

LIFE AT LIFE

A STAFF COMMUNICATION



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

LETTER FROM By April Basler *the Editor*



Photo credit: Ryan Basler Photography

Hello Life University Staff:

As the year comes to an end and the holidays are upon us, I'd like to thank each and every one of you for reading the Staff Newsletter. We are here to be a resource and an entertaining read for all Life U staff. We couldn't do it without your participation, whether it be the **Staff Spotlight**, **Around Campus** or one of our other features. As always, we welcome any **feedback**, comments and suggestions to StaffNewsletter@LIFE.edu.

This issue, the newsletter team and I have decided to open up and share a little about ourselves with you all in our feature called **Holiday Traditions: Staff Newsletter Team**. We have shared what we do with our families for the holidays and a few holiday recipes too. You'd be surprised how different and unique our traditions are from each other's.

Speaking of sharing, our own Shelia Wood shares how she keeps her home so clean and organized in her article called **Organization 101**. She really is the "Queen of Clean." This is part one of two, and the next installment will be in next quarter's newsletter.

Get to know a new staff member in the **Staff Spotlight**. Karien Henderson is the new administrative assistant in the College of Chiropractic Academic Advisement Center. You can also learn more about the Financial Aid Department in this quarter's **Around Campus feature**.

I hope you have a great rest of the quarter and a happy holiday season!

April Basler
Staff Newsletter Editor
CC-HOP Office Assistant

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.	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.	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 12:00 p.m.–11:45 p.m.
CETL M–F 8 a.m.–5 p.m.	Socrates Café* M–TH 6:30 a.m.–3 p.m. Friday 6:30 a.m.–1:30 p.m.	Plato II Go* M–TH 10:30 a.m.–5 p.m. Friday 10:30 a.m.–2:30 p.m.	<i>*Hours Subject to Change</i>



Work Place Tips By Rebecca Koch

Here's a tip that may be useful to people who work in a noisy environment. If you need to concentrate on your work but the sounds around you are too distracting, using headphones can often help. However, music can present its own kind of distraction, especially music with lyrics. Of course, you can always build an instrumental music station on Pandora but, unless you have a paid account, the ads can present their own distractions, too.

Here are a few options for sounds that may work as "white noise" for you, helping to mask distracting sounds – or to take a few minutes to de-stress or meditate.

For those who love the sound of water running, here's a ten-hour YouTube of a mountain stream (audio only, with still picture): https://www.youtube.com/watch?v=_RPjndIY-sc

And, for beach lovers, here's a ten-hour YouTube of ocean surf (audio only, with still picture): <https://www.youtube.com/watch?v=f77SKdyn-1Y>

Here's another YouTube for those who love birdsong and running water - an eight-hour YouTube video of a mountain stream and bird sounds: <https://www.youtube.com/watch?v=PwSHOI7DwWM>

Finally, if you want access to a wide array of nature sounds, chimes, chants and other aural masks, you'll be amazed at the variety available at <https://mynoise.net>.

In closing, you also want to protect your hearing, so here's a link to tips on safe headphone use from the Cleveland Clinic: <https://health.clevelandclinic.org/2014/02/headphone-and-ear-bud-use-safety-guide/>.

Happy concentration!



LIFE U

Community Garden

The Life University Community Garden, located at the top of SHS, provides an opportunity for students, faculty, staff, and families of Life U to learn about the process of growing whole foods and the cycle of "farm to fork." The garden, starting with six raised beds, will be utilized in Life University's own Socrates Café. Each bed will change with the growing season. Currently the garden is flourishing with arugula, greens, onions, pac choi, lettuce, carrots and beets. Overall, Life's Community Garden will nourish the campus on many levels, with students gleaning hands-on experience and food sourced to our on-campus dining location.



STAFF
MEMBER
SPOTLIGHT:



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.

Karien Henderson

Every quarter, we feature a different staff member for the Staff Member Spotlight. This quarter, we're featuring Karien Henderson.

STAFF NEWSLETTER: Tell us about what brought you to LIFE.

KARIEN HENDERSON: I wanted a career change so I began researching Life University. What was most important to me was finding a place where individuals like to work together as a true team; I see that reflected here at Life University.

SN: Where at LIFE do you work and what might your day look like?

KH: I work in the College of Chiropractic Academic Advisement Center, where students are being advised, counseled and guided by a great staff. My day consists of providing excellent customer service to students and assisting them in a professional manner.

SN: Please Share about your past job experiences.

KH: The last 10.5 years, I was an Administrative Assistant at Cobb County Department of Family and Children Services in the Child Protective Services Department.

SN: What is one of your career goals?

KH: To further my education.

SN: What do you like to do for fun?

KH: I love spending time with my family, traveling, shopping, reading and going to the movies.

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

KH: I am afraid of bullfrogs...LOL! ■

“

SN: Can you share a quote or mentor experience that inspired you? Words you live by, so to speak?

KH: “When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.”

- Alexander Graham Bell

”

FOR THE
FANATIC
IN ALL OF
US (OR THE
"WANNABE"
CLUTTER
FREE)!

Organization 101

By Shelia Wood

Are you a clean freak? I absolutely am. Does clutter make you feel a special kind of crazy? Me too! We're kindred spirits in the world of clean and tidy. Why, I can spend as much time in the cleaning product aisle as the shoe department looking for something new I simply can't live without. Whenever you come in my home, it's what my grandmamma called "company ready." That means everything is clean, shiny, clutter free, something baked in the cake dome and smelling good. Some people may say, "Oh, a home is to be lived in," but I say lived in doesn't mean you have to live in a mess. There is a happy medium between "lived in" and "this is making me crazy."

So, I'm doing a two-part series on keeping things clean and clutter free. Part I will be the everyday things I do so the surface always looks tidy and polished. The second part will be the deep cleaning things I do on a regular basis so my home always is clean, no matter where you look.

For years, I've been asked by family and friends how I keep everything in my home looking so good. Company often asks, "Does your house always look like this?" The answer is, "Yes." It is just so second nature to me, I don't think I ever realized there was anything different or special about it. Well, I gave it some thought. Clutter, dust, grime, dirt and trash are my archenemies. I know I am a neat freak, probably a little OCD, but it works for me. And I keep things moving without driving my family crazy -well, maybe only a little crazy. Why go to a whole bunch of trouble getting your home ready for guests who will be there only a few hours, or a weekend, and not for yourself and your family who live there all of the time? It is so much easier to keep things clean and tidy, than to get things clean and tidy. Even when I had toddlers, the house was never a mess. Now, my kids could make as big a mess, and drag out as much to play with and play on as they wanted, but when playtime was done, we cleaned it up. Every time. Being tidy can work for you too, without taking a whole bunch of time, with the right process. I know what you're thinking ... "I don't have time"...but anyone can make a little time, and 20 minutes is about all it takes. (I can make 20 minutes to tidy up the house, but not walk on the treadmill...Hmmm, maybe I need someone to share their tips about that with me?) Here's a quick glimpse into my process.

Things I do daily to keep my home running smoother and looking better: First, make beds every day when you get up - before you leave

the bedroom- and take out all trash every day before leaving the house, even from the bedrooms and bathrooms. You'll be amazed what a difference it makes if you get in that habit. Give your trashcans a quick wipe at least once a week to keep them from ever looking grimy. Before you go to bed, put things in your main living areas in place. Place magazines and remotes back on the table or in a basket and pick up dog/kid toys. Fold and drape throws back over sofas and chairs and fluff sofa pillows. When you come down the next morning, everything looks and feels crisp and tomorrow, when you're ready to curl up after dinner, they're fresh and ready to snuggle into. Don't wake up to a sink of dirty dishes - there's nothing worse for me in the morning. Just get in the habit of making a clean kitchen sweep after dinner. Clean while you're dinner is cooking and it literally takes about 15 minutes to finish up. When dinner is ready to serve, I never have a pot dirty; I clean as I go. Start the dishwasher, or wash and put away dishes and don't forget to run the disposal with a little dish detergent to keep it smelling fresh. A fresh, clean kitchen is so nice when you grab your first cup of Joe. And your favorite mug (or, in my case, my "jug") is always clean! Any time I have a washcloth or dishrag in my hand at the end of finishing a meal or brushing my teeth, I give it a good rinse, spray a little Windex on, and everything in the area gets a quick swipe just to keep it fresh between big cleanings. When you're in the kitchen and finish wiping down the table, counters and the stove, rinse and reuse! Drop the already dirty dishcloth on the floor and run it all around with your foot before you head to the laundry basket with it, which cleans up quick spots before they become sticky messes. And you're burning some calories so have a little ice cream - you've earned it!

I keep hydrogen peroxide under the kitchen sink and I clean up carpet spills right when they happen -then you never have nasty spots everywhere. I also have a little electric sweeper that I run around the carpet every evening just to pick up stuff that got tracked in that day and the dog fur floating around.

If bathroom towels get hung up flat to dry after every use, they'll stay soft and never smell. Plus it cuts down on laundry because you can use them an extra day. Also, I never put wet towels in my baskets or washer and leave them. They hang flat until laundry day or I lay them out over the washer so they never smell



musty. Is there anything yuckier than showering and drying off with a "clean" but smelly towel?

As for mail clutter, if you will open and sort your mail every day, you will never have a big pile of trash on the counter or your dining room table again. Toss the junk right away, put magazines you want to read later in a place where you'll actually read them, and put the bills in a specific place until time to pay them. Coupons go in an envelope or organizer of your liking, tucked away so you can grab it easily for your next shopping trip.

Lastly, I burn candles all the time. There's at least one going, if not two or three, somewhere in the house so the fragrance just lofts through and says "welcome home." I prefer them to fragrance plug-ins or scented sit-around things because I

like the warmth of the flame and they don't collect dust like potpourri. They just seem homier. However, candles - regardless of how expensive - create smoke. There's no way around it and it will eventually color everything in your home from your ceilings, to your curtains, to your windows, to your electronic screens with a haze unless you put them out with a wick dipper. Just dip the wick into the wax instead of blowing it out and you can keep smoke to a bare minimum. Also, no more overblown wax to clean up from surfaces! Use a wick trimmer to keep the wicks trimmed and you can avoid a bit more smoke and make your candles last longer.

Try these few daily things first, and next time we'll talk about weekly ways (and beyond) to always keep your home company ready. ■



AROUND CAMPUS

Financial Aid

Each quarter, we feature a different department in the Around Campus article. This quarter, we talked to staff in the Financial Aid Department.

STAFF NEWSLETTER: Where are you located?

FINANCIAL AID: We are located in the Learning Resource Center (LRC) Building and can be accessed through the Student Advocacy Desk.

SN: How many people work in your department?

FA: We are a strong department of 6! There is a director, a systems coordinator, and four counselors. We also have five fantastic work-study students helping us out.

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

FA: The goal of the student financial aid office is to provide financial assistance for Life U's world class education to as many qualified students as possible. We achieve this goal by offering a wide array of scholarships, grants, loans, and employment opportunities.

SN: What are your hours?

FA: The LRC hours of operation are Monday through Friday from 8:00 a.m. to 5:00 p.m.

SN: How long has your department been in existence?

FA: The Financial Aid Department has been in existence since 1974, almost as long as Life University

SN: Are you on the Life U website?

FA: Yes! Find great information about programs, instructions, and scholarships online at www.LIFE.edu/FinancialAid.

SN: In what specific ways have you impacted Life U students as a department?

FA: The majority of students attending Life U need some sort of financial assistance, and our department packages and awards thousands of students each year with millions of dollars in federal, state, and institutional funding. We also communicate relevant information to students regarding topics ranging from scholarships (free money!) to loan repayment responsibilities to completing aid applications. Our department has internally streamlined all processes/procedures to ensure the student's experience is as seamless as possible. We strive to provide the highest level of customer service to our students, keeping in mind the sensitive nature of each student's individual situation, in the most positive atmosphere. ■

Dirty Dancing



NOVEMBER 25-27 *Dirty Dancing – The Classic Story on Stage*

Times: Varied per show schedule

Location: Cobb Energy Performing Arts Centre, Atlanta

Information: Dirty Dancing –The Classic Story On Stage is an unprecedented live experience, exploding with heart-pounding music played live by an eight piece onstage band, passionate romance and sensational dancing. Seen by millions across the globe, this timeless love story features the hit songs “Hungry Eyes,” “Hey Baby,” “Do You Love Me?” and the heart-stopping “(I’ve Had) The Time Of My Life.”

Tickets: \$38 to \$78 plus fees

Website: <http://www.cobbenergycentre.com/event/dirty-dancing-the-classic-story-on-stage/>

DECEMBER 17 *Promukkah*

Time: 8 p.m. to midnight

Location: 675 Ponce De Leon Ave NE #8500, Atlanta

Information: Enjoy a prom-themed Hanukkah party! We’ll have drinks and nosh, dance music, a corsage/boutonniere making station, photo booth and vintage-prom-movie room. You don’t want to miss this bash!

Cost: \$18 with drinks, or \$10 without

Website: http://www.interfaithfamily.com/elgg/pg/event_calendar/view/208873

Local Happenings



DECEMBER 3-4

Run the Lights of Life 5K/1K

Time: 5 p.m. both days

Location: Life University

Information: Start a new holiday tradition and run the Lights of Life! The 5K run starts at 5pm (Just before sunset) and takes in the beautiful campus of Life University during their annual holiday light show! After the run, stay and enjoy the holiday festivities, with caroling, s’mores and hot cocoa, an ugly sweater contest, food and music, and much more, including the Lights of Life!

Website: <https://www.facebook.com/events/1320668937962385/>



DECEMBER 9-18

A Christmas Tradition

Times: Thursdays, Fridays & Saturdays, 8 p.m., Sundays, 3 p.m.

Location: The Earl Smith Strad Theatre, Marietta Square

Information: The Strand will return with its most elaborate show of the year, A Christmas Tradition. This song and dance revue will show off The Strand’s awe inspiring sets and effects such as have never been seen before, as well as the diva voices and high energy dances that Strand patrons have come to know and love. Songs spotlighted include Christmas and holiday classics as well as funky favorites.

Tickets: \$25

Website: <http://earlsmithstrand.org/>



DECEMBER 31

Downtown Countdown: New Year’s Eve Party

Time: 8:30 p.m. to 2 a.m.

Location: Hyatt Regency Atlanta

Information: End the year on a high note by way of high-voltage entertainment and high-class indulgence at the Downtown Countdown, Atlanta’s premier all-inclusive New Year’s Eve celebration at the luxurious Hyatt Regency. The 13th Annual Downtown Countdown is the largest and longest running New Year’s Eve party in the Southeast with three DJ’s, live band, four comedians & Atlanta’s largest Hotel Balloon Drop.

Website: <http://downtowncountdownatl.com/>

T i d b i t s

Did You Know?

- Seahorses give their partners a hug every morning during pregnancy.
- J.K. Rowling once shared that her all-time favorite quote from the Harry Potter series is, “Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?”
- Ellen DeGeneres was *almost* in FRIENDS (TV Show)!
- Chicken was considered a luxury food in the US until the discovery of Vitamin D in 1922, allowing chickens to thrive indoors and during the winter season.
- Paper can only be recycled 6 times. After that, the fibers are too weak to hold together.
- The reason cats and dogs like to lie in the sun is so the oily cholesterol on their skin is converted to vitamin D3.
- The world record for the most candles ever put on a birthday cake was 50,151.
- Unlike many other big cats, snow leopards are not aggressive towards humans. There has never been a verified snow leopard attack on a human being.
- London has so many trees that it can be classified as a forest.
- In the 17th century Ottoman Empire, drinking coffee was punishable by death.

Holiday Traditions: Staff Newsletter Team

No matter what you celebrate, the holiday season is a time we look forward to all year. For you to get to know us better, the staff newsletter team has shared our own family holiday traditions and a few holiday recipes. The holidays mentioned include Thanksgiving, Christmas and Hanukkah. We hope this puts you in the holiday spirit!

ELIZABETH'S TRADITIONS:

I grew up in New Orleans, where food and family meant everything. Even in our small home, there was always room for family and friends to gather and celebrate. At Christmas time, we sat together eating, singing, and laughing. My father made dozens of pralines every year, which he would sell to earn extra Christmas money for our family. He also treated us to an a capella version of White Christmas, while my sister and I led the family in folk style guitar carols in harmony. My brother-in-law brought in the tradition of reading "The Cajun Night before Christmas" aloud in his beautiful bayou accent. I still can't fathom how we had room for all of those guests, but there was enough love in our hearts to go around. And always enough food for all!

- Elizabeth Geisz

APRIL'S TRADITIONS:

Being from an interfaith family who are not yet parents, it is sometimes hard for my husband and me to decide what traditions to hold over the holidays. While we are still deciding how we will celebrate both holidays once we have children someday, I will share the traditions we hold now. I am Jewish and my husband grew up celebrating Christmas. In the time we have been together, we have always celebrated Hanukkah with my family and Christmas with his. I decorate our house for both holidays including our Chrismahannukkah tree, which has blue, white and silver ornaments in keeping with Hanukkah colors.

As a child, I celebrated Hanukkah for all eight nights and got a few small presents on each night. Now that we're all grown up, we have one big Hanukkah celebration on one night. We make latkes and sing to the Fiddler on the Roof soundtrack. Our favorite song is called "Matchmaker." We sing and dance while we cook. We exchange presents with my family and sometimes there are so many, it takes over an hour to open them all. Although, it is one night of celebration, my husband and I try to light the candles on the menorah and say the Hanukkah blessings on all eight nights.

Every Christmas, my husband and I go over to my in-laws' house on Christmas Eve. We bring presents over and put them under the tree. We spend the night, and in the morning open all of the presents and our stockings. Then, we usually have a big Southern breakfast. We spend the day together and have a big Christmas dinner with ham and all the fixings. Sometimes we eat it for a late lunch. My in-laws are not very religious, and they don't go to church. So, this is how they celebrate the holiday.

Before I met my husband, I did the normal Jewish tradition on Christmas - go to the movies and eat Chinese food. Why, you may ask is that the Jewish tradition? Because movie theaters and Chinese restaurants are the only places open on Christmas!

Again, my husband and I are still trying to decide how to celebrate both holidays once we have a family of our own. We plan to raise our future children Jewish, but still want to incorporate some of my husband's family's traditions as well. We'll figure it out someday!

To find out more about my holiday traditions, read my blog post called "[My Interfaith Holiday Celebration.](#)"

- April Basler

SHELIA'S TRADITIONS AND A RECIPE:

When our first child was born, I began collecting Christmas books. Little Golden books were some of our favorites. In a few years we had enough to read a different story every night. From Thanksgiving until New Year's Eve, we read a different Christmas story with our kids every night. I still have every one of those books and have added to the collection since for my grandchildren, when I get some. Other than attending Mass as a family, this is one of my favorite traditions and one I hope my kids will continue into the next generations. One of our favorite things is a leisurely Christmas morning. Stay in PJ's all day, curl up after gift opening, and playing with all of the new toys. To make Christmas morning brunch both yummy and easy for me, I always serve what we call "The Recipe." Combine with a hash brown casserole and some cinnamon rolls and you're in breakfast heaven! It is a family recipe and most everyone has a different take on it. Here's mine:



Sheila's Christmas Recipe

INGREDIENTS

Half stick of butter

2 bags seasoned croutons
(may not use the entire 2nd bag, depending on your baking dish)

8 eggs

1 cup half-and-half

2 pounds pork sausage, cooked and crumbled

1 pound shredded sharp cheddar cheese

2 cans cream of mushroom soup

Salt, pepper, garlic and onion power to taste

DIRECTIONS

- In a large, greased, baking dish (I prefer glass), melt one half stick of butter then line the bottom of the pan with a layer of croutons. Top with a layer of sausage, then cheese. Continue layers until ingredients are all used and top with a final layer of shredded cheese.
- In separate bowl, mix eggs, half and half, mushroom soup and seasoning well and then pour over crouton and sausage layers. Refrigerate overnight, allowing the liquid to absorb. Bake at 400 degrees for about one hour until done in the middle.

- Shelia Wood

BRIDGETTE’S TRADITIONS AND A RECIPE:

For Thanksgiving, about 5 years ago, we began the tradition of having our Christmas tree (artificial) and Nativity scene set up by Thanksgiving. We enjoy turning on the lights, having them create a warm glow to display our sentimental, fun and whimsical ornaments. With the aroma of the turkey and the festive atmosphere, it reminds us of how truly blessed and thankful we are. I’m busy in the kitchen, with the Macy’s Thanksgiving Day parade on, awaiting the, “Well, its official” from my hubby once Santa appears.

One thing we enjoy, funny as it is, is going to the mall, locating seats directly in view of that funny red suited man. We watch the elves, along with parents, dance through the Santa “picture time.”

Christmas Eve’s special time includes attending a worship service and afterwards going home to enjoy Emeril Lagasse’s cabbage rolls. On Christmas Day, we like to stay in our pajamas as long as we want, eat, relax and watch a movie or two. During the holidays we try to slow down a bit and enjoy this special time of the year with our friends and family.”

Emeril Lagasse’s Cabbage Rolls

<http://emerils.com/125878/cabbage-rolls>



INGREDIENTS

- 1 head cabbage, cored and scalded in hot water until soft and easy to separate
- 2 teaspoons unsalted butter
- 1 cup chopped yellow onions
- 2 teaspoons chopped garlic
- 1/2 pound ground beef
- 1/2 pound ground pork
- 1 cup cooked long-grain white rice
- 2 teaspoons Essence (found via internet or you can buy at store)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 egg

SAUCE:

- 2 teaspoons butter
- 1 cup chopped yellow onions
- 1 teaspoon minced garlic
- 1 (28-ounce) can chopped tomatoes and their juices
- 3/4 to 1 cup cream
- 1 tablespoon apple cider vinegar
- 1 tablespoon sugar

DIRECTIONS

Preheat the oven to 350 degrees F. (I don’t recommend using a crock pot)

- To make the sauce, melt the butter in a saucepan over medium-high heat. Add the onions and cook, stirring, for 3 minutes. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes and cream and simmer, stirring occasionally, for 5 minutes. Add the vinegar and sugar and simmer, stirring occasionally, until the sauce thickens, about 5 minutes. Remove from the heat and adjust the seasoning to taste.
- Separate the cabbage leaves and remove the hard spine from each leaf. Spread on paper towels and pat dry. Set aside.
- To make the stuffing, in a medium skillet melt the butter over medium-high heat. Add the onions and cook, stirring, until very wilted and starting to caramelize, about 5 minutes. Add the garlic, and cook, stirring, for 1 minute. Remove from the heat and let cool slightly.
- Lay the cabbage leaves, rib side down, on a flat work surface. Spread a thin layer of the sauce over the bottom of a baking dish. In a large bowl, combine the beef, pork, rice, Essence, salt, pepper, egg, and cooked onions. Mix well with a heavy wooden spoon or your hands.
- One at a time, spoon the filling into the center of the cabbage leaves, about 1/4 cup in each, depending upon the size of the leaves. Roll each into a neat cylinder and place in a layer on the sauce in the baking dish. Repeat with the remaining ingredients, stacking the cabbage packages, as necessary. Pour the remaining sauce over the rolls, cover tightly with aluminum foil, and bake until the meat is cooked through and the rolls are tender, about 2 hours. Remove from the oven and serve the rolls with the sauce spooned over the top.

- Bridgette

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.