

# 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:

I hope you are having a great spring quarter! Now that the weather is warmer, we can truly enjoy being outside and spending time on our beautiful campus. Before you know it, public schools will be out for the summer. That means less traffic! I know I'm looking forward to a better commute to work, especially with all the crazy road issues and closures in the city lately.

I wanted to share with you all the reasons why I love being the Staff Newsletter Editor. I really enjoy coordinating, editing and formatting all the articles. By now, it has become second nature to me. As we continue with this eighth year of the Staff Newsletter, I wanted to share that I feel truly honored to be your editor and have really enjoyed getting to know fellow staff from this experience. Whether it is from the staff we feature, my newsletter team or from our readers, it has been my pleasure to get to know you. It is so nice to know, based on the feedback we receive, that you really enjoy reading the newsletter each quarter. Keep that feedback coming!

Another reason I edit the newsletter is to keep up my writing skills. I have a Bachelor's Degree in Communication and formerly worked in the magazine industry. The newsletter is just one of the ways I make sure that my writing and editing skills stay intact.

For any new LIFE employees who are just reading the Staff Newsletter for the first time, I hope you enjoy it. You can always access past newsletters on the LIFE website and on the Staff Council 101 Blackboard site.

We have a great issue for you this quarter, which is also concise. Get to know Groundsman Hunter Hughes in this quarter's **Staff Spotlight**. Shelia Wood wrote a wonderful article called, **Finding a Miracle Through Loss**, so be sure to read about her experiences. Learn more about the Human Resources department in this quarter's **Around Campus** feature. Enjoy making our spring-themed **recipes**, Biscuits and Sparkling Strawberry Lemonade. Also, make sure to read about how furry friends can improve our health in this quarter's **LIFE-Steps to Wellness** article.

I hope you have a great rest of the quarter!

April Basler  
Staff Newsletter Editor  
CC-HOP Office Assistant

## CAMPUS HOURS

<b>CC-HOP</b>	<b>C-HOP</b>	<b>Wellness Center</b>	<b>Library</b>
M & F 8:30 a.m.–7 p.m.	M–F 8 a.m.–7:30 p.m.	M–TH 5:30 a.m.–9 p.m.	M–TH 6:45 a.m.–11:45 p.m.
TU & TH 8 a.m.–7 p.m.	Sat 8 a.m.–1 p.m.	Friday 5:30 a.m.–8 p.m.	Friday 6:45 a.m.–6:45 p.m.
W 9 a.m.–1 p.m. & 5 p.m.–7 p.m.	Closed	Sat/Sun 10 a.m.–5 p.m.	Saturday 10:30 a.m.–6:45 p.m.
Closed W 1 p.m.–5 p.m.	each day 1:30 p.m.–3 p.m.		Sunday 12:00 p.m.–11:45 p.m.
<b>CETL</b>	<b>Socrates Café*</b>	<b>Plato II Go*</b>	<i>*Hours Subject to Change</i>
M–F 8 a.m.–5 p.m.	M–TH 6:30 a.m.–3 p.m.	M–TH 10:30 a.m.–5 p.m.	
	Friday 6:30 a.m.–1:30 p.m.	Friday 10:30 a.m.–2:30 p.m.	



## AROUND CAMPUS

# Human Resources

Each quarter, we feature a different department in the Around Campus article. This quarter, we talked to staff in the Human Resources department.

**STAFF NEWSLETTER:** Where are you located?

**HUMAN RESOURCES:** 1075 Barclay Circle, Marietta, GA 30060

**SN:** How many people work in your department?

**HR:** We have eight full-time employees and two work study positions

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

**HR:** Yes. The Human Resources Department is committed to advancing Life's goal of providing a performance-centered environment in which all Life University community members are inspired and empowered by supporting a culture of innovation and opportunity. We support the University's mission of excellence in teaching and patient care through leading, supporting, and partnering with the Life University community to achieve workplace excellence.

**SN:** What are your hours?

**HR:** Monday through Friday from 8:00 a.m. to 5:00 p.m.

**SN:** How long has your department been in existence?

**HR:** The HR department was established in 2004 under the current administration.

**SN:** Are you on the LIFE website?

**HR:** Yes, <https://www.life.edu/about-pages/human-resources/office-of-human-resources/>

**SN:** Brag about yourself for a minute. In what specific ways have you impacted LIFE students as a department?

**HR:** In the past 10 years, the Human Resources department has evolved from a transactional department to a strategic transformational department. We have implemented programs that encourage a partnership with management and staff such as the HR Business Partner model. The new Leadership Enrichment and Development Program (LEAD) is providing existing and future leaders with the ability to enhance core competencies that are proven essential components for leadership capabilities. This program enhances the ability of managers and staff to support and encourage students to reach their maximum potential. HR provides guidance and support to students seeking student employment using programs such as Federal Work Study and for Part Time Student positions. HR continues to strive to develop a work setting that thrives on diversity, continuous improvement, individual and organizational performance and exceptional customer service.

**SN:** Describe your department in a nutshell.

**HR:** The Life University Human Resources department supports approximately 800 employees (including student workers) through talent acquisition, on-boarding, employee engagement, benefits administration, organizational development, performance management, worker's compensation, student injuries, strategic counsel, employee relations and essential HR operations. Our programs and services aspire to create and sustain a work environment that cultivates excellence and supports the University's goals, and serve as a source of information, expertise, advocacy and support for faculty, staff, management and the Life community at large.

### We demonstrate Lasting Purpose through the Four Standards in our actions and behavior:

- By displaying a continuous attitude of helpfulness – By listening to and addressing employees' concerns in a timely manner.
- User friendly always – Commend the needs of various business units with authenticity to gain the rapport necessary to speak candidly and openly about concerns.
- A personal commitment to building relationships – HR strives to partner with the Life Community by providing recourses such as the HR Business Partners, Employee Relations Officer and subject matter experts.
- Managing to the best solution – Continuously improving the way we support Life' Community.

### Things we do:

- Effectively recruit key talent to meet the needs of the University's 20/20 vision.
- Enhance the employee life cycle, which empowers succession planning and retention of key talent.
- Use technology to integrate Human Resource management strategies and systems to achieve the overall goals and mission of the University.
- Evaluate, negotiate and manage a variety of employee benefit plans.
- Use communication to exchange information, deal with conflicts in an open and honest manner, learn to trade off issues for the good of the whole and make better decisions for the good of the University.
- Provide professional development with our Leadership Enrichment and Development Program (LEAD). ■

# Local Happenings



## MAY 20 — 21 43rd Grant Park Spring Tour of Homes

**Location:** Grant Park, Atlanta. Pick up tickets at Erskine Fountain at the intersection of Cherokee Avenue and Ormond Street

**Information:** The 43rd annual Grant Park Spring Tour of Homes will take you through a tour of Atlanta's backyard. Join Grant Park residents as they welcome you to tour their homes throughout the neighborhood. Homes on the tour include a Craftsman bungalow, the Grant Mansion, a stunning Victorian, and stunning new additions to historic homes. The tour benefits the Grant Park Neighborhood Association. Grant Park is a large neighborhood, so driving or riding a bike is recommended for this tour.

**Tickets:** \$20 for adults, \$10 for children under 18 (children 3 and under free). \$25 the day of.

**Website:** [grantpark.org/event/108925?c=5967414](http://grantpark.org/event/108925?c=5967414)

## MAY 27 Brew at the Zoo

**Time:** 5:30 p.m. — 9:30 p.m.

**Location:** Zoo Atlanta

**Information:** Atlanta's favorite Memorial Day Weekend tradition, Brew at the Zoo, is celebrating its 10th anniversary! Enjoy over 70 selections of brews and a limited selection of wine, all within an exotic outdoor destination that's home to more than 1,000 animals from around the world, including giant pandas and the largest population of great apes in North America. Enjoy live music, and access to special keeper talks and animal demos through the zoo. Event is for ages 21 plus.

**Tickets:** General Admission- non-members \$50, members \$45

**Website:** [zooatlanta.org/event/brew-at-the-zoo/](http://zooatlanta.org/event/brew-at-the-zoo/)



## JUNE 3 — 4 18th Annual Flying Colors Butterfly Festival

**Times:** Saturday, 10 a.m. — 3 p.m.

Sunday, noon — 5 p.m.

**Location:** Chattahoochee Nature Center, 9135 Willeo Road, Roswell

**Information:** Watch live butterfly releases and walk through the butterfly encounter exhibit with hundreds of butterflies. There will be a plant sale, crafts, face painting, fairy houses, sidewalk art, food trucks, live music and more.

**Tickets:** \$12 General Public, \$8 CNC Members

**Website:** [chattnaturecenter.org/special-events/festivals/butterfly-festival/](http://chattnaturecenter.org/special-events/festivals/butterfly-festival/)



## JUNE 13 — 18 Mamma Mia!

**Times:** Varied

**Location:** Fox Theatre, Atlanta

**Information:** A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget! Over 45 million people all around the world have fallen in love with the characters, the story and the music that make Mamma Mia! the ultimate feel-good show! Writer Catherine Johnson's sunny, funny tale unfolds on a Greek island paradise. One the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

**Tickets:** \$30 — \$105

**Website:** [foxtheatre.org/](http://foxtheatre.org/)

# Tidbits

## Did You Know?

- In 1907, James Murray Spangler, a janitor, tinkered with an old fan motor and attached it to a soap box stapled to a broom handle. Using a pillow case as a dust collector on the contraption, Spangler invented a portable electric vacuum cleaner.
- A ball of glass will bounce higher than a ball of rubber. A ball of solid steel will bounce higher than one made entirely of glass.
- Artificial turf is becoming an increasingly popular choice for athletic field coverings. While easy to maintain, the rubber used for shock absorption can cause field temperatures to climb in excess of 160 degrees!
- Ten percent of all human beings ever born are alive at this very moment.
- A snail can sleep for more than three years at a time.
- The toaster came before sliced bread and was marketed in 1909. Sliced bread followed soon after.
- The internet was originally designed by the US Department of Defense and called ARPANet (Advanced Research Projects Agency Network). ■



# FINDING A

# Miracle



## THROUGH LOSS

By Shelia Wood

Let's talk about miracles, even in the loss of a loved one. It may seem impossible to some, but I assure you it isn't at all impossible. Follow me...

This year has been a tough one so far, for so many. Here at LIFE, we have already suffered great loss and we've barely begun 2017. In January, we said goodbye to my dear friend, everyone's friend, John Wheeler. He was soon followed by Kay Freeland, not to mention the countless relatives our LIFE community family have hugged for their last time. It seems like Daily Wire Condolence notices sadly have become almost commonplace. Work "family," the ones we chose for ourselves as family and spend most of our waking day working beside, are a miracle.

I tend to try and find humor in most everything. But this year, I have had a difficult time finding the funny. Maybe you have, too? Humor generally helps me cope and it's hard for others to cry in your presence if they are laughing with you or at you. If you want to get into trouble at a funeral, sit next to me. Like many, I also find comfort in my strong faith. Knowing that someday, good Lord willing, I will see all my sweet friends and family again is a huge comfort and brightens the outlook about the hereafter. But the humor supersedes by far any practical thought I might have of life in the hereafter at times like this. Faith and humor are also part of the miracle.

When we lose someone we love, well-wishers and well-intended folks tend to say things like, "They're in a better place" - WHERE? Where, exactly, is this "better place"? Because when you've lost a loved one, there is no better place than right here with us. We want them back. We

want them here. We are human, and although we wish for no more suffering, we also find it terribly hard to let go. Suddenly, this person, who drove you crazy at times, is gone and you could drive a Buick through the hole left in your heart. I mean an OLD Buick, not a smallish 2015 Riviera - but a big ol' 1950's version with fins! The reality that someone you have loved has left an indelible mark on your soul forever can often be a miracle, as well as a gift.

John's death has been particularly hard for me, as I am sure it has been for many of our readers. I had the distinct pleasure of working with that precious soul every day. I enjoyed his laughter, and his joy, his sense of humor and his temper. His absence has left an unfillable hole in my heart, in my life. Friendship is a miracle. Aside from this I have a dear aunt, much more like a mother than an aunt, who is losing her battle with cancer and my nearly 87-year-old mother is a late stage Alzheimer's patient in shaky health territory. Family is truly a miracle. We love some of these people with all our being from the time we are born and some for only a few years. Good, bad and ugly, we love them. Being loved, truly loved, and learning to love in return is the biggest miracle of all.

I was feeling a little wimpy one afternoon as my thoughtful mind was overtaken once again by an aching heart. As I held back tears when I thought about those who have either gone ahead of me, or seem to be making the transition before my eyes, I thought, "This is crazy!" Facing three big losses in one year seems like a lot. But is it really? Um, yep. All of this loss got me thinking about how people cope with such devastation. So I started doing a little research and I felt a little better. Google is a miracle.

*Continued on page 5*

“  
On the surface, it would seem that death and humor are polar opposites and have nothing in common as far as human emotion and experience are concerned, but that really seems to be untrue for most people.”

On the surface, it would seem that death and humor are polar opposites and have nothing in common as far as human emotion and experience are concerned, but that really seems to be untrue for most people. I did some digging to see if I was alone in my quandary over death and humor. If you Google “Why do People Have to Die” you will get 428,000,000 possible results. Clearly this is not a question isolated inside my brain. The results range from political ones, to scientific genre, to sincere heartfelt stories people have developed for coping with loss and the pain of it.

If you search “Humor in Death” you will get 51,500,000 results —apparently, this also is not an isolated thought pattern, but there aren’t as many people focusing on finding the funny. According to Psychology Today, “Thinking about death and pain makes people funnier” because humor has long since been an anxiety reliever. I

suspected, but who knew for sure? Apparently, laughter through grief is not only normal, but a healthy alternative. Laurie Halse Anderson says, “Death is funny, when you think about it. Everybody does it, but nobody knows how, exactly how.” Mystery is a miracle.

You know God really has a sense of humor. We start out as helpless babies and many of us leave this world the exact same way, just as naked and confused as we were when we entered. I wonder why it is that although we all know mortality exists, we often do not embrace the fact of how we all end up. And in the pain of knowing where it all ends up, we still choose freely to love each other, pets, and even now and then ourselves too. Now that’s a miracle. ■

# LIFE-Steps to Wellness

## Staying Healthy with Fur Babies

Healthy, loving relationships can have a positive impact on our social, physical and emotional wellbeing. This can hold true for friends and family members with two legs, but includes our quadrupedal companions as well. According to Web MD, having a pet can have a positive impact on your mood and health, and can be a great way to fight stress. Pets can not only help us to get outside and get moving, but can also help us feel calm, loved and connected. Web MD outlines six great reasons to open your homes to fur babies:

- **Heart Health** - Pets provide an outlet for exercise, and can have a positive impact on blood pressure
- **Stress Soothing** - Petting animals releases relaxation hormones and decrease the hormones associated with stress
- **Social Health** - Pets help us connect with other people, even strangers who stop to admire your pets during a walk

- **Meaning** - Pets can give us a sense of belonging and meaning, and can help us to be happier and more trusting
- **Healthy Kids** - Studies show that children with pets have fewer allergies, colds and ear infections, as pets can help to build a healthy immune system
- **Classroom Support** - Pets in the classroom can help children relate better to others, and can be particularly helpful to children with autism

So remember, as you work hard to take care of your pets, your pets are also taking care of you! And if you don’t have pets, please check out a rescue shelter and get in on this great opportunity for love and companionship! ■



## STAFF MEMBER SPOTLIGHT:



# Hunter Hughes

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

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

**HUNTER HUGHES:** My wife, Kirsten, is in the chiropractic program.

**SN:** Where at LIFE do you work?

**HH:** Grounds Department.

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

**HH:** The number of events that happen on campus.

**SN:** Please share about your past job experiences.

**HH:** I was a youth pastor at my home church in Alabama. Before coming to LIFE, my past job experiences include owning my own lawn care company, helping my father install metal roofs, and opening a mechanic shop with my younger brother.

**SN:** What is one of your career goals?

**HH:** To work in full time ministry and help my wife be a successful chiropractor.

**SN:** What do you like to do for fun?

**HH:** I enjoy spending time with my wife and son, college football, Star Wars, not working and sleep.

**SN:** What is something few people know about you?

**HH:** I am a licensed and ordained minister.

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

**HH:** I would like to:

- travel to Israel
- see the West Coast
- swim with sharks

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

**HH:** "You deserve what you tolerate." ■

**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](mailto:StaffNewsletter@LIFE.edu).



## Tech Tips Smartphones

### Are you getting the most out of your smartphone camera?

There's nothing like having a pocket-sized file cabinet with you all the time and no more convenient way to store information that could end up being a lifesaver. Do you have a photo of your driver's license in your phone, in case yours is lost? How about your credit cards (especially the number on the back to call in the event your card is lost or stolen)? Your passport? Even your hotel address, the location of your car in the parking garage or your seat at the ball game can be quickly and easily recorded in case you forget.

Your phone can also capture a video walk-through of your house, recording a visual inventory of all your possessions in case of theft or storm damage. And, with scanning apps that produce pdf files (like Genius Scan), there's really no need for fax anymore. Just snap a picture of your document and let the app optimize and send/store it for you. For some of us, our phones even have more storage than the first computers we ever owned. Your smartphone is far too smart to use only for sending texts and making phone calls. It can work for you to make your life a lot easier. ■



# Recipes



## Spring Recipe: Biscuits

From Shelia Wood-

Is there anything better than a homemade biscuit with your Easter ham? Or any meal for that matter?

Here's a simple, foolproof recipe. Not as good as my grandmama's, but it's pretty darned good nonetheless!

### INGREDIENTS

4 cups self-rising flour  
1 ½ cups buttermilk (no skimping and no using low fat)  
½ cup melted Crisco

### INSTRUCTIONS

Pour flour onto the counter in a pile. Make a well in the center. Slowly add buttermilk, mixing by hand, a little bit at a time. When half of the buttermilk is used, add the melted shortening and continue mixing. Dough should be slightly crumbly, but not falling apart. Overmixing makes for a tough biscuit so no taking out your aggression on the biscuit - save that for making bread.

Press dough to about ¾ inch thickness and cut using a 2-inch cutter. This makes a tall fluffy biscuit for your homemade jams, gravy or just a dab of butter!

Bake at 500 degrees until golden brown.



## Sparkling Strawberry Lemonade

Serves 4 Prep Time: 30 min Cook Time: 10 min

### INGREDIENTS

6 lemons  
1 to 1 ½ cups simple syrup (recipe follows)  
1 (16 ounce) container strawberries, hulled and halved  
1 quart sparkling water  
ice cubes  
mint for garnish

### FOR THE SIMPLE SYRUP

1 part sugar  
1 part water

### INSTRUCTIONS

1. Combine sugar and water in a saucepan over medium heat.
2. Bring to a boil. Stir until sugar has dissolved.
3. Cool completely.
4. Roll each whole lemon back and forth a couple of times on the counter, applying pressure with your hand, to release the juices. Cut the lemons in half, then squeeze/juice into a bowl. Remove any seeds that may have fallen into the juice. You should get about 1 cup of lemon juice.
5. Using an immersion blender or regular blender, blend the strawberries with the ½ cup of the simple syrup, until smooth.
6. Pour lemon juice, strawberry puree, ½ cup simple syrup and sparkling water into a pitcher. Add more simple syrup if you want a little more sweetness. Add ice cubes. Chill until ready to drink.
7. Place more ice cubes in a glass, pour in chilled lemonade, garnish with mint sprig. Enjoy!

Source: <http://www.lifesambrosia.com/sparkling-strawberry-lemonade-recipe/> ■



Share your favorite recipe! Submit one today: [StaffNewsletter@LIFE.edu](mailto: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](mailto:StaffNewsletter@LIFE.edu).