I hope your Spring Quarter is going well. Summer is upon us, and I know I’m ready for warmer weather and the things that come with it like concerts, festivals, cookouts and other outdoor activities. Our students will start their three-week summer break soon. While they will get time off, many LIFE staff members will be busy working and getting ready for the Summer Quarter. I hope that these staff members will be able to take some vacation time and get some much needed rest and relaxation. So, whether you’re spending time at home with loved ones or taking that long awaited beach vacation, enjoy yourself! After all, summer only comes once a year.

If you’re looking for summer events to attend, check out our local happenings section. Other noteworthy content in this newsletter include an article called Workout in the Water written by Deidre DeLoach. She shares her experiences with water aerobics and interviews her instructor. You will also want to read Shelia Wood’s article on workplace stress because, let’s face it, we all deal with that. I love that my newsletter team members continue to write great articles for this publication.

I know we were all saddened by the news of the passing of Darlene Lanter. Darlene worked at LIFE for nearly twenty years, and many current and former staff members were very close to her. We have a section in the newsletter dedicated as a memorial to her.

We couldn’t publish the staff newsletter without staff input. Each issue we interview or ask many staff to give their opinions on different topics or to be featured in our Staff Spotlight. Get to know this quarter’s spotlight, Alison Woldegeorges, and find out what other staff thought of the Vitalism program given by Dr. LaMarche as a part of the Week 0 Spring FSDP. Also, be sure to read our Around Campus article, which features the Chiropractic Sciences division of the College of Chiropractic. If you ever want to contribute to the Staff Newsletter, please email me at StaffNewsletter@LIFE.edu.

The recipes featured in this newsletter are both summer themed. Enjoy the Patriotic Trifle, a red, white and blue dessert and a recipe for Summer Sangria. As always, we have included some factoids in our Tidbits section and some Tech Tips that may teach you a thing or two. I hope you enjoy reading this newsletter, and I wish you a great rest of the quarter!

April Basler
Staff Newsletter Editor
CC-HOP Office Assistant
A Look Inside your Staff Council

“No person was ever honored by what he received. Honor has been the reward for what he gave.” - Calvin Coolidge

A service message from Brett North, Staff Council Vice Chair:

Recently, we were invited to share a favorite quote or two for possible use as epigrams in the CUS building, and one of several I submitted was the quote above from Calvin Coolidge. I also used this quote a couple of months ago when delivering the eulogy of a good friend of mine, who was known by all for his joyful giving. You could always depend on him to “pitch in” without hesitation.

Oftentimes, we think of “giving” as writing a check for a good or worthy cause that we believe in, a cause that touches our hearts. I believe that giving goes far beyond writing a check. I believe we have an obligation to give of our time, our talent and our treasure.

In many cases, the most valuable of these three to the recipient is our time. The difference we can make in a person’s life with a small bit of our time can be profound. Whether it’s mowing the lawn for an elderly neighbor or taking a meal to a family where someone has just had surgery or brought home a new baby, the gift of time can be a blessing.

Someone I work with volunteers her time at a local animal shelter. She goes in a few hours a week and simply sits on the floor and plays with a little kitten or puppy as she tries to walk the little critter through what we call “re-socializing,” allowing the animal to regain its trust in people. This process makes a difference in the pet’s life and makes it suitable for adoption, thus providing a wonderful opportunity for a family to have a friend that will make an impression on their lives for years to come.

Many of us choose to serve weekly at our place of worship. We may provide the only bright smile a person sees all week. We never know the impact a firm handshake or hug can have on a person’s week.

Perhaps you have a talent that many others don’t have, and you can use that talent to help someone else while doing what you enjoy.

Writing a check (sharing your treasure) is usually the easy part and can frequently have an immediate impact on your cause, but sharing your time and your talent is often priceless. I encourage you to explore ways to give to others and give back to your community. Whatever you choose, Give, Do, Love and Serve out of abundance; you’ll impact lives...including your own.

Stress...What Stress? By Shelia Wood

Is it just me, or does everyone seem to have an inordinate amount of stress these days? Books are written about it, relationships break up over it and it seems as though medications are invented almost daily to help folks deal with it. There are institutions and organizations dedicated to the study and reduction of the effects of stress. Simply Google the word “stress” and 158,000,000 websites pop up in less than 3 seconds.

Obviously, stress is a hot-button topic.

How can we cope better? That’s the question I found myself asking recently. So I did some research. Workplace stress is particularly hard to avoid because we all have so much to get done in any given day. We move quickly from one task to the next with phones ringing, Outlook reminders dingling and voices calling out our names. After days of realizing I had gotten so busy that I had forgotten to eat lunch or get a drink of water, I decided I had to find a way to focus and make myself take two minutes every so often to breathe!

According to the National Institute of Mental Health, there are three primary types of stress:

- Routine stress related to the pressures of work, family and other daily responsibilities.
- Stress brought about by a sudden negative change, such as losing a job, divorce or illness.
- Traumatic stress, experienced in an event like a major accident, war, assault or a natural disaster where one may be seriously hurt or in danger of being killed.

Some practical recommendations on dealing with stress are:
- Get professional help: A qualified mental health care provider

Tech Tips

TIP 1: In Outlook email, you can quickly insert the email address of a fellow LIFE employee by typing in a few letters of the person’s name in the address line and then clicking Ctrl + k. That will pull up a dialogue box with the name (or a list from which to choose). Just click on the name you want, and you’re good to go!

TIP 2: In Microsoft Word, if you want to copy text from the web or another document but don’t want to use all their formatting (font style/color, italic, etc.), first copy as usual. Then, go to the File menu and select Paste Special and then Unformatted Text. You’ll end up with your default Word formatting.

TIP 3: Want to look up a word quickly, without finding a dictionary (or app)? It’s as easy as typing “Define_whateverwordyouwant_” into your browser and click Return. Easy peasy!

TIP 4: Who wants to take a mouse surfing when you can use shortcut keys instead? On a PC, simply use the Backspace key to return to the previous page. Or, Alt+left-arrow key also works for Back, and Alt+right-arrow for Forward. For a Mac, use the Option key instead of Alt.

HAPPY COMPUTING!

Continued on page 3
can be a life-changing resource if you are feeling overwhelmed, feel you cannot cope, have suicidal thoughts or are using drugs or alcohol to cope.

- Don’t wait: Maintain regular health care for existing or new health problems.
- Ask for help: Seek emotional support from friends, family, and community or religious organizations to reduce stress due to work burdens or family issues, such as caring for a sick or aging loved one.
- Pay attention to what your body is saying to you: Difficulty sleeping, increased desire to sleep, increased use of alcohol and other substances, being easily angered, feeling depressed, tearfulness and having low energy are all signs of stress taking a toll.
- Learn to say “no”: Decide what must get done and what can wait and learn to say no to new tasks if they are putting you into overload.
- Give yourself some credit: Acknowledge what you have accomplished at the end of the day; shift focus away from what you have been unable to do.

- Avoid dwelling on problems. If you can’t do this on your own, seek help from a qualified mental health professional who can guide you.
- Take a stroll: Just 30 minutes per day of walking can help boost mood and reduce stress.
- Make time for yourself: Set aside time for activities that you enjoy and find relaxing.

Read, meditate, see a movie or practice yoga - whatever helps you unwind.

You can’t take care of anyone else until you take care of yourself. There are many strategies and tools available to help us all learn how to be healthier; making time to put them into practice seems to be the hardest part. Dealing with stress is a HUGE part of being healthier, and we are lucky to work in an environment that promotes well-being and gives us some tools to achieve those goals.

Staff Member Spotlight

Alison Woldegeorges

Every issue we feature a different staff member who is interviewed for the Staff Member Spotlight. This quarter we’re featuring Alison Woldegeorges.

STAFF NEWSLETTER: What department do you work in at Life University?
AW: Student Success Center (SSC)

SN: What are your job duties?
AW: To connect students with correct resources within our department.

SN: How long have you been at Life University?
AW: It will be two years this month.

SN: What do you like most about working at LIFE?
AW: The people – students and staff – and helping students reach their potential.

SN: What is the most challenging thing about your job?
AW: In a ten-week program, connecting students with correct resources within our department.

SN: Please share about your education
AW: I am English and only moved here five years ago. All my education was in England. I have some college credits from Bury College in Bury St. Edmunds, Suffolk England.

SN: Please share about your past job experiences.
AW: I am a military wife, and moving a lot has meant holding a varied range of positions over the years, from retail to administrative positions. I worked, for the five years before coming [to the US], for the British Ministry of Defense.

SN: What is one of your career goals?
AW: To always strive to do better in this position.

SN: What is something not many people know about you?
AW: In my youth, I was a very good runner and was one of four girls selected to run for the county Buckinghamshire in the 200-meter race.

SN: If you could go anywhere in the world, where would it be?
AW: Southern Spain. My husband and I want to retire in Spain!!

SN: Is there anything else you would like to add?
AW: I love the team I work with at the SSC. We really do all pull together to help each other and have fun doing it!

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.
By Dr. Lydia Dever

Chiropractic Sciences is one of three divisions within the College of Chiropractic (CoC). Their offices are located in CCE 161, near CCE 1 and 2. There are 57 faculty members in Chiropractic Sciences. We proudly support instructors from the Research, Business, Technique, Analysis and Philosophy portions of the curriculum.

We have a wonderful administrative assistant, Deidre DeLoach, who has been with this division since May 2001. She is there to greet the students with a kind smile and an attitude of helpfulness no matter how hectic things get. She also is the backbone (pardon the pun) of the division and provides support to ALL faculty who hold classes in the CCE building.

We strive for excellence in teaching in the individual classes, as well as holistically across all areas within our division, integrating the skills and knowledge necessary for patient care. We have internal testing for all instructors involved in the technique portion of the curriculum, and we coordinate with the analysis folks to give the students a more consistent learning experience. Most of the “Chiro Sci” faculty have been cross-trained in at least three distinct areas, so each is well aware of students’ current and future needs. We strive to work closely with the clinic doctors as well to create a seamless transition to the clinical phase of our students’ education.

There is an abundance of camaraderie, support and creativity within Chiro Sci. Positive attitude and anticipation of needs are the norm. This quarter we had our first meet and greet for first quarter students. The students were introduced to the faculty and learned some of the nuances of navigating LIFE that are not covered in Orientation or the Student Handbook. We want our “kids” to be better than we are, so we challenge them to demonstrate their maximum potential.

Thoughts on the FSDP Vitalism Program

with Dr. LaMarche

We (the Staff Newsletter team) thoroughly enjoyed the Vitalism presentation given by Dr. Gilles LaMarche, VP for Professional Relations, during the staff development portion of the Week 0 FSDP. We learned a lot, and it was very pleasant to listen to. Many of us shared our feelings with the group and interacted with Dr. LaMarche, but not everyone had the chance to. We decided to seek out other staff members who were positively impacted by his Vitalism program to share with all of you. Here is what they had to say:

SHANNON LEE: “I really enjoyed the FSDP Vitalism presentation. I learned a lot, and the presentation confirmed my previous knowledge about how important it is to take care of your body. His testimony about his near death experience and how he overcame his health problems by undergoing regular chiropractic care was enlightening. The presentation made me realize that medical doctors and chiropractors need to work together when treating patients.”

BRIDGETTE MORRIS: Dr. LaMarche’s Vitalism presentation was inspiring for me because of the heartfelt personal testimony he shared. His pure energy and joy was so rich to watch and listen. Although living a Vitalistic lifestyle can be an uphill climb, his message reminds me of its worth. I once ran into him very early one morning, and he stopped me in my tracks to introduce himself to me and bid me to have a wonderful day. It was an example of exactly what he is about. Thanks, Dr. LaMarche.

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Workout in the Water
By Deidre M DeLoach, BA

About ten years ago, I began looking for an exercise routine that was advantageous and fun at the same time. Line Dancing, Belly Dancing and Tai Chi initiated my search for a balance of fun and fitness, all of which became impossible for me after being diagnosed with osteoarthritis. That is when I was introduced to water aerobics. I began with a low impact aerobic routine three times a week. Within two weeks, I felt a significant decrease in pain and stiffness from arthritis.

The science behind water aerobics is fairly simple. The resistance of the water acts to support the body's weight, which reduces the impact on muscles and joints. This same resistance caused by pushing and pulling against the water strengthens the body's muscles and core and increases endurance. You don't have to be a swimmer to participate, and the classes are beneficial to children, the elderly and pregnant women. Water aerobics classes are offered in shallow water as well as deep water. Trained instructors (certified by the American Red Cross) encourage working at your own pace, so there is no pressure if you are new to the class or recovering from a muscle or joint related injury.

Class usually begins with warm up jogging in place. Then, a mixture of water resistance exercises such as cross country ski motions, frog jumps, jumping jacks and sidekicks begins to speed up the heart rate. After 50 minutes of exercises that increase the heart rate, slowing down the heart rate with stretches and deep breathing relax the body. Standing in the lotus position while stretching the arms and doing deep breathing is one way of slowing the heart rate and releases the stress of the day. Amy Williams is my water aerobics instructor at the South Cobb Aquatics Center. In addition to having a warm and friendly personality, Amy knows a plethora of information about how the body benefits from exercising in water. I had the privilege of talking to her about her career as an aerobics instructor and some of the benefits that may not be well known.

DEIDRE DELOACH: How many years have you been teaching water aerobics?

AMY WILLIAMS: Twelve years!

DD: What inspired you to begin teaching water aerobics?

AW: I have always enjoyed swimming and being in the water. After I had my first child, I started taking water aerobics classes as a participant because land aerobics hurt my back too much with the extra baby weight I had gained. Two years later, I was laid off from my job and an opportunity to teach aqua classes came up, so I jumped on it. It allowed me to teach classes in the evenings after my husband came home from work. I enjoy helping folks get in shape, and I have met so many wonderful people and have created lasting friendships for many years with former and current students of mine. In fact, after I went back to work, I continued to teach classes because I enjoy it so much.

DD: How does water aerobics increase core strength and balance?

AW: The resistance of the water pushing against one's body makes it more difficult to balance and stay upright while in the water. In order to stay balanced, the core body muscles must be tight at all times. I constantly remind my class participants to keep the abdominals in and maintain good posture in order to maximize the workout. Eventually, it becomes habit, and they find themselves doing it all the time, not just in the water.

DD: What are some benefits of water aerobics that seem to surprise people?

AW: So many people, even those that are really fit, are surprised at what a great workout they get. Most think that water aerobics is for older people with health issues, but it is great exercise for everyone. The resistance of the water tones and strengthens muscles quickly, while reducing pressure on the joints and tendons. It increases flexibility, improves balance and provides a good cardio workout at the same time.

DD: What conditions have you seen water aerobics help?

AW: I have seen participants with fibromyalgia become more flexible and less achy because the water allows muscles to stretch and move without causing a lot of swelling and soreness. I have also seen many people that have had knee or hip surgery regain mobility and flexibility quickly while working out in the water – all thanks to the coolness and buoyancy of the water.

Most of us have tight schedules and a variety of responsibilities between work and home. We are adapting to prioritizing our time by essential responsibilities such as work, children, social events and life events. As a society, taking care of our physical and mental well-being very often falls to the bottom of the list. But, I challenge you to contemplate finding a fun activity that you can participate in to increase your mental and physical health and think of it as a gift to yourself. One of the strongest points I have learned about Vitalism is that it begins with changing my perception of what is important. I have learned to embrace making time for “taking care of self,” because it will in turn make me more fruitful in all the other areas of my life. This takes time and dedication, but the benefits last a lifetime.

According to the Stockholm University College of Physical Education and Sports Bonus: “People who do pool exercises enjoy their workouts more than those who stick to dry land, per research from Baylor University Medical Center.”

Did You Know?

If you are a Cobb County resident, you have access to several aquatic centers with indoor pool activities. Visit www.cobbcountyga.gov and click the Aquatics Link for times and registration information.

Beginner and advanced swimming lessons (for age three to adult) and water aerobics classes are available daily.

Source: http://www.ehow.com/facts_5489729_benefits-water-aerobics.html#ixzz2uRfLuRzO
It is with great sorrow that we announce the passing of one of our own. Darlene Lanter, who had worked at Life University a total of 19 ½ years, passed away peacefully on Monday, April 21. Darlene loved working at Life University and touched the lives of so many students, faculty and staff over the years working in Communications and Physical Plant. She had a tremendous love and spirit that truly exemplified Lasting Purpose - an ideal we hold so dear at Life University.

Darlene was also a huge animal lover, volunteering and donating to animal shelters and humane societies around the metro area. Friends have requested that in lieu of flowers, you can make a donation in Darlene’s name to your local animal shelter.

No services are planned, in accordance with Darlene’s wishes. Friends are planning a dedication on the Life University campus in her honor. Look for more information about that coming soon in LIFE News. We ask that you send good thoughts and prayers for Darlene and remember the love she exuded on a daily basis.

Many of the LIFE community may remember Bobbie Combee who also worked at LIFE alongside our recently lost friend, Darlene. She graciously shared some of her memories and would like to share them with you.

Bobbie met Darlene in 1988 when she came to work at LIFE. Remembering first meeting her friend, Bobbie stated, “I always felt she was very easy to get to know, and we enjoyed many conversations regarding our parents who had just moved to Marietta from Florida. Darlene was devoted to her parents, loved pets, swimming, sunbathing, camping and the Atlanta Braves!” Bobbie went on to say, of their time together at LIFE, “As years passed, seventeen of them for me, Darlene became one of my best friends. My children grew to love her, [and] I loved Darlene like a sister. I will always hold her in my heart and remember all the great time and fun we had.” Bobbie also shared how special her friendship with Darlene will always make one major holiday very special: “Darlene’s birthday was on the Fourth of July, and her celebrations included a cookout with colorful red, white and blue decorations.”

Darlene fought a long battle against illness and the challenges that go along with it. By the time of her illness, her immediate family had preceded her in passing, but she had a wonderful network of dedicated, loving friends. The day that Darlene passed would have been her mother’s 84th birthday. Darlene maintained her upbeat attitude and good spirits through it all. Even when it was easy to see that her illness had taken a toll, she kept her smile and insisted to everyone that she was okay, always putting up a brave front. She attended a regular luncheon referred to as the “Lunch Bunch” made up of former and current LIFE staff and maintained her close connections with many former co-workers who became more than life-long friends; they became her family. She will be missed very much by many.

Darlene’s wish was that her ashes be scattered in Key West, Fl., along with her mother’s, and that final wish will be granted by those attending to her final affairs. Rest in peace, our dear friend.
Got an Idea for Staff Council?

If you would like to submit an item for consideration for the Staff Council meeting agenda, please submit before the deadline dates as listed below:

**Staff Council Agenda Items Deadline 2014**

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Staff Council, which is made up of the Executive Committee and Building Representatives, meets monthly both “live” and by conference call.

Congratulations on 10 years Dr. Riekeman
PATRIOTIC TRIFLE
RECIPE BY THE GIRL WHO ATE EVERYTHING

INGREDIENTS
2 cups heavy cream
½ cup white sugar
2 cups milk
2 (3.4 ounce) packages instant cheesecake pudding mix
2 teaspoons lemon juice
½ cup sour cream
2 (10.75 ounce) packages prepared pound cake
2 (16 ounce) carton strawberries, sliced
Strawberries for garnish
Blueberries for garnish

DIRECTIONS
1. In a medium bowl, combine cream and white sugar and beat until stiff peaks form. Set aside. You want a stiffer whipped cream for trifle so that it holds up over time.
2. In another bowl, beat cheesecake pudding mixes with milk for 2 minutes or until thick. Mix in sour cream and lemon juice. Fold in one cup of the sweetened whipped cream.
3. Slice pound cake into one-inch cubes.
4. In a trifle bowl, start by layering ¼ of the pound cake on the bottom of the trifle bowl (a large glass bowl can be used if you don’t have a trifle bowl). Next, layer ¼ of the pudding mixture, followed by a layer of ¼ of the strawberries. To make trifle look presentable, make sure each layer is distinct and separate, especially on the sides of the bowl. Repeat layers four times or until bowl is almost full.
5. Garnish the top of the trifle with the remaining whipped cream, strawberries and blueberries.
6. Chill in refrigerator for at least 4 hours.

VARIATIONS:
1) The pound cake can be replaced by angel food cake for fewer calories.
2) Vanilla pudding can replace the cheesecake pudding.
3) Add more blueberries throughout the trifle instead of just on top.

SUMMER PEACH SANGRIA

INGREDIENTS
1 bottle white wine (Spanish table wine)
3 ounces brandy
2 ounces triple sec
1 cup orange juice
1 cup pineapple juice
2 ounces simple syrup (equal parts sugar and water brought to a boil for 2 minutes in a small saucepan) and cooled (leftover syrup can be stored in a tightly sealed container in the refrigerator for 1 month)
3 ounces of peach nectar or white peach puree (peel peaches, remove pit and puree in a blender with a small amount of water)

DIRECTIONS
Place all ingredients in a pitcher and stir to mix. Refrigerate at least 8 hours or up to 48 hours. Serve over ice.

Garnish with sliced fresh peaches, oranges and apples.