

## *Northwestern Weekly*

April 27, 2005

### Top Stories

#### **Mark McKenzie Named Minnesota College of Acupuncture and Oriental Medicine Alumnus of the Year**

Every acupuncturist has a story about how he or she got into acupuncture. The 2005 Minnesota College of Acupuncture and Oriental Medicine (MCAOM) Alumnus of the Year is no exception.

A decade and a half ago, Mark McKenzie, LAc, MaOM, dean of the Minnesota College of Acupuncture and Oriental Medicine, was vice president of a national environmental company in Tampa, Fla. He moved to Minnesota and was considering making a change in his career, and began by taking courses in esoteric healing. A physical therapist suggested he consider studying massage therapy to see if health care was a field he would enjoy. He took her advice and in 1994, he graduated from the Northern Lights School of Massage Therapy and started his own business with two other massage therapists.

In February 1995, as he was talking with his then-fiancée Elizabeth, McKenzie told her that after the excitement of the last year — graduating from massage school, starting a new business and planning a wedding — he needed a break. The next morning, he slipped on a spot of black ice and broke his back. Doctors told him that he should cancel his wedding and his honeymoon backpacking trip — he would be in no shape to function normally for at least six months.

After leaving the hospital, McKenzie decided to visit an acupuncturist. Three weeks after receiving treatments, he returned to the doctor, who told him to “I don't want to know what it is, but keep doing what you are doing.”

He was able to carry on with his July wedding and honeymoon.

Three months later he enrolled in the Minnesota Institute of Acupuncture and Herbal Studies, MCAOM's precursor, and graduated in 1999. He then went on to receive his masters degree in Oriental medicine in 2000 from MCAOM and was board certified in both acupuncture and Chinese herbology. In 2003, he was named dean of MCAOM. He is also the current president of the Acupuncture and Oriental Medicine Association of Minnesota. In April 2005, he was honored as alumnus of the year.

“It was quite an honor,” said McKenzie. “It is always an amazing thing to be recognized by colleagues and friends.”

A slip on the ice changed McKenzie's life — and brought a gifted healer and leader to the field of acupuncture and Oriental medicine.

## **Saving the Trees**

Neil Dylla, Northwestern's head gardener, and his crew are planning ahead for the building expansion that will be adding a four-story, 60,000 square-foot wing to the south side of the University. On April 25, they began moving nine large red oak and pine shade trees to the sidewalk along Penn Avenue to save them from being destroyed during construction.

## **Recent Northwestern Graduate Killed in a Motorcycle Accident**

Northwestern Health Sciences University graduate Michelle L. Penman died in a motorcycle accident April 21. Penman, who was in the first graduating class of the School of Massage Therapy in May 2002, was 33 years old.

Penman was a lead security screener for the Transportation and Safety Administration. Her fatal accident occurred while she was on vacation in Arizona.

Funeral services for Penman will be held at 10 a.m. on Friday, April 29 at Shepard of the Valley Church, in Hudson, Wis. For more information, call (715) 386-3725.

## **Massage Therapy Accreditation Site Visit Slated for July**

Site visitors from the Commission on Massage Therapy Accreditation will be on campus July 21-22 to assess the School of Massage Therapy, which has applied for accreditation for the first time. During the visit, a team leader, a management specialist, an education specialist, and a content specialist will evaluate the massage therapy program and verify the information provided in the program's self-study report.

Prior to the visit, Dale Healey, DC, dean of the School of Massage Therapy will be part of a site team evaluating a massage therapy school in Pennsylvania. The visit will take place May 15-19.

"It will be a good opportunity for me to see first hand what site visitors will be looking for when they are here," says Dr. Healey. "It should help us be better prepared for our visit."

## **Health and Wellness Update**

### **April 25 – May 1 is National TV-Turnoff Week**

*Submitted by Rosie Ward, MPH, CHES, Health and Wellness Coordinator*

## **TV Turn-Off Network – [www.tvturnoff.org](http://www.tvturnoff.org)**

**Discover a Life Without TV!** Join the millions of adults and children April 25 – May 1 who will turn off their televisions and discover that life without TV may just be more rewarding, fun, and relaxing.

### **Why turn off the television?**

Television cuts into family time and harms children’s ability to read and succeed in school. It also contributes to inactivity, poor eating habits, and obesity. On average, children in the United States will spend more time in front of the television (1,023 hours) than in school this year (900 hours). Research shows that the more children watch television, the more they are likely to snack between meals, consume junk food advertised on television, and try to influence what foods their parents buy.

Turning off the television gives you a chance to think, read, create, and do. You will have more time to connect with your family, friends, and community.

### **Here are a few ideas for TV-alternative activities:**

- Cook a meal with your family or friends;
- Play a game;
- Read a book;
- Take a walk or go for a bike ride;
- Write a letter;
- Visit the zoo;
- Go to a museum;
- Attend a local play or sporting event;
- Do volunteer work in your community;
- Listen to music;
- Start a garden; and
- Do yard work or house repairs.

For more ideas, see the TV-Turnoff Network’s online “Guide to Year Round Screen-Free Activities,” which available at no charge at [www.tvturnoff.org](http://www.tvturnoff.org).

Source: *Wellness News You Can Use*, National Wellness Institute (March, 2004)

### **“Do” Campaign Continues at Northwestern**

“Do,” a social-marketing campaign put together by Blue Cross/Blue Shield and the American Heart Association, provides fun, point-of-decision marketing to remind you to make choices to be healthy and add activity into your day.

The campaign reinforces how easy it is to “groove your body” three times a day for 10 minutes to promote good health and to decrease the various health risks associated with inactivity. It was piloted in Brooklyn Center and Duluth earlier this year and was so successful that the campaign messages have spread to Minneapolis and St. Paul.

The “do-crews” are officially on duty and have already spotted and rewarded 40 people. The latest winners are Karen Monroe, who was recognized for working her tail off last week with the physical plant crew, and Jim Hildreth, who was recognized for always helping out and being active around campus. If a do-crew spots you “doing”, you could be the next big prize winner, so stay active!

### **Healthy-U Gives Seal of Approval to Menu Items in the Cafeteria**

In an effort to continue to promote making healthier food choices, the Healthy-U program at Northwestern Health Sciences University will start another new initiative beginning May 2. Small signs will be placed in the cafeteria next to daily menu items indicating the item is “Healthy-U Approved.” In addition, the online menu will have the Healthy-U logo next to menu items determined to be healthier choices.

Additionally, the cafeteria recipe contest will continue into the summer trimester. Students, staff, and faculty are encouraged to submit their favorite healthy recipes directly to Chris Remitz, owner of Evergreen Foods. If he uses your recipe as a menu item, you will receive a \$15 gift certificate to Evergreen Foods.

### **Do Challenge Set to Begin May 2**

Beginning May 2, Northwestern Health Sciences University will participate in the “Do Challenge,” a six-week incentive program based on the ongoing “Do” campaign. The Do Challenge replaces the Shape Up Challenge at Northwestern.

During the Do Challenge, employees will form teams of five to eight people. Each team will select a captain who will receive an information packet from Rosie Ward, MPH, CHES, Northwestern’s health and wellness coordinator. Teams from Northwestern will compete with teams from other organizations in Hennepin County.

Before the Do Challenge begins, individuals set goals to strive toward during the program and record points daily for increasing daily “Lifestyle Physical Activity”— parking further away, doing yard work, hand delivering e-mails and other similar tasks — and “Leisure-time Physical Activity” — lifting weights, biking, running, dancing, brisk walking, yoga, Pilates and other fitness activities. Bonus point opportunities will be available each week to participants who incorporate other healthy behaviors into their lifestyles that aren’t specific to physical activity. Team members will report their points to their team captains each Monday.

The team with the highest average points each week will win prizes. At the end of the program, the team with the most points will win a grand prize. In addition, those who meet their program goals or make significant lifestyle changes during the program will be rewarded.

## **Healthy-U Program Updates**

### **May Recess Activities**

**Friday, May 6 — Relaxation Class**, 11:30 a.m., in the gym. Take 20 minutes out of your day to unwind and rejuvenate. Mats are provided.

**Thursday, May 11 — Walking Groups**, meet at 11:30 a.m., noon, or 12:30 p.m. by Door 2.

**Tuesday, May 17 — Game Night**. Unwind and enjoy outside games while laughing with your colleagues. Come anytime between 4:30 p.m. and 6:30 p.m.

**Thursday, May 24 — Walking Groups**, meet at 11:30 a.m., noon, or 12:30 p.m. by Door 2.

**Thursday, May 26 — Bowling** at Southtown Lanes. Come anytime between 5 p.m. - 7 p.m.

### **Health Club Discount Program**

Did you know that as an employee or student of Northwestern, you can receive discounts when joining one of our eight health club partners?

Northwestern has health clubs partnerships with:

- Bally Total Fitness (all locations);
- Calhoun Beach Club (Minneapolis);
- Fitness Crossroad (Minneapolis and St. Anthony);
- Gold's Gym (Vadnais Heights and White Bear Lake);
- Lifetime Fitness (all locations, no discount until fall 2005);
- Northwest Athletic Club (all locations);
- YMCA (18 metro locations); and
- YWCA of Minneapolis (Downtown, Midtown and Uptown).

### **Wellness Fun Facts**

#### **Go for the Burn – Calories, that is**

Regular bicycling is a great way to loose weight and improve your physical fitness. A 150-pound person burns 410 calories while pedaling 12 miles in an hour. A 200-pound cyclist burns 546 calories while going 12 miles in an hour — almost the equivalent of a Big Mac®

Source: League of American Bicyclists, [www.bikeleague.org](http://www.bikeleague.org).

## **Quote of the Week**

*“Find a purpose in life so big it will challenge every capacity to be at your best.”*

— David O. McKay (1873-1970, educator and Mormon leader)

## **Upcoming Events – April/May**

“Do spring” and start training for a walking, running or bicycling event.

### **Saturday, April 30 – Get In Gear 10K** (Minneapolis/St. Paul, Minn.)

- Minnesota’s largest 10K; a 5K run/walk has also been added.
- Course crosses the Mississippi River and travels on both sides of the river.
- Registration is \$24 through April 23; \$29 through April 28; and \$32 on April 29.
- For more information and to register, visit <http://www.getingear10k.com/>

### **Saturday, May 7 — Jump To It 10K**, (White Bear Lake, Minn.)

- Proceeds benefit the White Bear High School science program.
- \$18 pre-registration fee (by May 5); \$25 on race day.
- For more information and to register, visit [http://www.active.com/event\\_detail.cfm?event\\_id=1202042](http://www.active.com/event_detail.cfm?event_id=1202042)

### **Saturday, May 7 — Preeclampsia Walk-A-Thon, Lake Harriet** (Minneapolis, Minn.)

- Proceeds benefit the Preeclampsia Foundation to fund research and provide public awareness, support, and education to people whose lives have been touched by preeclampsia and other hypertensive disorders of pregnancy.
- \$15 pre-registration fee; \$20 on race day.
- For more information and to download a registration brochure, visit <http://www.magnetmail.net/images/clients/INTRINXEC/attach/pfWT05brochure.mn.pdf>.

### **Sunday, May 8 — Race for the Cure 5K Walk/Run (3.1 miles)** (Bloomington, Minn.)

- Support breast cancer research by starting your Mother’s Day with a walk or run.
- \$20 registration fee for adults; \$10 for children 12 and under if postmarked by April 16. \$25 fee for adults, \$12 for children from April 17 – May 7; \$30 for adults, \$15 for children on race day.
- For more information and to register, visit <http://www.racecure.org>.

### **Wednesday, May 11 — Cobb 5K Run/Walk, Lake Harriet** (Minneapolis, Minn.)

Race starts at 6:30 p.m.

- \$17 pre-registration fee with shirt, \$7 without shirt; \$25 on race day.
- For more information and to register, visit [http://www.active.com/event\\_detail.cfm?event\\_id=1176473](http://www.active.com/event_detail.cfm?event_id=1176473)

### **Saturday, May 14 — Arise and Run for the Prize** (Maple Grove, Minn.)

- Run through the Elm Creek Park Reserve with a chance to win various door prizes.
- \$16 pre-registration fee if paid by April 30; \$20 after April 30.

For more information and to print a registration form, visit <http://www.raceberryjam.com/indexrr.html>

## **Recipe Corner**

### **Chicken Salad with Oranges and Feta**

#### **Ingredients:**

2 ½ teaspoons olive oil, divided  
 3 boneless, skinless chicken breast halves, cut into bite-sized chunks  
 1 clove garlic, minced  
 1 teaspoon dried mint  
 6 tablespoons frozen orange juice concentrate, thawed  
 ¼ cup apple-cider vinegar  
 2 tablespoons Dijon mustard  
 Salt and freshly ground black pepper  
 12 cups baby spinach leaves, rinsed and spun dry  
 2 oranges, peeled, sectioned, and sliced into chunks  
 ¼ cup golden raisins  
 4 ounces feta cheese, crumbled (about ½ cup)

#### **Cooking Instructions:**

1. Heat oil in a large nonstick skillet over medium-high heat .
2. Add chicken; sauté two minutes.
3. Add garlic and mint; sauté two minutes more.
4. Reduce heat to low; stir in orange juice concentrate, vinegar, and mustard. Season with salt and pepper.
5. Place spinach in a large salad bowl, along with oranges and raisins.
6. Spoon warm chicken mixture over salad and toss gently to mix.
7. Divide among four plates and top with crumbled feta cheese.

*Makes 4 servings (serving = 3 cups salad mixture, 1 ounce feta)*

*373 calories, 12 grams fat (6 grams saturated), 33 grams carbohydrates, 32 grams protein, 7 grams fiber, 377 milligrams calcium, 6.5 milligrams iron, 557 milligrams sodium*

Source: *Shape Magazine*, December 2004

## **Campus Calendar**

### **April 27**

- Annual plant sale order forms must be turned in. Return order forms to Carol Schmidt or fax the form to (952) 886-7593.

### **April 30**

- Sony Canteenwala, DC, will give a lecture about the “Torque Release Technique: An Overview of History and Methods” from 3:45 p.m. to 8 p.m. in Room L2.

### **May 2 - May 6**

- Northwestern Women in Health Care will hold a book sale from noon to 1 p.m. in the foyer.

### **May 5 - May 6**

- Orders from the annual plant sale can be picked up in the court yard from noon to 2 p.m.

## **Employee Resources**

## **Student Resources**

### **Daily Hot Spots**

Build a unique 3D Web site complete with images, color and text within just a few minutes: <http://www.gogofrog.com/index.htm>

Some people watch television and have a lot to say about it. Read their hilarious recaps here: <http://www.televisionwithoutpity.com/>

Every single day, 30,000 children are dying as a result of extreme poverty. Read about what you can do to help end the suffering: <http://www.makepovertyhistory.org/>

Read the latest odd news: <http://story.news.yahoo.com/news?tmpl=index&cid=573&/>

What's new in the dog show world? Find out: <http://www.dognews.com/>

### **Poll Question**

What's your favorite indulgence food?

1. Chocolate, chocolate and more chocolate
2. Potato chips
3. Ice cream
4. French fries
5. Pizza

### **Menu**

Not available yet.