Hello Life University Staff-

I’d like to thank each and every one of you for reading LIFE’s Staff Newsletter. We love getting feedback and it’s nice to know that the staff members enjoy reading the newsletter each quarter. If you ever have an idea, suggestion or a comment, please feel free to email me at StaffNewsletter@LIFE.edu.

Memorial Day is right around the corner and I know we’re all glad for summer to arrive. Hopefully, we will have some nice weather and we can enjoy being outside and exploring LIFE’s beautiful campus. I know I’m excited for summer!

We have a lot of great articles for you to read this issue. Wellness is very important to us here at Life University, and many of us strive for health and wellness in our daily lives. We have created a new newsletter section called Life-Steps to Wellness that I think you will enjoy. The article includes bullet points on how you can better yourself and your health. We plan to publish this section every quarter going forward.

You won’t want to miss the Staff Spotlight which features Susan Starling, the Director of the English as a Second Language program and Study Abroad. Get to know the staff at the Student Advocacy Center in this quarter’s Around Campus article. Be sure to read the article called A Glimpse into your Vision, which talks about the importance of having regular eye exams. We have included an article called Camping: An American Tradition with facts about the history of camping as well as two recipes you need to try called A Girl Scout Breakfast and Bittersweet Double Chocolate Coconut S’mores. Yummy!

In our Tech Tips article, Mario Bailey has provided instructions for calculating how much vacation and personal time you will accrue in order to determine how much you will have at the end of the fiscal year. It will help you decide how much vacation time you wish to take before the cutoff date of September 30th.

Have a great rest of the quarter!

April Basler
Staff Newsletter Editor
CC-HOP Office Assistant

You can access past Newsletters by visiting the Staff 101 Blackboard site.
A Glimpse into Your Vision
BY DEIDRÉ M DELOACH, BA

When I think of eye exams, I think of my grammar school days when we had an exam before school started each year. Eye exams for children promote proper development, and learning. But when it comes to adults, regular eye exams are vital to maintaining good health. Most adults don’t have an exam until a vision problem or accident occurs. However, adults can be at risk for more than just impaired vision if comprehensive eye exams are not done every 2 years. A comprehensive eye exam is more detailed than a normal eye screening and having one regularly could raise you awareness of medical issues in other areas of your body.

What is a Vision Screening?
A regular vision screening can be done by optometrists, nurses, pediatricians and in some cases trained volunteers. A vision screening is designed to test solely for vision problems. The screening determines if contacts or glasses are needed, usually by diagnosing one of the more conditions that require vision correction. Myopia, commonly known as nearsightedness, occurs when a person’s vision is only clear at a short distance. Hyperopia, also known as farsightedness, happens when a person can only focus on items that are far away, not close up. Astigmatia or astigmatism is blurred vision due to light rays that are not evenly captured by the retina.

Yoursightmatters.com informs of several medical issues that can be detected through comprehensive eye exams. Inflamed eyes can be a sign of Lupus or other autoimmune disorders. Thyroid disease such as Graves’ disease has symptoms of bulging eyes or protruding eyeballs. Examinations showing tears and bends in blood vessels are linked to hypertension in patients.

According the American Diabetes Association, diabetes causes disorders of the retina. In glaucoma, he macula swells with fluid resulting in a condition called macula edema. As a result vision blurs and can be lost entirely. When blood vessels become so damaged they close off it is called proliferative retinopathy. In response, new blood vessels start growing in the retina. These new vessels are weak and can leak blood, blocking vision. If gone undetected, glaucoma leads to total loss of vision. When pressure builds up in the eye and causes drainage of the aqueous humor to slow down, fluid then builds up in the anterior chamber and pinches the blood vessels that carry blood to the retina and optic nerve.

Whether you have perfect vision or a family history of eye disorders, a comprehensive eye exam could make all the difference in what you know about overall health. In some cases, patients are not aware that they have any medical condition until they have seen an ophthalmologist.

What is a Comprehensive Eye Exam?
A comprehensive screening can only be performed by a vision specialist (optometrist) or a medical doctor specializing in the optic system (ophthalmologist). A comprehensive screening assesses eye muscle movement, the pupil’s and retina’s reaction to light, blood vessels in the eye, and pressure in the eye. During these exams, more in-depth vision impairments may be spotted and treatment determined, and some medical conditions unrelated to the eye can be uncovered through certain symptoms and signs.

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REFERENCES:
Why are Eye Exams Important? http://www.thinkaboutyoureyes.com/articles/prevention-care/why-are-eye-exams-important

Why is a comprehensive eye exam rather than a vision screening important? http://www.television.com/primarycare/regularEyeExamImportance.html


Your Sight Matters http://yoursightmatters.com/7-health-problems-eye-exams-can-detect/

LOCAL HAPPENINGS
MAY 25 Memorial Day Ceremony
Time: 9:30 a.m.
Location: 20th Century Veterans Memorial, 2800 King Street, Smyrna

Information: Smyrna’s Memorial Day ceremony is organized by the Smyrna Veterans Committee. The ceremony will honor veterans’ commitment to peace through strength and sacrifice.

Website: http://www.smyrnacity.com/

JUNE 6 — 7 16th Annual Flying Colors Butterfly Festival
Times:
Saturday, 10 a.m. — 3 p.m.
Sunday, 12 p.m. — 5 p.m.

Location: Chattahoochee Nature Center, Roswell

Information: See the live release of hundreds of butterflies on the Chattahoochee Nature Center property and frolic with the flowers and butterflies as they flutter around the grounds. There will also be crafts, food, live entertainment and a marketplace. Tickets are $12 per person.

Continued on page 3
Around Campus: Student Advocacy Center

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

STAFF NEWSLETTER: Where are you located?
STUDENT ADVOCACY CENTER: The Student Advocacy Center is located in the Learning Resource Building.

SN: How many people work in your department?
SAC: We currently have a team of 9.
(2) Student Advocates
(1) Student Experience Coordinator
(4) PASS Advisors
(1) Senior PASS Advisor
(1) Director of Student Advocacy and Advisement

SN: Does your department have a mission/main goal? What is it?
SAC: The mission of the Student Advocacy Center (SAC) is to enhance the student’s experience, success, and retention by providing a one-stop-shop where students can receive answers for advisement, financial aid, student accounts, and registration.

SN: What are your hours?
SAC: The SAC hours of operation are 8 a.m. – 5 p.m.

SN: How long has your department been in existence?
SAC: The department has been in existence since summer 2011.

SN: Are you on the LIFE website?
SAC: The SAC is located on LIFE’s Website. You can click on “Campus Life” and Student Advocacy Center is on the left hand side. Just click on “Student Advocacy Center” and our information will appear.

SN: How do students access the SAC?
SAC: The SAC is the central location for PASS (Progressive Advisement for Student Success) Advisors, Financial Aid, Registrar’s Office, and Student Accounts. Students come to the front desk and are greeted by the Student Advocates and Student Experience Coordinator. The student will explain the reason for their visit and the Student Advocates or Student Experience Coordinator will answer basic questions or get the proper department to handle the student’s situation.

The PASS Advisors provide academic advisement for Undergraduate for three quarters and DC advisement for two quarters. The students are then transitioned to a faculty advisor in their field of study. The students are always welcome to come and see their PASS Advisor, if needed, after they are transitioned to faculty advisors.

The SAC staff wear red shirts on Fridays to symbolize unity with Student Services, under the leadership of the Vice President of Student Services, Dr. Marc Schneider.

SN: Brag about yourself for a minute. In what specific ways have you impacted LIFE students as a department?
SAC: The students are able to come to one central location with their questions. We handle advising and finding the proper person to answer their questions regarding financial aid, student accounts and registration. The students also enjoy coming and seeing the Student Advocates and Student Experience Coordinator just for small chats because we thrive on being a community. The SAC works on building a team environment and camaraderie that can be noticed throughout campus. This has allowed us to receive positive comments from students and staff about the SAC. We are a young department and we will continue to work on being the best that we can be to serve the students. We work on providing top quality service to our students each and every day!

Website: http://www.oldfourthwardparkartsfestival.com/

JUNE 27 — 28
Old Fourth Ward Park Arts Festival
Times: Saturday, 10 a.m. – 6 p.m.
Sunday, 11 a.m. — 6 p.m.
Location: Historic Fourth Ward Park, Atlanta
Information: This two-day celebration of community and tradition is presented by the Atlanta Foundation for Public Spaces. The festival includes fine arts and crafts, a children’s play area, local food and beverage concessions, live acoustic entertainment in the amphitheater, plus a new “emerging artists” pavilion for new artists and artisans.
Website: http://www.oldfourthwardparkartsfestival.com/

JULY 4
Fourth of July Celebration
Time: Starts at 10 a.m.
Location: Marietta Square
Information: The city of Marietta’s Fourth in the Park celebration includes a parade, free live concerts, museum tours, arts and crafts show, food, carnival games and fireworks finale.
Website: http://www.mariettaga.gov/city/residents/parks/specialevents/julyfourth
Life-Steps to Wellness

From the workshop "Dissolving your Sugar Habit" Sharon Greenspan of Wild Success Coaching

Ways to kick the sugar habit:
• Note the time of day and emotional state you are in when you crave sugar, and the need sugar is fulfilling for you - then deal with the emotional issues connected with the cravings
• Focus on making lifestyle changes rather than on weight loss
• Beware of artificial sweeteners and high fructose corn syrup; try grade B maple syrup, Stevia or coconut sugar
• Remember that raw sugar is still sugar
• Salty food can curb sugar cravings
• If you can’t pronounce it, your best bet is not to eat it
• Old-time foods are best; eat things you would find in your grandmother’s cupboard
• Read both the front and back of the label
• Know the facts, but remember that knowledge itself does not equal change

http://www.wildsuccess.us/index.html

Market Day

For only $20 cash, get fruits and vegetables for your household for seven days!

Time: 4:45 p.m. - 6:15 p.m.
When: EVERY TUESDAY Weeks 1-10
Where: Lobby of Wellness Center
When it gets warm we will be outside!

NEW FEATURES:
• Demo Table: Sample most items offered that day at the NEW DEMO TABLE. A feasible amount of items will be available to sample. *Limit 1 sample of each item per person.
• Some items like tomatoes, etc. will come prepackaged to ensure quality and less handling.
• List of market selections available earlier
• More balance of fruits and veggies each week
For more information, please contact Pat Banks at pbanks@life.edu.
Come join us!

Tidbits

• A troy ounce is the only ounce used in pricing precious metals like gold, platinum and silver. A troy ounce is 480 grains. A grain is equivalent to the weight of a grain of barley or wheat and is still used to measure arrow and bullet weights.

• A person at rest breathes about 2,800 cubic feet of air per day.

• The largest swimming pool in the world is the San Alfonso del Mar seawater pool in Algarrobo, Chile. It is 3,324 ft long and has an area of 19.77 acres.

• The central depression under your nose is called the philtral dimple.

• 6.3 million - The number of teachers in the United States -- from prekindergarten to college -- as of the year 2000.

• Do you ever sneeze when you look at the sun? The photic sneeze reflex is genetic and affects up to 35% of us.

• The first fluorescent tube light in the United States was unveiled by GE in 1934. Fluorescent lighting systems spread rapidly during World War II and by 1951 more light was produced in the US by fluorescent lamps than by incandescent lamps.

• Did you know there are no muscles in the fingers? Movement is controlled by muscles in the palm and forearm.

• Early commercial applications of air conditioning were manufactured to cool air for industrial processing rather than personal comfort. In 1902 the first modern electrical air conditioning was invented by Willis Haviland Carrier in Syracuse, NY.

• The typical bolt of lightning heats the atmosphere to 50,000 degrees Fahrenheit.

• School buses rank among the safest forms of transportation with one fatality for every 500,000,000 miles traveled.

• A typical bed usually houses over 6 billion dust mites.

• Corrugated cardboard is often held together with cornstarch. In the production of cardboard boxes, the cornstarch is mixed with urea formaldehyde resin to make the card board water resistant.

Tech Tips

Here are step-by-step instructions on how to calculate in Excel your accrued vacation and personal time until the end of the fiscal year. It will help you decide how much vacation time you wish to take before the cutoff date of September 30th.

BY MARIO BAILEY

• The accrual rate for Personal time is 3.08. Record this rate in cell C3.

• Vacation Plan year is October 1 - Sept 30, which equals 26 pay periods.

• As of April 22, we had 12 pay periods left in the plan year. The other 14 pay periods leave balance is included in the beginning balance. So, we need to determine what will the end balance be after the 12 pay periods.

• So, we will calculate the leave the balance for each of the remaining pay periods

• In cell A4 - A15, type in the remaining pay dates: Please see the example for the pay dates.

• Formula Cell: In cell B4 type “=” which activates the cell for a formula B2+B3 enter (=B2+B3)

• The accrual rate for Personal time is 3.08. Record this rate in cell C3.

• Exercise Plan year is October 1 - Sept 30, which equals 26 pay periods.

• As of April 22, we had 12 pay periods left in the plan year. The other 14 pay periods leave balance is included in the beginning balance. So, we need to determine what will the end balance be after the 12 pay periods.

• So, we will calculate the leave the balance for each of the remaining pay periods

• In cell A4 - A15, type in the remaining pay dates: Please see the example for the pay dates.

• Formula Cell: In cell B4 type “=” which activates the cell for a formula B2+B3 enter (=B2+B3)

Cell B5 =B4+B3
Cell B6 =B5+B3
Cell B7 =B6+B3
Repeat until you reach row 15
Repeat the same steps for calculating personal time. Replacing cell “B” with “C”
In the example the employee will have a total of 158.98 at the end of the leave plan year. The policy only allows for 40 hours to rollover into the new year. So, the employee will need to use 118.98 prior to Sept 30, 2015 or lose the additional hours.
Staff Member Spotlight: Susan Starling

Every quarter, we feature a different staff member for the Staff Member Spotlight. This quarter, we’re featuring Susan Starling.

STAFF NEWSLETTER: What department do you work in at Life University?

SUSAN STARLING: I am the Director of the English as a Second Language program and Study Abroad.

SN: What are your job duties?

SS: I run the ESL program, working with students that are learning the English language in order to earn their degree. We have many International students and now many Puerto Rican students working on their English. I also work with students who wish to have the experience of studying abroad.

SN: How long have you been at Life University?

SS: This fall it will be six years.

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

SS: There are many people here that go way beyond what their job requires – these people have a special place in my heart. I also love watching the students succeed. I have been here long enough to see some of my language students graduate with a degree, and it is a great joy to know that they made it through what was a very tough journey. When students get discouraged, I often tell them I cannot imagine myself as an adult trying to learn Korean, Chinese or any other language starting at the academic level first.

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

SS: Several things – watching a student struggle is always difficult. Many of our language-challenged students start out in the degree program without the requirement of having a strong command of the English language – some make it, some don’t. When they fail, I sometimes feel we have failed them in some way.

Another challenge is setting up a Study Abroad program for students since most programs are geared toward semester students and we operate on the quarter system. Thanks to the help of many people on campus, we are sometimes able to make this incredible, life-changing experience happen for our students.

SN: Please share about your education

SS: My undergrad is in education and language. I went to language school in Costa Rica and Spain. For my own enjoyment, I also went to school for aviation maintenance. My master’s is in public administration and my doctorate (although have not completed my dissertation yet) is in public administration as well.

SN: Please Share about your past job experiences.

SS: I have had many life experiences and wonderful journeys. I was once president of a company in Washington, D.C. that pursued government contracts for companies. It was a 24/7 job and high pressure, but very rewarding. When I moved to Georgia, I went into education running an adult continuing education program with Clayton College and Fulton County Board of Education. It was the perfect blend of project development and education so it was a lot of fun for me. It was extremely successful which added to the fun. I also worked for the University of North Florida as an Assistant Director of Continuing Education. Several programs reported to me but my favorites were English as a second language and conferences. I had the opportunity to design and implement the first Bilingual Business Conference in Jacksonville, Florida. We had many successes in these departments and it was a wonderful journey. When I left there I went on to teach political science at Valdosta State University and from there left to become the CEO of an English language company in China. I loved China and it was a fantastic experience – although I must say my Chinese never really improved much so my time there was always full of surprises. When I returned from China, I joined Life University.

SN: What is one of your career goals?

SS: I have had many career goals and I have been very fortunate that I have met most of them but I think my next goal would be to help develop and implement an internationalization program for a college campus. Globalization is extremely important to the success of students being able to function in business in the future. University campuses are realizing more and more the necessity to develop an integrated program that develops this interconnectedness.

SN: What do you like to do for fun?

SS: Many things! I love reading non-fiction books about politics and history. I love the outdoors. I am a big camper. I like spelunking also, but the thing I really love to do is SCUBA diving. I am certified in underwater photography, deep water, rescue and recovery (I have the utmost admiration for people who do rescue/recovery after going through training) and shark feeding. The thing I find the most fun though is being a mom. I have an incredible daughter who keeps me busy with many new experiences.

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

SS: I have worked on airplanes and had the opportunity to fly upside down (provides a whole new perspective on the world). I am also a certified hand-feeder of sharks and have done shark-tagging and research. I am probably one of the few people that can say they have had their arm up the mouth of a shark (my fault but not intentionally :-), not that many people would want to say that, either. I sang with a Scottish music group when I first came to Atlanta and am now trying to learn to play the harmonica. (My father played and he always made it look easy – it’s not!)

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

SS: Due to my wonderful mother who had a worldview and loved traveling — she passed on her love of travel to me. I would literally love to go anywhere in the world. I wouldn’t even need to pack if you offered me a last minute ticket. I actually got to spend a weekend in Iceland that way.

I have been many places but there are so many places I would still like to go. I am planning a trip each year with my 13-year-old daughter. We are planning a wagon-train ride this summer, a trip to the Grand Canyon when she starts driving, backpacking through Europe (did it twice and loved it – now it is time for my daughter to experience it) and a trip to base-camp Mt. Everest in memory of my mother who passed away two years ago.

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

SS: I have had an incredible life. I have wonderful brothers for which I am fortunate. I met the love of my life years ago and have a wonderful daughter. It has been an unbelievable journey and I look forward to many more experiences, but it will be even greater experiencing it through the eyes of my daughter. I once said, “I was born to a great woman and I gave birth to a great woman.” Watching my daughter grow and experience life is my greatest adventure yet! ■

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.
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.

Camping: An American Tradition

For most, the Memorial Day weekend marks the start of camping season. Taking the weekend away from the anxieties of home and work to spend quality time with family, friends and nature never goes out of style. In fact, the history of camping in the United States can be traced back to the middle 1800s. Until then, camping was not considered the family pastime that it is now.

The idea began to thrive around 1861 when the owner of a school for boys, Frederick Gunnery, took his students on a two-week hiking trip in the backwoods of Washington, Connecticut. They learned to hike, fish, study wildlife and cook over campfires during the trip, and the idea was soon picked up by other organizations for kids. In 1885, the first YMCA camp was set up in New York and this camp is still in operation today. Later on, in 1900, the Boy’s Club established their first camp in Salem, Massachusetts. Quickly to follow suit, in 1910 and 1912 was the Boy Scouts of America in New York and The Girl Scouts of America here in Georgia.

Camping gear also has a noteworthy chronicle. With the idea stemming from Native American teepees, tents were designed by the U.S. Army for outdoor exercises and canvas was used instead of buffalo hides. In addition to the tent, the U.S. Army also devised the sleeping bag. In 1899 W.C. Coleman was a door to door typewriter salesman and law student in Kansas. Coleman’s entrepreneurial personality inspired him to create a business serving the needs of rural Americans. As a result, the camp lantern was invented to provide portable lighting and later the cooler chest to provide a way of keeping food cold and the camp stove as a way to heat it up.

The Girl Scouts were way ahead of their time with the S’mores recipe. In 1927, Girl Scouts of America’s manual printed the first recipe for S’mores. Who says you can’t have good food while “roughing it”?

Grills and campfires are a definite staple of the camping experience and as long as there is fire, there is food. Grilled hotdogs, burgers and chips are part of the traditional cuisine but why not modify it a little with some new hearty recipes for breakfast, lunch, snacks and dinner?

A Girl Scout Breakfast

**INGREDIENTS**
1 pound(s) bacon 1 pound(s) sausage
3-4 cans sliced potatoes 8 - 12 eggs
Salt and pepper to taste

**DIRECTIONS**
Fry bacon and sausage together until done. Drain grease. Add potatoes, stirring constantly to keep from sticking. Scramble eggs, then add to the meat and potatoes. Salt and pepper to taste. You can add onions, peppers, or other veggies too.

Bittersweet Double Chocolate Coconut S’mores

**INGREDIENTS**
12 large marshmallows
12 ounces bittersweet chocolate, cut into 3-ounce pieces
8 whole chocolate graham crackers
1/4 cup toasted coconut

**DIRECTIONS**
Heat grill to high. Place marshmallows on skewers or sticks, 3 to a stick, and hold over the grates of the grill until golden brown on all sides and melted in the center. Place chocolate on 4 of the graham crackers. On each graham cracker, sprinkle 1 tablespoon of the coconut over the chocolate and then place 3 of the toasted marshmallows on the coconut. Place the remaining graham crackers on top of the marshmallows and wrap each s’more in foil. Place each s’more on the grill for 2 to 3 minutes. Remove from the grill and serve immediately.

REFERENCES:
History of Camping
http://www.reserveamerica.com/outdoors/a-short-history-of-camping.htm
Bittersweet Double Chocolate Coconut S’mores
A Girl Scout Breakfast
http://koa.com/camping-recipe/a-girl-scouts-breakfast/

Share your favorite recipe! Submit one today: StaffNewsletter@LIFE.edu