

LIFE AT LIFE



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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:

When I started to create the agenda for the first newsletter meeting of the quarter during Week 1, I was taken aback by the number “8.” This is Issue 1 of Volume 8 of the Life University Staff Newsletter. I couldn’t believe it! This is the eighth year that we have been creating the newsletters for staff. A lot about the University has changed since then, but I think for the better. Back then, we were parking in what is now Lyceum Park, because it used to be a parking lot. We used to eat at a café that was in a trailer, and all the buildings were named A, B, C, etc. You can’t grow without change, and I think we’ve done a lot of it as a University.

In this issue, you can get to know staff member Shanika Turner in the **Staff Spotlight** article. You can also learn more about the Department of Nutrition in our **Around Campus** feature. The queen of clean, Shelia Wood, is back with **Part 2 of her article on organization**. Learn how to clean from a pro! The **LIFE-Steps to Wellness** article in this issue discusses healthy communication and gives great tips. Warm up this winter with two winter-themed **recipes**: hearty minestrone soup and butternut squash and spinach lasagna.

It is so hard to lose a co-worker and a friend. We have compiled a memorial page **in memory of John Wheeler** this issue. I know we are all saddened by this loss, and he will be missed.

I hope you have a great rest of the quarter and you enjoy reading this issue.

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.

CETL
M–F 8 a.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.

Socrates Café*
M–TH 6:30 a.m.–3 p.m.
Friday 6:30 a.m.–1:30 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.

Plato II Go*
M–TH 10:30 a.m.–5 p.m.
Friday 10:30 a.m.–2:30 p.m.

Library
M–TH 6:45 a.m.–11:45 p.m.
Friday 6:45 a.m.–6:45 p.m.
Saturday 10:30 a.m.–6:45 p.m.
Sunday 12:00 p.m.–11:45 p.m.

*Hours Subject to Change

STAFF MEMBER SPOTLIGHT:

Shanika Turner



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

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

SHANIKA TURNER: After graduating from high school in Georgia, I moved away to attend college in Alabama. I then later relocated to Illinois. After being away for 13 years, I was ready to return home to Georgia to be with family and friends. Luckily, obtaining a position at Life University afforded me the opportunity to do so.

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

ST: I work with Online Education as the digital learning program coordinator. Every day is different, which I enjoy. My day usually begins with responding to any emails that I have received from faculty. It may entail assisting with the development of new processes or procedures related to distance learning. My day also includes researching distance education best practices that can be applied here at Life University, and I help to facilitate retention strategies specific to the distance education learner. I also work collaboratively with the Student Success Center to deliver workshops that help students to be more prepared for online courses. My days also may involve me filming current workshops and tutoring sessions to be able to deliver them to distance education students.

SN: What has surprised you most about LIFE since you got here?

ST: I would have to say the hospitality that was shown to me beginning on my first day. I was welcomed and embraced by many that I was introduced to. Also the vitalistic approach to teaching has been a welcome surprise.

SN: Please share about your education.

ST: I attended Riverdale High School in Riverdale, Georgia. I then pursued my Bachelor's degree in Business Administration with a concentration in Management Information Systems at the illustrious Alabama Agricultural and Mechanical University in Normal, Alabama. For my graduate studies, I attended Florida Institute of Technology, where I earned a Master's in Business Administration, with a concentration in Information Systems.

SN: Please share about your past job experiences.

ST: Throughout my time as an undergraduate student, I was a student assistant to professors. I also tutored undergraduate students. I then interned for NASA in the Information Technology department. After graduation, I then went to work at the Missile and Intelligence Space Center in Huntsville, Alabama. I later relocated to Illinois and began working as an adjunct professor at Robert Morris University and as an annuity specialist at Horace Mann. I then went on to be the online program coordinator and an adjunct professor for the Management Information Systems department at the University of Illinois Springfield.

SN: What is one of your career goals?

ST: I want to continue learning about new developments in distance learning and instructional technologies. I want to use the knowledge that I have gained to help students reach their highest potential. I also enjoying teaching in higher education, so I plan to continue to do so.

SN: What do you like to do for fun?

ST: I really enjoy reading and listening to music. I am a football enthusiast, so you would probably find me at a Falcons' game (Rise Up!). I also love to travel. My husband and I pick a different beach to travel to each summer.

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

ST: I played the clarinet from middle school all the way through college. I had the honor of marching in the 2006 Rose Parade in Pasadena, California.

SN: Can you tell us about some items on your "bucket list?"

ST: Things on my bucket list would include traveling to Barbados, Bora Bora and to Germany, where my husband was born. Also, I would love to attend a Super Bowl game!

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

ST: "We may encounter many defeats, but we must not be defeated." – Maya Angelou ■

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We may encounter many defeats but we must not be defeated.
– Maya Angelou

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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.



AROUND CAMPUS

Department of Nutrition

Each quarter, we feature a different department in the Around Campus article. This quarter, we talked to faculty and staff in the Department of Nutrition.

**COMPILED BY DR. DENISE PICKETT-BERNARD,
ASSISTANT DEAN, DEPARTMENT OF NUTRITION**

The Department of Nutrition is located in the CGUS Building, right behind Socrates Café. Our Demonstration (or “Demo”) Kitchen is the kitchen that can be seen through the Café windows. We have seven full-time faculty members and four adjuncts. We are here from 8:00 a.m. to 4:00 p.m. daily and have evening classes most days.

The Department of Nutrition offers three undergraduate degrees; Bachelor of Science degrees in Nutrition, Dietetics and Culinary Nutrition; one Dietetic Internship program leading to the credential of Registered Dietitian; and one graduate degree, a Master of Science in Clinical Nutrition. The department takes a vitalistic approach by teaching food first recommendations for addressing patient complaints.

The Bachelor of Science in Nutrition at Life University provides a solid foundation of knowledge and skills for students so that they are prepared for admission to advanced degree/professional programs and/or practice in their chosen field. The Dietetics Program provides courses in biological, nutritional and dietetics sciences, as well as facilitates practical experience for students so that the program’s graduates attain required

knowledge and competencies for a variety of careers within the fields of nutrition and dietetics.

The department’s newest offering, the Bachelor of Science in Culinary Nutrition, prepares students to respect food and the food system as an integral part of health and healing. Culinary nutrition is an exciting interdisciplinary research-based field with biochemical underpinnings that form a framework on which creative culinary professionals hang their artfully designed recipes. Graduates will be able to merge culinary nutrition skills with traditional business skills such as entrepreneurship and technical writing to lead the growing field of using food restoratively and therapeutically to promote vibrancy. Coursework focuses on culinary arts, functional nutrition, “culinary nutrition,” food science, sustainability, entrepreneurship, and food service management.

The Master of Science in Clinical Nutrition is undergoing behind-the-scenes revamping that hopefully will be revealed by the end of the academic year. The new program will be functionally based and will offer additional coursework in epigenetics, nutritional biochemistry, advanced culinary nutrition, and integrative and functional nutrition. Functional nutrition is evidence-based and offers a biochemically individualized approach to patient care designed to significantly improve patient health outcomes. This type of nutritional therapy is driven by consumer demands and is based upon scientific principles and clinical wisdom. ■

IN Memory

John Wheeler
1954-2017



In Memory of our friend John Wheeler

COMPILED BY SHEILA WOOD

John Wheeler was a Life University fixture. Everyone knew him, and to know him was to love him. I certainly did. He exemplified the very meaning of SLP and went the extra mile. He lost his battle with cancer on January 17, 2017, and his loss has caused a ripple throughout our campus and our hearts. John was a person that just endeared himself to you with his wit, and charm. John worked at LIFE for 22 years. Thanks for the memories John. We love you, and you shall never be forgotten.



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



Organization 101

By Shelia Wood

PART 2

Are you a clean freak? I absolutely am. Here's Part II of Keeping it Tidy!

How did it work out tackling small jobs every day? Are you seeing a difference yet? Let's talk about bigger jobs. I'm not sure about you, but I do not want to spend my weekend cleaning, so I knock it out before work every morning during the week, a little at a time. I find if I dust all furniture tops twice a week, everything in my house stays relatively dust free. One morning, I will dust with a polishing cloth with a little furniture polish on it to keep the shine (I usually do this on Friday morning before work so things look their best when I am home over the weekend to enjoy), and one morning with a microfiber duster to keep the pet hair and dust from building up (usually on Tuesday morning before work). With two longhaired shelties, there's a lot of fur. Then I run the vacuum everywhere I can get to without moving much furniture. Voila! I know you're thinking, "I don't have time," but it only takes about 45 minutes if you stay on top of things. Bigger house? Break it up into sections. Rooms you rarely use like guest bedrooms and baths can be touched up, touch them up once a week or every other week.

Bathrooms, kitchen counters and kitchen floors get cleaned well twice a week. Spray/sprinkle the cleaner of your choice when you go to grab your coffee, come back and wipe it all clean. There's no build up and no scouring if you do this regularly. Sheets get changed on all beds every week on the same day. I fold fabric softener sheets into them each time, so they stay smelling fresh in the linen closet until I use that set again. Laundry gets done twice a week on schedule, and then it never builds up, but you have to actually fold it all and put it away when you wash it. I also press or steam everything before I put it away; then it's ready to go when we want to wear it. Some people let piles of clean laundry build up. What's the point in that? Waiting just makes a small job HUGE.

Clean out the refrigerator every week and you'll never have another unintended science project or hidden odor again. I try to do it right before my big grocery shopping, so it's easier to move things around and wipe it all down. I mix

a sink full of warm water and a few capfuls of Fabuloso...clean sponge, wipe and it's done!

I also clean my washing machine and dishwasher once a month. Some people may not know you are supposed to do that, but how can an appliance that is always full of dirty grime keep cleaning? To clean the dishwasher, set to the hottest, longest setting; place a shallow bowl of vinegar on the top rack, and run the cycle. For the washing machine, do the same thing: use the hottest, longest setting, only this time pour in a bottle of peroxide and half-a-box of baking soda. Voila!

That's the basics. Now, let's talk about really big jobs...

I take down all of my washable curtains and toss them in the washer twice a year. The ones that are dry-clean only, I toss in the dryer once a year for a few minutes with a damp washcloth that has a little Downy on it. They come out dust free and smelling fresh, ready to rehang! The second time, it's off to the cleaners. When I do curtains, I give my windows a good cleaning on the inside and out, typically in spring and fall after pine pollen and ragweed seasons are over. I love using a squeegee for window cleaning and then dry along the edges with a clean cloth diaper—streak free every time. Around this same time, I usually give the inside of my cabinets and china cabinets a good cleaning and polish everything to a shine.

Once a month, I wash ceiling fans, blinds and ceiling light fixtures, and I run my long handled microfiber duster over all baseboards, door facings and windowsills. I slide all moveable furniture away and vacuum underneath. I take my long handled microfiber duster (about 30 inches) and run it under the stove, over the back and under refrigerators, and behind headboards, bookcases and other large furniture to catch the dust. Then I take it outside and beat the dust out of it. It's a great stress reliever. I also clean the glass on all pictures with a little Windex every month to keep them always looking clean—no dust, and no distortion. We change our HVAC air filter on the 1st of every month. I know that seems like a

Continued on page 6

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Keeping cleaning products tucked away all over the house makes them easy to grab when I need a quick swipe.”

lot, but it really cuts down on dust in my home. I burn a lot of candles, and you can really tell when the filter is changed. Even nicer quality candles make a little smoke. I run a microfiber duster with a little “Downy magic water” (one part Downy and five parts water in a spray bottle) on it over blinds every month to remove dust. It also makes them anti-static, so dust doesn’t build up as quickly. That works terrific on ceiling fans, too!

Someone asked what products I like to clean with. Now, I am not organic or all natural. For me, vinegar is generally for making salad dressing. But give me a bottle of Windex and a roll of Sparkle paper towels, and I can clean the fire out of some mirrors, windows, tabletops, chrome and picture glass! I like Pledge for weekly polishing using an old cloth diaper (the best cloth for cleaning anything), a microfiber paddle for regular dusting, Foaming Bubbles together with good ol’ Comet for twice-weekly bathroom cleaning, and Fabuloso along with

Countertop Magic for kitchen counters. I use granite cleaner on granite, peroxide for carpet spills and spots, and wood cleaner designed for my wood floors. I burn Bath and Body Works and Woodwick candles ... love them to keep the house smelling good and seasonally fresh. I spray soft surfaces, such as bedding, sofas, chairs, carpets, blankets, etc., with a little Downy magic water every so often.

Keeping cleaning products tucked away all over the house makes them easy to grab when I need a quick swipe. Pick up an extra spray bottle or two, so you can keep Windex in the bathroom and tuck a roll of paper towels in there. Spot on your mirror? Swish it away.

There you have it—my regular routine. This is how I keep things looking good, smelling fresh and clutter-free. Let me know if it works for you and feel free to share your great tips and tricks! ■

LIFE-Steps to *Wellness*

Healthy Communication

We all share the same basic human needs, including the needs for compassion, empathy and connection. The capacity for compassion is innate but can be clouded by learned behaviors or habits that can block healthy interactions with others. Marshall Rosenberg, Ph.D., founder of The Center for Nonviolent Communication (CNVC) states, “When your communication supports compassionate giving and receiving, happiness replaces violence and grieving.”

Nonviolent Communication (NVC) is a model that is based on self-empathy, empathy for others and honest self-expression. NVC theory supposes that all human behavior is prompted by attempts to meet universal human needs. Some examples of these needs are connection, physical wellbeing, honesty, play, autonomy, peace and meaning. When we cannot effectively communicate these needs, conflict can arise.

Rosenberg points out there are ways of communicating that block compassion. These include making judgements or demands, denying responsibility for our actions, making comparisons

and believing that some actions deserve rewards while others should result in punishment. Communication that includes these elements can alienate others and create conflict.

There are four components to NVC that can help us communicate our needs in a healthy way and learn to listen empathetically to the needs of others. Using this template to express needs and make requests can open up the lines of communication that build relationships and create a life of meaning.

- 1. Observation** - stating the facts that we experience through our senses, without judgement, evaluation or generalizations
- 2. Feelings** - expressing emotions or sensations with authenticity and vulnerability
- 3. Needs** - stating our values as they relate to the situation at hand
- 4. Request** - clearly asking for a specific action without demands

It sounds pretty simple, but it takes practice, introspection and patience. Healthy communication can help you to be your authentic self while deepening your connections with others.

For more information, visit <https://www.cnvc.org/>. ■

Local Happenings



FEBRUARY 25

Polar Plunge

Times: 11 a.m., Registration
1 p.m., Plunge

Location: Acworth Beach at Cauble Park, 4425 Beach St. NW, Acworth

Information: The 2017 Special Olympics Polar Plunge is hosted by the Law Enforcement Torch Run for Georgia. Participants collect pledges from friends and family in exchange for the opportunity to jump into icy waters in the middle of winter. All proceeds collected by “plungers” will benefit more than 27,110 athletes of Special Olympics Georgia.

Website: <https://specialolympicsga.ejoinme.org/MyEvents/PolarPlunge2017/WHENWHEREWHATTIME/tabid/803912/Default.aspx>



MARCH 11

Atlanta Brunch Festival

Times: Noon — 5 p.m., VIP 11 a.m.

Location: Atlantic Station, Atlanta

Information: The best restaurants in the brunch game are serving up tasting size portions of the brunch items they do best. They will also feature the brunch beverages, such as Bloody Marys, Mimosas, beer and wine. Tickets are \$15 in advance, \$20 after March 2, or \$25 the day of event. This event is for ages 21 and up.

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



MARCH 12

Shamrock 'N Roll Road Race

Times: 8:30a.m., 5K and 10K timed
10 a.m., 1K Belk Kids' Fun Run

Location: Atlantic Station, Atlanta

Information: The Junior League of Atlanta's Shamrock 'N Roll Road Race will feature a family friendly 5K Run, 10K Run and 1K Belk Kids Run. With 1,800 runners, walkers, strollers and dogs in 2016, the Shamrock 'N Roll Road Race is one of Atlanta's fastest growing family-focused races and was named the 2014 "Best Charity Running Event" by Best Self Atlanta Magazine.

Website: www.jlatlanta.org/shamrock-n-roll-road-race/



MARCH 17 — 19

Annie

Times: Friday, 8 p.m.
Saturday, 2 p.m. & 8 p.m.
Sunday, 1 p.m. & 6:30 p.m.

Location: Fox Theatre, Atlanta

Information: One of the world's best-loved musical returns in time-honored form. Directed by original lyricist and director Martin Charnin and choreographed by Liza Gennaro, this production of Annie will be a brand-new incarnation of the iconic original.

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

T i d b i t s

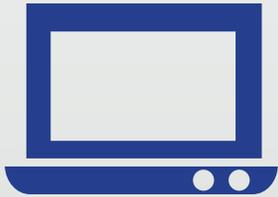
Did You Know?

- For \$45, the U.S. Bureau of Engraving and Printing will sell you a 5-lb bag with \$10,000 worth of shredded U.S. currency.
- The Great Pyramid at Giza in Egypt, constructed around 2500 B.C., was the tallest building in the world until the Eiffel Tower was erected in 1889.
- In 1859 in Titusville, Pennsylvania, Col. Edwin Drake drilled the first oil well.
- Birds need gravity to swallow.
- The average lead pencil will draw a line 35 miles long or write approximately 50,000 English words.
- Unless food is mixed with saliva, you can't taste it.
- Armadillos have four babies at a time and are all the same sex.
- The longest street in the world is Yonge Street in Toronto, Canada, measuring 1,896 km (1,178 miles). ■

Tech Tips The Uses of Function Keys (on PCs)



Source: http://shareably.net/function-keys/?utm_source=greatergood&utm_medium=facebook&utm_campaign=DIY

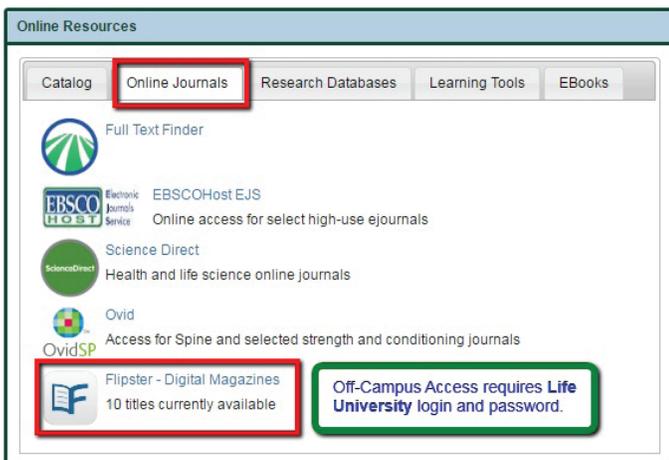


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|-----------|---|------------|--|
| F1 | Opens the Help screen for almost every program. | F7 | Used to spell check and grammar check a document in Microsoft applications such as Microsoft Word. |
| F2 | Allows you to rename a selected file or folder. | F8 | Used to access the boot menu in Windows when turning on the computer. |
| F3 | Opens a search feature for an application that is active at the moment. | F9 | Refreshes a document in Microsoft Word and sends and receives e-mails in Microsoft Outlook. |
| F4 | Alt + F4 closes the active window. | F10 | Activates the menu bar of an open application. Shift + F10 is the same as right clicking. |
| F5 | Allows you to refresh or reload the document or window. | F11 | Enters and exits the full screen mode in Internet browsers. |
| F6 | Moves the cursor to the address bar in most internet browsers. | F12 | Opens the Save As dialog box in Microsoft Word. ■ |

MESSAGE FROM THE

library

 Flipster



The Sid E. and Nell K. Williams Library provides provides access to Flipster®, the next-generation digital newsstand. Flipster offers users a unique reading experience that can be enjoyed on a computer, tablet or other mobile devices. The Williams Library subscribes to about ten magazines, including Better Nutrition, Consumer Reports Buying Guide, Essence, Oprah, Popular Science, Sports Illustrated and Time.

Life University faculty and staff can access the magazines **on campus** by visiting <http://life.libguides.com/home>.

Off-campus access will require login with Life University login and password. ■

Recipes

Hearty Minestrone Soup

INGREDIENTS

- 1 lg. can kidney beans, drained
- 1 very lg. can chicken broth
- 1 pkg. Polish sausage
- 3 zucchini, sliced
- 5 carrots, sliced thinly
- 1 bunch of kale, chopped
- 2 tsp. black pepper
- 2-4 tsp. garlic salt
- 1 bunch parsley, chopped
- 1 c. uncooked macaroni (sm. shells)
- 1 lg. can tomato sauce



INSTRUCTIONS

Put beans in large pot, mashing half of the beans. Add other ingredients except macaroni. Simmer for 1 to 2 hours. Add macaroni. Simmer another 20 minutes. Serve with garlic bread and enjoy!

Butternut Squash & Spinach Lasagna

Total Time: 1 hour, 40 minutes

Yield: 8 servings

INGREDIENTS

Butternut Squash Filling:

- 2 cups butternut squash puree (about half of a squash)
- 1 cup ricotta cheese
- 1/2 cup milk (or more, if needed)
- 1/4 + 1/8 teaspoon salt
- 1/4 teaspoon nutmeg

Spinach Filling:

- 1 cup cooked spinach (8 oz. uncooked)
- 1 cup ricotta cheese
- 1 cup mozzarella cheese
- 2 garlic cloves, minced
- 1/4 teaspoon salt
- Pepper, to taste

Other Ingredients:

- 10 oz. lasagna noodles, cooked (for gluten free, use Tinkyada brown rice lasagna noodles)
- 1 and 1/2 cups mozzarella cheese (or more)
- 1/2 cup Parmesan cheese (on top)
- Italian seasoning
- Paprika
- Basil



INSTRUCTIONS

1. Preheat oven to 375 F.

Butternut Squash Filling:

2. For this filling, you will need to have pre-cooked butternut squash puree. Using a food processor, combine 2 cups of butternut squash puree with Ricotta cheese, milk, salt and nutmeg. Add more milk if needed (to make the butternut squash filling very creamy). Mix very well, taste and add more salt, if needed.

Spinach Filling:

3. Combine spinach, Ricotta cheese, mozzarella, garlic, salt and pepper. Mix, taste and add more salt and pepper, if needed.

Cooking lasagna noodles:

4. Bring a very large pot of water to boil and cook lasagna noodles according to package instructions. Rinse in cold water, drain. Using knife, trim noodles to fit your baking dish (if necessary).

Lasagna assembly:

5. Prepare a baking dish - I used a casserole dish 11 inches x 8.5 inches x 3 inches deep. Grease the lasagna dish lightly with olive oil spray. Spread 1/3 of butternut squash filling on the bottom of the dish. Sprinkle lightly with mozzarella cheese. Top with cooked lasagna noodles without overlapping (I used 3 noodles).
6. Spread half of spinach filling over the noodles. Top lightly with Mozzarella cheese. Top with cooked noodles.
7. Spread another layer (1/3) of butternut squash mixture, then sprinkle lightly with Mozzarella cheese. Top with cooked noodles.
8. Spread the remaining half of spinach filling over the noodles. Top lightly with Mozzarella cheese. Top with the final layer of cooked noodles.
9. Spread a generous amount of butternut squash filling (the remaining 1/3) over this final layer of noodles, sprinkle with grated Parmesan and remaining mozzarella cheese (about 1/2 cup of mozzarella). Generously sprinkle the cheese with Italian seasoning, paprika and basil.
10. Cover the baking dish with foil and bake for 30 min. Remove foil and bake additional 10 minutes. Enjoy!

Source: <http://juliasalbum.com/2014/11/butternut-squash-and-spinach-lasagna/> ■



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.