

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:

Every fall issue of the Staff Newsletter is holiday themed, and this issue is no exception. We like to include local happenings, articles and pictures that will get you into the spirit of the season.

Our **local happenings** for this issue include activities like Christmas, Hanukkah and New Year's celebrations. The **LIFE-Steps to Wellness article** discusses how to eat right and make good food choices during holiday time. I wrote an article this issue about how I **decorate my house for the holidays**, and not just the ones in December. It includes photos of my decorations for various holidays. Check out the information we provided on the **Lights of LIFE** and be sure to enjoy the light show on our beautiful campus starting Thanksgiving evening.

Also included in this issue is a feature called **LIFE Staff Artists**, where we featured three different staff artists with interviews. You can also see photos of their beautiful art. Learn about your new Staff Council officers in our **From the Desk of Staff Council article**. Meet our **Staff Spotlight Sa'Quinn Barnes**, who works in the Enrollment Department. The newsletter team and I hope you enjoy reading this issue and wish you a joyous holiday season!

Have a great rest of the quarter,

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 7:30 a.m.–4:30 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 6:15 a.m.–11:45 p.m.
Friday 6:15 a.m.–6:45 p.m.
Saturday 10:30 a.m.–6:45 p.m.
Sunday Noon–11:45 p.m.

*Hours Subject to Change

From the desk of

STAFF COUNCIL

Meet your New Staff Council Officers

Last quarter, we elected two new officers to Staff Council, Vice Chair and Treasurer, and our former Vice Chair moved into his new role as Chair. Get to know your new and old staff council officers and how they look forward to serving you.



STAFF COUNCIL CHAIR:

Mario R. Bailey, Payroll Specialist, Finance

"I look forward to serving Staff Council by being a voice for the employees at LU who are classified as staff. My goal is that Staff Council can be a voice of advocacy and support for the staff. We hope to bring 'fun' and 'fellowship' back to the work place. Sincerely, Mario"



VICE CHAIR:

Danielle Holtman, Coordinator of College Programs, Office of Academic Affairs

"I look forward to serving Staff Council by fostering open communication and bringing an understanding of/voice to staff's concerns and suggestions. I appreciate the opportunity to serve on staff council and look forward to working with staff more in this role!" ~ Danielle Holtman



TREASURER:

Markisha Dixon-Sallie, Project Coordinator, Center for Excellence in Teaching and Learning

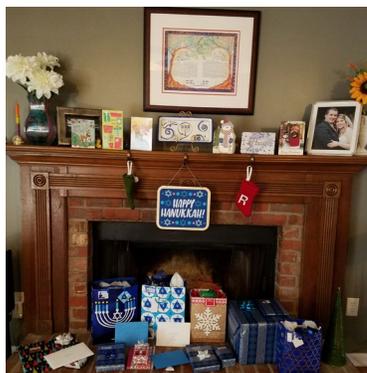
"I look forward to serving Staff Council by being a part of a dynamic team that's the voice for Life University Staff. I'm a social butterfly, so I'm excited about meeting people outside my department, helping to plan and organize activities, and furthering my personal growth at Life University."

Markisha shared some additional information about herself:

"I've been married for nineteen years and have two children. In my free time, I'm a personal Uber driver for my two children Michelle, an 11th grader who runs track for Allatoona High School, and James, a 9th grader who plays travel basketball." ~ Markisha Dixon-Sallie

Decorating FOR THE HOLIDAYS

By April Basler



Ever since moving into a home of my own, I have loved gathering home décor items to decorate it with. From vases and picture frames, to trinkets and wall art, I truly enjoy filling my home with things I find beautiful. Now that my husband and I have lived there for a little more than a year, we have no more room left to decorate! Pretty much every spot and place on the wall is filled up. But, I love decorating for the holidays. I have the year-round regular items, but I also have décor for Fall/Halloween, Hanukkah/Christmas and Valentine's Day. When a holiday comes around, I put away some of my regular items to make room for the pumpkins, menorahs, mini-trees and hearts. Last year, I gathered quite a bit more decorations for our new house and will keep using them every year. This year, I bought a few more items for Fall/Halloween to add to my collection.

Since I am from an interfaith family, I decorate for both Hanukkah and Christmas — for now. Like I shared in the fall 2016 newsletter, I have a 4-foot Christmas tree that I decorate with blue, white and silver ornaments for the Hanukkah colors. I also have mini-trees and mini-stockings, etc. that I put out at holiday time along with dreidels, menorahs and many other Hanukkah pieces. At some point, when I have children of my own, I will probably stop putting out the Christmas stuff as to not confuse them because my husband and I decided to raise our kids Jewish. But, I must admit, I might miss my mini-trees, stockings, etc.

It was only this past year that I started decorating for Valentine's Day. I may have gone a little overboard. I have placemats, a heart wreath, many other heart décor items and plenty of stuff from the dollar spot at Target. I even put fake rose petals on some of the furniture. Valentine's Day is such a fun holiday to decorate for, but I don't have a favorite — I like them all.

I have shared photos of some of my holiday decorations along with this article. I hope they inspire you to decorate your own home, and not just for Christmas! Have a Happy Holiday season!

Local Happenings



NOVEMBER 16 — JANUARY 6 *Winter Wonderland*

Time: Regular museum hours

Location: Fernbank Museum of Natural History, Atlanta

Information: See trees highlighting celebrations around the world in the enchanting Winter Wonderland exhibition. A variety of decorated trees and displays recognize the diversity of celebrations, holidays, traditions and events from around the world. The Winter Wonderland display is included with museum admission.

Website: <http://www.fernbankmuseum.org/explore/special-exhibitions/winter-wonderland/>



DECEMBER 2 *The 4th Annual Run the Lights of LIFE 5K/1K*

Time: 5 — 8 p.m.

Location: Life University

Information: The 5K run starts at 5pm (Just before Sunset) and takes on 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.LIFE.edu/events/run-lights-life-5k>



DECEMBER 15 — 23 *A Christmas Tradition*

Time: 8 — 10 p.m.

Location: The Strand, Marietta Square, 117 North Park Square

Information: This song and dance revue, A Christmas Tradition, will show off The Strand's awe-inspiring sets and effects like has 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: \$30

Website: <https://earlsmithstrand.org/event/a-christmas-tradition-11/>



DECEMBER 18 *Decatur Square Candle Lighting & Hanukkah Party*

Time: 6 — 8 p.m.

Location: 115 Sycamore Street, Decatur

Information: Join the Marcus Jewish Community Center of Atlanta Intown and Chabad Intown for a special Menorah Lighting in Decatur Square. Enjoy song sessions, holiday crafts and yummy latkes and jelly donuts. This event is free and open to the community.

Website: http://www.atlantajcc.org/pldb-live/decatur-square-candle-lighting-Hanukkah-party-38109/?back=pldb_active



DECEMBER 31 *New Year's Eve Buckhead Ball*

Time: 8 p.m. — 2:30 a.m.

Location: Grand Hyatt Atlanta in Buckhead, 3300 Peachtree Road NE, Atlanta

Information: Buckhead Ball is returning bigger and better than ever with performances by world traveling tropical house sensation Sam Feldt. Enjoy great music and a major concert plus the luxury, comfort and glamour of a hotel party.

Website: <https://www.xorbia.com/events/amp/bball2017>

T i d b i t s



- The world's largest solar energy roof covers the exposition hall of the Floriade 2002, Haarlemmermeer, Netherlands. The area of the roof is 281,045 square ft., and it has a generating capacity of 2.3 megawatts, sufficient to power more than 300 homes.
- To get to the highest library on earth, you would have to climb 1,435 steps to reach 757 ft. 6 in. above street level at the Marriott Hotel in Shanghai, China.
- Almonds are members of the peach family.
- You can fit 75 New Jerseys in Alaska's area.
- This fall, about 50.7 million students attend public elementary and secondary schools in the United States.
- Mel Blanc, the voice of Bugs Bunny, was allergic to carrots.
- The largest pearl ever found was the size of a tennis ball. ■



LIFE STAFF artists



Last quarter, we requested staff who are also artists to volunteer to be featured in this issue of the newsletter. Three very talented and very different artists responded, and here's what they had to say. They submitted photos of their artwork as well.



Simone Stanley | FELT PORTRAITS

STAFF NEWSLETTER: Please share about your artwork.

SIMONE STANLEY: I create 3-D portraits made entirely out of felt material that I call "feltraits," a combination of the words felt and portrait. My company name is called Face 2 Felt Originals. I came up with this idea in high school when I was searching for a unique gift to give a graduating friend. I happened to have some felt lying around and had the thought to try to shape her face out of it. That's where the idea was born. I picked it back up about six or seven years ago and have been honing it ever since.

SN: What is your earliest memory of your artistic expression? What inspired you to create it?

SS: My earliest memory of artistic expression was not necessarily mine but my mom's. She always tells me the story of how I was two or three years old, and I drew a vase that was perfectly symmetrical, one far advanced for a child my age. As a child in elementary school, I always remember doodling and writing stories. I originally wanted to be an author and illustrator of children's books, but art won out. I still enjoy writing though.

SN: What other inspirations have you incorporated into your artwork as time has gone on?

SS: My inspirations for my feltraits come from many things. My earlier ones came from pop culture icons, etc.; I started doing a lot of recognizable faces so that people could see that I could achieve their likeness in felt as well. I moved to some conceptual pieces in the last couple years, and lately I have been inspired by nature, so I am doing a lot of bird portraits, roses, etc. in my newest collections.

SN: Do you sell your art?

SS: I do sell my art. I participate in local shows and art markets downtown and around the city (some outside the city and hopefully internationally one day *fingers crossed*), and I also sell online via my website and social media. I also

take commission work. I work from photos, or if someone has a general idea, I'm willing to brainstorm with them to help bring it to life. I'm currently working on a commission piece right now. I have an upcoming show on December 1 called Pancakes and Booze at the Georgia Freight Depot.

SN: Do you have a website?

SS: Yes, I do. www.face2felt.com

SN: Can we find your art on social media? Handles?

SS: Yes, I do. You can find my art on my Instagram, which has my newer work and collections, @face2felt and I also have a FB fan page, Face 2 Felt Originals.

SN: Do you ever publicly share your art? Where/When?

SS: Yes. I share my art when and wherever I get a chance. I always say you have to be your biggest promoter. No one else will share your work like you will or discuss your work with the amount of passion that you have. I'm not afraid of the shameless plug; it's something you have to do if you want to be successful as an artist. I have even gone as far as to share it with the producers of the hit TV show Shark Tank, which I auditioned for when they came into town at the Fox Theater a couple years ago. I didn't make it on the show, but I did make it on the evening news when they highlighted the auditions and some of the entrepreneurs that stood out. It was a very proud moment for me. I have the clip under the "Media" link on my website.

SN: Is there anything else you would like to share about your art?

SS: My art is definitely my passion and something I love to share with others. I feel blessed to know what it is I want to do in life, to have people invest and spend their hard-earned money on my work and most of all, to have the encouragement and support of my friends, family and people I've just met to go after it full force. I'll leave you with two of my favorite quotes, 'When I stand before God

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at the end of my life, I would hope that I would not have a single bit of talent left and could say, 'I used everything you gave me.' And a quote by Emile Zola, 'If you ask me what I came to do in this world, I, an artist, will answer you: I am here to live out loud.'

Nancy Sutton | FUSED GLASS

STAFF NEWSLETTER: Please share about your artwork.

NANCY SUTTON: Right now, I am primarily a kiln-fused glass artist. What that means is that I use glass – art glass or recycled glass, fired in a glass kiln, to make ornaments, dishes, sun catchers, jewelry, etc. I recently learned some open-work stained glass techniques that I combine with the fused glass for unique sun catchers.

I also like to wire-wrap some of my glass pieces and make them into unique, one-of-a-kind jewelry.

SN: What is your earliest memory of your artistic expression? What inspired you to create it?

NS: I have been an artist for as long as I can remember. I would draw, initially, because it was cheap – all you needed was a pencil and paper. At our church, when I was a kid, we had a big bucket of wooden beads that you could string on thick strings, and I remember that being one of my favorite activities. Art class was always my favorite class in school, no matter what grade I was in! I remember at seven or eight years old, studying how the shadows of trees fell in the woods so I would know how to draw them.

It's just an innate part of my nature to create – to make things. It's who I am, not just what I do. Over the course of my life I have done embroidery, needlepoint, crochet, counted cross stitch and was a quilter for 30 years, and several of my designs were published in national magazines. I am happiest when I'm making something.

Both of my grandmothers were very much into crochet and embroidery. My mother says that my paternal grandmother couldn't sit still unless she had something to work on with her hands, and I am much the same. I get a lot of flak for doodling during meetings, but it helps me listen. My Aunt Ethelyn taught me to crochet when I was about ten, and that's also when I started making beaded jewelry. I would spend my whole allowance on beads or yarn.

SN: What other inspirations have you incorporated into your artwork as time has gone on?

NS: I love gardening and nature. My artwork is very whimsical. I like to make animals, birds and sea creatures, each one a little different and kind of

quirky. I enjoy seeing their personalities come to life as I put the pieces together.

SN: Do you sell your art?

NS: I sell at shows primarily, but hope to ramp up my online presence sometime soon. In the past, my work (play) has been in art galleries, and I've had a booth at an antique store. My ornaments and stars are available at the Marietta Artist's Attic – the gallery above the Local Exchange on the Square.

SN: Do you have a website?

NS: Since I spend eight hours a day in front of a computer, it isn't thrilling for me to think about going home and firing up a computer to build a website. I would rather go to the studio and make something!

SN: Can we find your art on social media? Handles?

NS: I am on Instagram @mycheerfulglass and on Facebook as Cheerful Glass. My daughter says I don't post enough, but I'm not from the generation that thinks everyone cares deeply about what I'm doing every minute, so I don't really think about posting pictures while I'm making something! I suppose I should think about that more ...

SN: Do you ever publicly share your art? Where/When?

NS: I sell at shows, but don't have any upcoming. I have been in galleries, but am not presently.

SN: Is there anything else you would like to share about your art?

NS: No matter what situation I'm in, I think I would always find a creative outlet. Even if I am unable to work in glass anymore, I would find some way to be creative. It's bigger than me. I am driven to create, and I can't imagine ever stopping!

Bill Watson | WOODWORKING

STAFF NEWSLETTER: Please share about your artwork.

BILL WATSON: I've been involved in woodworking for nearly 25 years. My initial interest in woodworking grew out of my work at a car stereo store. While working there, I learned to use a variety of tools to build custom speaker enclosures. This experience taught me that I could take a pile of wood and turn it into something useful and beautiful. Over the years, my skills have evolved, and I've built dining room tables, ceremonial maces, kitchen cabinets, bookcases, pens and more.

SN: What is your earliest memory of your artistic expression? What inspired you to create it?

BW: Necessity was my inspiration at first. My wife and I wanted unique, high-quality furniture for





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our home, but we couldn't afford to buy it, so we built it. Early on, I didn't put much thought into wood selection. Wood was just a product I used to build something. Over the years, I've grown to appreciate the unique characteristics of each piece of wood, and now I often design projects so that they highlight the wood's inherent beauty.

SN: What other inspirations have you incorporated into your artwork as time has gone on?

BW: Most of my early designs were inspired by the work of Gustav Stickley, an American furniture designer from the early 1900s who is best known for creating Mission-style pieces. For the past few years, I've been drawn to more modern designs that incorporate subtle curves and the use of metal or stone as accents.

SN: Do you sell your art?

BW: My wife, Nichole, and I both make things, and

a few years ago we started a home-based business, Als Ik Kan Designs, and we sell online and at local craft fairs. We also do custom work for clients.

SN: Do you have a website?

BW: Our website is www.alsikkan.net

SN: Can we find your art on social media? Handles?

BW: Yes, we are on Etsy, Facebook and Instagram – search for alsikkandesigns.

SN: Is there anything else you would like to share about your art?

BW: A lot of folks ask me what Als Ik Kan means. "Als Ik Kan" is an old Flemish phrase that means "to the best of my ability." That represents my approach to the things I do and make. If something is worth doing, it's worth doing to the best of my ability. ■



LIGHTS OF LIFE

The 2017 edition of the annual Lights of LIFE on the campus of Life University (LIFE) will commence on Thanksgiving evening, Thursday, November 23, and will run every night, rain or shine, through New Year's Eve, Thursday, December 31.

LIFE introduced the Lights of LIFE in 1989 as a gift to the local community, and it has now grown to be one of the most popular light shows in the Southeast, attracting nearly half a million spectators from the surrounding region. Cars, vans and buses cruise through the spectacularly illuminated campus each year, often stopping along the 1.5-mile drive to enjoy an array of seasonal entertainments.

Costs are \$5 per car Monday-Thursday, \$10 per car on Friday-Sunday and November 23-26, December 15-31, and \$20 per bus at any time. Families are encouraged to come during the week to take advantage of the lower price, as well as to avoid the busier weekend traffic. The display opens at dark every

night and runs until 9:00 p.m. Sunday through Thursday and 10:00 p.m. on Fridays and Saturdays.

Each year, the display is a little different, making each experience unique. With more than one million LED bulbs, combined with the low cost, Lights of LIFE is the most affordable, quality light display in the metro area.

As in years past, Santa Claus will be visiting on weekends for photographs. Pony rides (\$5 per rider), train rides (\$3 per rider) and the petting zoo (\$3 per person) will also return, as will our concession stand, offering seasonal drinks and snacks for purchase.

The Lights of LIFE is a zero-profit operation. Per-car fees go to offset the cost of electricity and those associated with ongoing operations. Fees for individual goods and services are at the discretion of the vendors. ■

STAFF MEMBER SPOTLIGHT:



Sa'Quinn Barnes

Every quarter, we feature a different staff member for the Staff Member Spotlight. This quarter, we're featuring Sa'Quinn Barnes.

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

SA'QUINN BARNES: In essence, it was the overall philosophy that solidified my decision to pursue a career with LIFE. I wanted to come into a place of significance each day, knowing that when I walk through the doors — the daily business is somehow making an effectual impact in some positive way. I wanted to play my part in an environment where vision has purpose. LIFE certainly encompasses all of that in one statement: To Give, To Do, To Love, To Serve – Out of a Sense of Abundance.

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

SB: When I first started in May of last year, I worked as a Financial Aid Counselor, and transferred to Enrollment and Recruitment & Events, in a new position at LIFE as an Admissions Counselor. My "life at LIFE" (smile) changes day to day depending if I am in the office, or out at a recruitment event, or assisting with a tour. In general, I handle inquiries electronically in regard to our academic programs and upcoming events from prospective students, or in-person at the Admissions Office. I contact students in regard to submitting the appropriate documents for their applications to be evaluated for acceptance, and provide any additional information that is needed to ensure the best academic fit for their status.

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

SB: I would have to say the genuine passion my colleagues have toward wanting students to succeed and "maximize their greatest potential." It is refreshing to work with a group of people who truly care about the well-being of others and the clients they serve. There is an awesome dynamic of teamwork that is greatly appreciated and a constant motivator to perform in the best interest of everyone.

SN: Please share about your education.

SB: I graduated from Hampton University in Hampton, Virginia with a Bachelor of Arts in Mass Media Communications. My particular concentration was Broadcast Journalism.

SN: Please share about your past job experiences.

SB: I have worked in Higher Education for nearly seven years as a Financial Aid Counselor,

Student Services Specialist, and Registrar's Office Assistant. I have also worked as an on-air announcer, and handled responsibilities as marketing coordinator for several businesses.

SN: What is one of your career goals?

SB: Ultimately to excel in each position I'm in and reach the highest level where I am led. Additionally, I will go beyond a career goal — into a Calling Goal, in that I would love to write a book that is deeply inspiring, that sparks intrigue in others to explore the adventure in a relationship with Jesus.

SN: What do you like to do for fun?

SB: I absolutely LOVE creative arts: acting; singing; dancing; writing lyrics, poetry and journaling; painting; and graphic design. Travelling gets my blood rushing. I like spending quality time with family and friends, just hanging out watching movies, enjoying precious time being around good-hearted people.

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

SB: I lived in Honolulu for the first few years of my life! I'm actually hoping to travel there next summer for my birthday!

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

SB: You know what, I simply just want to travel to as many places as possible. That is merely it for me right now. Otherwise, just to walk a path that after I close my eyes that final time, I'll awaken to a God-size hug and Jesus giving me a high-five with a "Good job, Daughter!"

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

SB: "Choose a job that you love, and you will never have to work a day in your life."

SN: Do you have anything else you would like to add/share?

SB: If I could simply end with a scripture that has sparked the passion to walk with God daily in trying to figure out this crazy thing we call life (lowercase life lol):

"We need have no fear of someone who loves us perfectly; His perfect love for us eliminates all dread of what He might do to us. If we are afraid, it is for fear of what He might do to us and shows that we are not fully convinced that He really loves us. So you see, our love for Him comes as a result of His loving us first." 1 John 4:18-19 (TLB) ■

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.

“

We need have no fear of someone who loves us perfectly; His perfect love for us eliminates all dread of what He might do to us. If we are afraid, it is for fear of what He might do to us and shows that we are not fully convinced that He really loves us. So you see, our love for Him comes as a result of His loving us first. ”

—1 John 4:18-19

LIFE-Steps to *Wellness*

The holidays are a great time to enjoy family, friends and food. The season is filled with parties, large dinners and wonderful treats. This makes it difficult to maintain our healthy eating habits and keep off unwanted pounds. According to the Academy of Nutrition and Dietetics, Americans gain approximately one to two pounds during the holiday season. This may not sound like much, but it can add up over the years and can lead to ongoing unhealthy habits.

Some strategies that allow us to indulge in the festivities without going overboard include prioritizing food, eating mindfully and employing moderation. Filling up on healthy foods first, like eating a salad before dinner and choosing to fill up on nutrient rich foods first, can help to limit amounts of less than healthy foods consumed in a meal. Remember that fiber-rich foods are more filling. Eating slowly and mindfully can not only help you to enjoy your food, but can also help you to realize when you are getting full. Remember, moderation is key - go ahead and have the bread and dessert, but use a smaller plate and savor every bite!

Remember that it is OK to indulge occasionally, so don't be too hard on yourself if you slip up. Just remember that too much holiday cheer can lead to some not so fun New Year's resolutions in the months to come! ■



The Harvard Health Blog offers these 12 Healthy tips for Holiday Eating:

1. Budget food choices wisely — eating healthier foods first.
2. Take 10 before going for seconds — take a ten-minute break before going back for more. Drink some water and evaluate if your appetite is satisfied.
3. Put some distance between yourself and the buffet — this helps you to be mindful of what you are eating and how much.
4. Don't start out hungry — eat something healthy to fill up before you are tempted.
5. Drink water first — fill up on water to reduce how much wine, beer or soda you are tempted to drink.
6. Don't drink alcohol on an empty stomach — this will increase your appetite.
7. Remember to move — take a walk, do a dance, get some exercise!
8. Eat your veggies — fill up on the good stuff first.
9. Stalk the buffet — check out the options first before piling your plate.
10. Don't shop hungry — eat before holiday shopping to avoid tempting food court treats.
11. Cook from (and for) the heart — choose healthy fats while preparing dishes.
12. Remember what really matters during the holiday season — focus on family, friends and fun.



Tech Tips To Multitask, or Not to Multitask

One of the biggest mistaken notions of the technology age is that people can be efficient multitaskers. Sadly, it simply isn't true, yet the temptation to try is almost irresistible as we grow increasingly dependent on (and even addicted to) the technology available to us. There are also some rewards built into some of our technological distractions, such as likes and comments for our posts on Facebook, Twitter, Instagram and so on. Even just the telephone and email can distract us from settling down and focusing in on the most productive way to work: doing one thing at a time.

Clearly, a lot of people will disagree vehemently and claim they can do multiple things at the same time and, in reality, that simply isn't true – at least, not without a cost. What they're really doing is background tasking or switch tasking. And, when it comes to productivity, the fact is, our attempts to multitask mean that the time it takes to do tasks goes up, the quality goes down and our stress levels rise. So, if you need a demonstration, please visit Dave Crenshaw, author of *The Myth of Multitasking*, and do the exercise he provides here: <https://www.youtube.com/watch?v=BCeGKxz3Q8Q> And, happy monotasking! ■



Recipes



Submitted by:
Bridgette Morris



Cocoa for a Crowd

This is a great recipe if you want to serve hot chocolate to a large group of people. It also makes a nice gift, placing servings in a mason jar and tying a ribbon and bow (maybe even some raffia).

INGREDIENTS

- 1 14 qt. package powdered milk
- 1 lb. package powdered sugar
- 2 envelopes Dream Whip
- 1 16 oz. jar Coffeemate
- 2 lbs Nestle Quick

INSTRUCTIONS

Mix dry ingredients all together.
Store in covered container(s).
Containers will last up to 1 year.

To serve:

Mix 1/3 cup of the dry ingredients with 1 cup hot water.



Pumpkin Pie Squares

INGREDIENTS

- 1 cup flour
- 1 cup packed brown sugar
- ½ cup quick oats
- ½ cup butter or margarine
- 2 eggs
- 1 can (16 oz.) pumpkin
- 1 can evaporated milk (13 oz.)
- 1 tbsp pumpkin pie spice
- ¼ tsp salt
- ¼ cup chopped walnuts

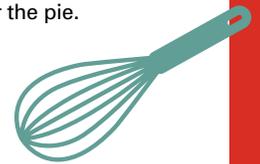


INSTRUCTIONS

Mix flour, ½ cup of the brown sugar and oats
Cut in butter
Press 1 ½ cups into a square pan
Bake in 350-degree oven for 12 minutes/until light brown

Meanwhile:

Lightly beat eggs.
Stir in pumpkin, remaining ½ c brown sugar, milk, spice and salt.
Pour over crust.
Bake 30 minutes
Sprinkle remaining flour mixture with walnuts over the pie.
Bake 10 more minutes – or until lightly brown.
Cool on rack.
Cut into squares and serve. ■



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