a notary public and are employed here at LIFE. Oftentimes this service is required, and what a great option to take care of it while here on campus. If you are available to notarize while on campus, please let us know by emailing StaffNewsletter@LIFE.edu. Please include the following; your name, your contact info, location and time available and your fee (if applicable).

This information will be shared in the next Staff Newsletter. Thanks! ■

Local Happenings

SEPTEMBER 10-13
Yellow Daisy Festival
Times: Thursday & Friday, 10:00 a.m.-6:00 p.m. Saturday, 10:00 a.m.-7:30 p.m. Sunday, 10:00 a.m.-5:00 p.m.
Location: Stone Mountain Park
Information: The Yellow Daisy Festival features more than 400 vendors of arts & crafts and has live music, a children’s corner and a sports den along the paths at Stone Mountain Park. Free festival admission with a paid parking permit to the park.

Website: http://www.stonemountainpark.com/events/yellow-daisy-festival

SEPTEMBER 25-27, 2015
Taste of Atlanta
Times: Friday, 7:30-10:30 p.m. Saturday, Noon-7:00 p.m. Sunday, Noon-6:00 p.m.
Location: Technology Square, Midtown Atlanta
Information: Try samples from 90 of Atlanta’s best restaurants; taste beer and wine; and watch celebrity-chef demonstrations at Taste of Atlanta. Festival General Admission is $25 in advance; $35 at event (includes 10 taste coupons).

Website: http://tasteofatlanta.com/index.php

Continued on page 3
You may have noticed that the Marketing Department is featuring historic and “vintage” Life University photos as part of “Throwback Thursday” on social media. From before-and-after shots of Life U’s beautiful campus to photos of students throughout the decades, these posts are always a hit. However, Marketing is running out of images! Do you have an old photo of a Life University memory you’d like to contribute that’s at least five years old? Help keep Life U’s Throwback Thursday alive and email photos to feedback@LIFE.edu.

OCTOBER 6-11
Jersey Boys
Times: Tuesday-Thursday, 7:30 p.m. Friday, 8:00 p.m. Saturday, 2:00 p.m. & 8:00 p.m. Sunday, 1:00 p.m. & 6:30 p.m.
Location: Fox Theatre, Atlanta
Information: Enjoy the 2006 Tony Award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the story of how four blue-collar kids became one of the greatest successes in pop music history.
Website: http://foxtheatre.org

OCTOBER 24
Fernbank BOO-seum Trick-or-Treat
Time: 10:00 a.m.-2:00 p.m.
Location: Fernbank Museum of Natural History
Information: For one day every year, Fernbank Museum becomes Fernbank BOO-sueum! Follow the screams (of delight) to a day of frighteningly fun Halloween-themed activities including treats for kids in costume, games, music and more. Event is included with museum admission.
Website: http://www.fernbankmuseum.org/calendar-of-events/fernbank-boo-seum-trick-or-treat/

Top 10 Time-Saving Tech Tips from TED
(That you think everyone knows – but they don’t)

Check out this fun, six-minute TED Talk from tech writer David Pogue and save time on your computer, smart phone and camera. You may already know some of them, but chances are good that you’ll learn something new and save yourself some time (and frustration).
http://www.ted.com/talks/david_pogue_10_top_time_saving_tech_tips?language=en
Life-Steps to Wellness

It may seem difficult to make healthy food choices on a limited budget. However, when you consider the long-term cost of managing poor health, it may be smarter to pay more at the grocery store now than at the doctor’s office later. Even those of us who pinch our pennies can take small steps toward sound nutritional choices. Checking sales and clipping coupons are just a few ways to save. Preparation and organization can stretch your budget and broaden your culinary repertoire. These tips from thekitchn.com give some great tips that are realistic and may save you time and money.

10 Smart Tips for Eating Healthy on a Super Tight Budget:
Adapted from the thekitchn.com
1. Buy fresh produce when it is in season; stock up and freeze.
2. Look for sales and plan meals around what is on sale.
3. Try less expensive cuts of meat … or better yet, try less meat!
4. Use whole grains and beans as a protein source.
5. Plan and prep meals ahead of time.
7. Keep an organized fridge and pantry.
8. Repurpose leftovers.
9. Shop the farmers market at the end of the day to find bargains.
10. Shop at ethnic markets.


Around Campus: Postgrad

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

Staff Newsletter: Where are you located?
Postgrad: We are located in the CCE building, right down the hall from Chiropractic Sciences.

SN: How many people work in your department?
PG: We have three people in our department: Kathy Bannister (Director), Melissa Scharffenberg (Postgraduate Programs Coordinator) and Nicolette Hinds (Registration Coordinator)

SN: Does your department have a mission/main goal? What is it?
PG: The Postgraduate Department provides ongoing opportunities for professionals to expand their pursuit of knowledge by providing the most relevant information through new and technologically advanced programs and systems.

SN: What are your hours?
PG: We are here from 8:00 a.m. to 5:00 p.m. daily.

SN: How long has your department been in existence?
PG: Presumably since the 1980s.

SN: Are you on the LIFE website?
PG: Yes. You can find us multiple ways on the website. First, you can go to the ‘Academics’ menu at the top of the homepage, and we are the eighth link on the left navigation. You can also go to the ‘Dashboard’ menu at the top of the home page, and then click on ‘Alumni.’ Our links are located under the tab ‘Academic Resources’ on the left side of the screen. Finally, you can simply search ‘Postgraduate’ in the search bar on the top right of the homepage.

SN: Brag about yourself for a minute. In what specific ways have you impacted LIFE students as a department?
PG: We offer a variety of seminars to the students, taught by our own faculty, in efforts to help further their education in the areas of Cervical Dissection, Spinal Analysis and CCEP. We also provide snacks for those students needing fuel between their studies. Feel free to stop by and visit us!

SN: Describe what your department does in a ‘nutshell.’
PG: We approve and coordinate postgraduate programs for chiropractors looking for Continuing Education (CE) credit to renew their licenses. Most importantly, we develop and implement the Fall CE event held in October every year. It is one of the largest chiropractic CE events in the country.
If you love pets, you’ll know exactly what I am feeling as you read this. I have five children – two young adults and three fur babies, my Shelties. We brought the brothers, Mason and Dixon, into our family as 6-week-old puppies when my human children were very young. They’ve all grown up together. Scarlett came a few years later when the Shelties were 5. Our dogs are as much “family” as any two-legged member in our household, and those who have fur family will certainly understand how we feel.

Our Dixon had been under the weather for a couple of days, but nothing seemed serious; he just wasn’t quite his usual self. At 12-years-young, he and Mason are entitled to a few slow days now and then. In fewer than 18 hours he went from being out of sorts to being in a serious state. He lay essentially in one spot, refused to eat, slept and seemed generally miserable. We feared dog flu since it had been in the news so much lately. An emergency vet visit would reveal the cause. With the last bit of energy he had, Dixon lifted his head ever so slowly, just slightly off the table, and licked her twice on the chin. The unconditional love from this precious animal, and his effort to console his family, even at the end, was unbelievable. It was one of the sweetest moments I have ever had the privilege to know. His head fell with a weak thud against the table and his gentle eyes closed. We had our answer.

We chose what the vet called “the most humane act of love.” It was one of the hardest things I have ever had to do. Having never had dogs growing up, I had never lost a furry member of the family, nor had my children. Now we were saying goodbye.

We watched and cried, each with our hands on our boy, as the doctor eased Dixon to his final rest. We wrapped him in his blanket and watched as the doctor handled him gently as he drifted off to sleep. Through our tears, we drove him home one final time and laid him in an azalea bed where he had loved to lay in the shade – one of his favorite spots in our backyard. While we’ve held backyard funerals for fish, hamsters and even a 5-foot iguana, nothing had prepared us for the mourning that would come as we have grieved this dog.

A small, granite marker is placed where Dixon lays, and I visit him there every day. Someone said to me, “It’s just a dog. You need to stop being so upset.” But someone else, who truly understands love and compassion, paid me the best compliment of all: “Dixon never knew he was a dog, he was a people.” As is stated on his marker; “You left paw prints on our hearts forever. We will never forget you.”

Faces of LIFE Story Campaign

Faces of LIFE is a story campaign that showcases members of the dynamic LIFE community, including faculty/staff, students, alumni and health sciences professionals.

Interested in being featured or nominating a candidate? E-mail LIFENews@LIFE.edu.
Staff Member Spotlight: Larry Riddle

Every quarter, we feature a different staff member for the Staff Member Spotlight. This quarter, we’re featuring Larry Riddle, Director of Physical Plant.

STAFF NEWSLETTER: Discuss what drew you to Life U?
LARRY RIDDLE: I was drawn to LIFE because of the overall feel and look of the campus, its vitalistic approach and philosophy, and I was also influenced by my wife because she is a professor and loves the university atmosphere.

SN: What has surprised you most about LIFE since you got here?
LR: The tremendous welcome and outreach that is extended by staff, students and faculty.

SN: Name three things people probably don’t know about you but should.
LR: I am a real country boy born in Rome, Georgia. I am a Retired Army National Guard Warrant Officer, and I have a neighbor and good friend enrolled in the D.C. program.

SN: What are the most welcoming aspects you’ve found in the LIFE community that you haven’t experienced elsewhere?
LR: The attention, homage and respect for Life University’s history and purpose.

SN: You worked at the City of Atlanta for many years with former mayor Shirley Franklin and then current mayor Kasim Reed. What did you bring from those experiences to prepare you for life at LIFE?
LR: In the City of Atlanta, I learned very quickly about networking, improving the efficiency of your staff and accomplishing many tasks with minimal funding.

SN: Can you tell us about some items on your “bucket list?”
LR: Visiting Australia, owning a cozy beach house and ensuring my son and grandkids know the real value of family.

SN: Tell us about your hopes for the Facilities Department growth and service to the LIFE community.
LR: I hope, together, we can improve our technical skills, improve ownership in the maintenance and safety of the campus and make this a better learning environment for the students and faculty.

SN: Can you share a quote or mentor experience that inspired you? Words you live by, so to speak.
LR: “Let’s make it happen” and “Failure is not an option.”

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.

Diversity is the Spice of Life

Diversity is an ongoing commitment at Life University. Diversity involves acceptance and respect for all individuals regarding race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious or political beliefs, or any other ideologies. Life University strives to provide a safe environment for staff, faculty, students and visitors.

The Diversity Committee at LIFE is made up of faculty, staff and students who wish to ensure that the University’s commitment to diversity is honored. The committee is headed up by Dr. Michael Smith, the associate dean of the College of Graduate and Undergraduate Studies, as committee chair.

The mission statement of the committee states:
“The mission of the Diversity Committee is to educate the campus community relative to the laws, obligations and privileges afforded by national equal protection laws, and the policies of the Board of Trustees of Life University.”

When asked about the greater vision of the committee, Dr. Smith stated: “I want people to understand that we live in an environment that is diverse. Life University is a microcosm of the nation. What we are experiencing now is an intersection between the Baby Boomers, Generation X-ers and Millennials all landing on the same landing strip, so we must be respectful of each other’s lanes – cultural differences, belief systems, family traditions and a changing society. I think in order for us to forge ahead as a transformative institution, in the process of producing transformative students, we must also change our behaviors so that we can all become better citizens in a greater society. Once we embrace that, we arrive at a promise land. We can create a product we can be proud of.”

Some events sponsored by the committee have included celebrations of Women’s History Month, Black History Month, Native American Heritage Month and Hispanic/Latino Heritage Month, as well as participation in The Atlanta Pride Festival and Parade – just to name a few. The LIFE community also joined together for the Diversity Salad Bowl, where samples of food from a variety of cultures were available.

A new focus of the committee involves spreading awareness for such issues as disability awareness and the new gender-neutral bathrooms on campus. The committee is also taking on some service initiatives and has worked with student organizations such as the Gay Straight Alliance (GSA) club and the Student American Black Chiropractic Association (SABCA). Committee members are also working with Student Services to receive Safe Space Training.

Diversity Committee meetings are held in CUS 234 on Wednesdays of Weeks 3, 6 and 9 of the quarter at Noon. More information can be found on the Life University website or by liking the Life University Diversity Committee Facebook page. Please contact Dr. Michael Smith at Michael.Smith@LIFE.edu or Dr. Charmaine Herman Charmaine.Herman@LIFE.edu for information on how you can get involved.
Remembering Cynthia Lund

Cynthia Lund hailed from Washington State. She began her chiropractic adventure in the 1990s at Palmer University before migrating to Life University in 2004. Her “can do” attitude, creative influence and thinking were instrumental in establishing the beginning of our successful clinics and Gateway programs. As the Director of Auxiliary Services, her position touched nearly every area on campus, and she was the “go to” person for all things shuttle-, food- or event-related.

Cynthia loved Life University and rarely missed a campus event of any kind; you could count on seeing her at whatever was going on. Be it a committee meeting, First Thursday (now the LIFE Involvement Fair Experience), a concert series, holiday bash, fundraiser or an athletics event, there she’d be wearing her nametag, with a smile on her face, cell phone in hand. We all know Fall CE will never be the same without her. Many may not realize that without fail, she attended every Clinic Gateway and quarterly graduation ceremony from the time of her arrival at Life U until just prior to her passing. When asked why she always attended the ceremonies, she said, “It reminds me of why we’re all here.” What a statement to her dedication for what we do every day.

She loved to laugh and gave herself over easily to joy in the everyday that might be overlooked by someone less observant and purposeful in creating his or her own happiness. She had a huge heart and enormous smile; those are two things everyone she touched will always remember about her. In the words of Dr. Riekeman, “…she was loved and appreciated as a warrior with a kind and gentle soul.” While she declined politely the opportunity for anyone to ‘fuss’ over her, Cynthia opened her life and her home often to abandoned senior dogs that she would adopt and love, making their remaining days comfortable, happy ones. She held fast to that philosophy and unselfish nature to the end.

HERE ARE SOME OF CYNTHIA’S FAVORITE QUOTES:
“Actually, I just woke up one day and decided I didn’t want to feel like that anymore, or ever again, so I changed. Just like that.” -Unknown

“There are going to be times when we can’t wait for somebody. Now, you’re either on the bus or off the bus.” -Ken Kesey

SEVERAL STAFF AND FACULTY MEMBERS SHARED WITH US THEIR FONDEST MEMORIES OF CYNTHIA:

“My all-time favorite was when a group of directors were given an early tour of Lyceum Park after the major improvements were completed but prior to opening. When the group got to the fountain area where the Eight Core Proficiencies were each engraved in a boulder, someone noticed that ‘Integrity’ had been misspelled. Cynthia chimed in that she did not think that it was such a big deal and said ‘It’s not like it is carved in stone.’” ~ Bill Jarr

“This lady walks into Clinic Administration with a big smile on her face in faded jeans carrying a bunch of boxes. She starts unpacking and keeps bringing in more boxes. I think she must be from out west because there seems to be a hint of Berkley in her. She is very excited, and I say hello, and she replies, ‘I am Dr. Gross’s Administration Assistant, and I love clinics,’ and boy, did she. She was the taskmaster and, man, did we get things done!” ~ Dr. Steve Mirtschink

“Though I connected with Cynthia on a number of occasions at LIFE, and she was always helpful and serving, my fondest memory is having her attend a couple parties at our home in 2014. At first, she was somewhat shy and maybe even a bit distant. My wife Melissa and Cynthia entered a conversation about their mutual love of rocks and crystals. Melissa offered her a large pink quartz, and at first she refused to accept it, not wanting to take it from Melissa. Melissa insisted and let her know that she would be so pleased if Cynthia accepted her gift. She respectfully accepted the gift, and a friendship was born. Cynthia went about her life in quiet: she served, she did, she loved and she gave, with no expectation of return. She was a living example of Lasting Purpose. I miss her already. R.I.P. Cynthia Lund.” ~ Dr. Gilles LaMarche

“She was a living example of Lasting Purpose. I miss her already. R.I.P. Cynthia Lund.” ~ Dr. Gilles LaMarche

“Here’s a great pic of Cyn from our trip to Seattle/Bainbridge Island in 2008.” ~ Nita Looney

“My favorite memories are of times spent with Cynthia laughing … usually about absolutely nothing. I can still hear her saying, ‘Oh, my God!’ with that contagious smile on her face. Hard to believe she’s gone, but my life, and LIFE, is certainly better for her presence. My friend, mentor, confidant, inspiration, at times my biggest cheerleader, but always my ‘compass North’ to navigate Life U. She was truly loved and will be missed. Rest peacefully now, dear friend.” ~ Shelia Wood

“I’ve known Cynthia for the better part of my life... she was always there... providing support, advice (sometimes unsolicited as only real friends do), and even a shoulder to cry on when needed, but always there. Cynthia was one of the most committed people on the planet to chiropractic and a Vitalistic approach to life and living; even more so than many chiropractors in the world. She was a relentless chiropractic warrior, had a never ending faith in the human spirit, and was my hero for too many reasons to name here. She loved Brian Andreas so I leave you with these two quotes that capture her essence so very well. To my best friend.....”

“Anyone can slay a dragon ...but try waking up every morning and loving the world all over again. That’s what takes a real hero.” - Brian Andreas

“In my dream, the angel shrugged and said, if we fail this time, it will be a failure of imagination, and then she placed the world gently in the palm of my hand.”

-Brian Andreas ~ Dr. Tim Gross

~ Dr. Tim Gross
Tomato Avocado Cucumber Chickpea Salad
Yield: About 8 servings

INGREDIENTS
2 (10.5 oz.) containers red cherry tomatoes
1 (10.5 oz.) container yellow cherry tomatoes
1 (14.5 oz.) can chickpeas, drained and rinsed
1 1/2 cucumbers, peeled and sliced into quarters
2 Hass avocados, peeled, cored and diced (ripe but semi-firm)
1/4 cup chopped fresh parsley
3 oz. feta cheese, crumbled

Dressing
1/2 cup olive oil
1/4 cup fresh lemon juice
1 tsp. Dijon mustard
2 cloves garlic, minced
1/4 tsp. salt
1 tbsp. chopped fresh basil
3/4 tsp. dried oregano

DIRECTIONS
In a salad bowl, toss together tomatoes, chickpeas and cucumbers. Add avocado and parsley and gently toss. Add desired amount of dressing and feta and gently toss to evenly coat. Serve within an hour for best results.

For the dressing:
In a blender (or mixing bowl with a whisk), blend olive oil, lemon juice, mustard, garlic and salt until mixture is well emulsified. Stir in basil and oregano.

Recipe source: inspired by Green Valley Kitchen

Sherbet Church Punch
Prep Time: 10 Min Total Time: 10 Min
Serves 18

INGREDIENTS
1 can frozen fruit punch concentrate (made according to the directions on the can)
1 (64 oz) bottle pineapple juice
1 2-liter bottle 7-Up
1 pint fresh raspberries
1 pint fresh strawberries, sliced
1 pineapple, peeled and cut into thin round slices
10 to 12 scoops raspberry rainbow sherbet

DIRECTIONS
1. Scoop out the sherbet onto a baking sheet and freeze for several hours. You can do this the night before.
2. In a large punch bowl or pitcher, combine the fruit punch, pineapple juice and 7-Up. Throw in the fresh raspberries, sliced strawberries and pineapple slices. Right before serving, drop in the sherbet scoops. Serve right away. Enjoy!

Source: The Chic Site; http://thechicsite.com/

Shelia’s Easy Peach Cobbler

INGREDIENTS
4 cups fresh peaches, peeled and sliced
2 cups sugar
1 cup flour
2 t. baking powder
1 stick of butter, melted
1/4 t. salt
1 large egg, brought to room temperature
2/3 cup milk, brought to room temperature
1 t. cinnamon
1/2 t. nutmeg

DIRECTIONS
Combine flour, 1 c. sugar, salt and powder. Stir in milk and egg. Pour into baking dish containing melted batter. Do not stir! Combine peaches, remaining sugar and spices. Pour over batter. DO NOT STIR! Bake at 350 degrees for 45 minutes or until batter top is golden brown, firm and bubbly around edges. Serve warm with ice cream to cut the sweetness.

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.