

*Northwestern Weekly*  
May 11, 2005

**Chiropractic National Board Examinations Restrict Building Use**

Part IV of the National Board Examinations will be held at Northwestern on May 20-22. On Friday May 20, there will be no access to the Student Health Service (west entrance), except for staff, faculty and patients. There will also be no access to the gym, Room L1, or Room 28.

On Saturday, May 21 and Sunday, May 22, the entire building west of the President's Office will be closed. There will be no access to the gym, pool, Bloomington Natural Care Center, the research department, the University Health Service clinic, or the clinical pathology lab. All west entrances will be closed, along with the Bloomington Natural Care Center entrance and the President's entrance. Also, the entire second floor from the restroom north will be closed off. If you have any questions, contact Linda Bowers, DC, at ext. 431.

**New Employee Orientation Undergoes a Major Change**

Beginning May 11, new employee orientation will be expanded to a full-day format, allowing various departments at the University to share with new employees information about what they do and how to access resources.

Previously, new employees spent about an hour with the human resources staff learning about policies and benefits. With the new full-day format, new employees will not only learn the basics, but will also receive a plethora of information about the University. For example, Rosie Ward, MPH, Northwestern's health and wellness coordinator, will provide information about the "Do" campaign, the Healthy-U program, and proper work station ergonomics. Meanwhile, the Office of Admissions will provide new employees with a background on the programs at Northwestern and the requirements for admission. Representatives from the clinics, information technology, communications, and other offices will share with employees what resources are available and how to access them. Additionally, new employees will be taken on tours of campus.

"The intent is to build a bonding experience for employees," says Jeff Graham, BS, Northwestern's recruitment coordinator. "We want to help new employees get excited about Northwestern."

The first orientation day will be May 11. Running from 9 a.m. – 4 p.m., the session will include a light breakfast and lunch in the Cafeteria Conference Room. After the first

session, to which employees who have been hired since January are invited, the orientations will be offered two times each month, assuming there are new employees.

“It’s going to be really great,” says Lisa Franczak, BA, Northwestern’s benefits coordinator. “We couldn’t do it without the support of all the departments; everyone has been very supportive of this new orientation approach.”

### **Northwestern Brings Largest Team from an Educational Institution to Race for the Cure**

Northwestern Health Sciences University was recognized May 8 for having the largest team from an educational institution participating in the 13th annual Komen Twin Cities Race for the Cure. Northwestern brought a team of 55 to the event.

“There are many people at Northwestern who have been affected by cancer either personally or someone they know,” says Rosie Ward, MPH, Northwestern’s health and wellness coordinator, who organized the team. “It’s a great cause and a fun way to pull together the campus community and their loved ones while promoting physical activity.”

The Race for the Cure is an annual event that honors survivors of breast cancer and raises money for breast cancer research. The 5K race attracts nearly 50,000 walkers and runners from around the state. The Bloomington event is the third largest Race for the Cure in the United States.

### **Signage for Northwestern on Interstate Highways Denied**

For years, Northwestern Health Sciences University has been working to have signage for the University installed on interstate highways 494 and 35W.

According to Minnesota Department of Transportation rules, an educational institution must have at least 1,500 full-time students to be granted signage on interstate highways. With 850 full-time students and a large number of practitioners who are on campus regularly to earn continuing education credits, the University has an estimated 2,045 full-time equivalents.

Additionally, Alfred Traina, DC, president of Northwestern, pointed out that Northwestern has a \$59 million economic impact on the community and attracts a large number of patients to campus, as well as a significant number of seniors who participate in federally funded research studies at the Wolfe-Harris Center for Clinical Studies. He also drew attention to events that attract the community to campus each year such as a Bloomington Loves Its Kids carnival that welcomes more than 1,000 people; a Halloween party that brings in hundreds of trick-or-treaters; and a Spring Egg Festival and Egg Hunt that attracts nearly 1,000 people.

Earlier this spring, it appeared as though Northwestern would be successful in its pursuit when an amendment allowing University signage on the highways was attached to a

transportation budget bill and approved by the Minnesota Senate. The amendment would have granted Northwestern a waiver from the MNDOT rules. However, when the bill went to committee, Northwestern's signage amendment was removed from the bill.

"It's disappointing because we worked so hard over the years to get the signage approved," says Dr. Traina. "But Bloomington has zero tolerance for highway signage."

### **Northwestern Invited to Lecture at The Berman Center**

Northwestern Health Sciences University students, faculty and staff are invited to a lecture at The Berman Center at 4 p.m. on May 23. The lecture, titled "Acupuncture Points and Meridians: Challenges to the Biomedical Paradigm," will be presented by Richard Hammerschlag.

### **Back In Shape Run: Benefits Of Volunteering**

*By Nicky Simon, BA, Community Relations Coordinator*

What are you doing on Saturday, June 11? How about helping at the BACK IN SHAPE 5K RUN/WALK!

If you have been wondering how to volunteer or get involved with some of the University sponsored events/activities...now is your chance. The Back in Shape 5K Run/Walk has returned and we need many volunteers to make this race a success. We need help with everything from pre-registration and assembling the runner packets ahead of time, to serving the delectable post-race treats to the runners; from staffing a water stop along the route to cheering on the runners on race day.

If you are available, we will have a job for you!

#### **Interested in running or walking?**

No problem, there are many volunteer opportunities available that will still allow you to be free to run/walk at race time. You can volunteer to help with duties on Friday afternoon or early Saturday morning. Plus, if you are a volunteer, your race registration fee will be waived.

- Other volunteer benefits include:
- Free volunteer race t-shirt;
- Waived race registration fee;
- Free sports massages;
- Free volunteer post-race party/buffet luncheon including amazing food and beverages (free beer with valid ID);
- Fun atmosphere;
- And more.

You can sign up for the job of your choice. The sign-up sheets are located in the foyer. If you have any questions about volunteer opportunities, please contact Christine Kelly or Lynn Heieie in the Admissions Office. You can also contact Nicky Simon in the Communications Office. Their emails are lheieie@nwhealth.edu or ckelly@nwhealth.edu or nsimon@nwhealth.edu. Hope to see you on June 11!

### **Plaques Honor Contributions, Memory of Deceased Student**

Two plaques were recently installed on the campus of Northwestern Health Sciences University.

The first plaque was placed in the courtyard near the Body, Mind and Spirit statue. The plaque recognizes University alumni who helped fund the original bronze sculpture. It reads:

“Northwestern Health Sciences University recognizes the efforts and financial support of the Northwestern College of Chiropractic Alumni Association and the individual contributions of the alumni listed below. Their dedicated support of the University's mission and vision has provided the funding for this original statue, which embodies the essential elements of natural health care - body, mind and spirit.

Dr. Albert and Janet Hoff  
Dr. Jay Greenberg and Dr. Barbro Brost  
Dr. David and Jennifer Foti  
Dr. Edward and Barbara Markowitz  
Dr. Gary and Dr. Lisa Smith  
Dr. Arlen and Wendy Lieberman.”

The second plaque is located on the back lawn, near the pond, and honors the memory of Joel Demoskoff, a student who passed away in 2003. It was placed next to a sapling tree. The plaque reads:

“In Memory of *Joel Demoskoff*  
January 30, 1978 – November 30, 2003  
Chiropractic Fall Class 2003  
Loving son, brother, fiancé, friend and teammate  
Dedicated by the students of Northwestern Health Sciences University.”

### **Health and Wellness Update**

#### **May 8 – 14 is National Women’s Health Week**

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

**Women: Don’t Let Stress Make You Sick**

Feeling stressed out? If you are like many other women, you are probably carrying a higher burden of stress than you should. Women often have to juggle many roles including spouse, mother, caregiver, friend, and/or worker.

With so much going on in your life, it may seem impossible to find ways to de-stress. But it is important that you do. Your health depends on it.

### Stress Affects Your Body and Your Health

Everyone experiences stress from time to time. But left unmanaged, stress can cause changes in your body that make you more likely to get sick. Stress can play a role in such problems as trouble sleeping, headaches, constipation, diarrhea, irritability, lack of energy, lack of concentration, eating too much or not enough, anger, stomach cramping and bloating, skin problems such as hives, depression, anxiety, weight gain or loss, heart trouble, high blood pressure, irritable bowel syndromes, diabetes, increased risk for asthma and arthritis flare-ups, neck and/or back pain, less sexual desire, and difficulty getting pregnant.

### *Tips for Handling Your Stress*

Listen to your body, so you know when stress is affecting your health. When it is, take actions to manage your stress. Here are some ways:

- **Relax.** Take time to unwind in a way that works for you. Try deep breathing, yoga, meditation, or massage. Take a few minutes to sit and listen to soothing music or read a book;
- **Make time for yourself.** No matter how busy your schedule, take at least 15 minutes each day to do something for yourself, like a bubble bath, going for a walk, or calling a friend;
- **Sleep.** With enough sleep, you can handle your problems better and reduce your chances of getting sick. Try to get at least seven to nine hours of sleep every night;
- **Eat healthy.** Fuel up with fruits, vegetables, and whole-grain foods;
- **Get moving.** Physical activity reduces muscle tension and can improve your mood;
- **Talk to friends.** Find a friend who is a good listener and nonjudgmental to help you work through your stress;
- **Get help from a professional if you need it;**
- **Compromise.** Sometimes it's not worth the stress to argue;

- **Write down your thoughts.** Keeping a journal can be a great way to get things off your chest and work through issues. Later, you can go back and read through your journal and see how you've made progress;
- **Help others.** Helping someone else can help you;
- **Get a hobby.** Find something you enjoy doing;
- **Set limits.** When it comes to doing things for work and your family, figure out what you can really do. Don't be afraid to say no to requests for your time and energy;
- **Think ahead and plan your time.** Write a to-do list. Figure out what's most important to do; and
- **Don't deal with stress in unhealthy ways.** This includes drinking too much alcohol, using drugs, smoking, or overeating.

Source: "Stress and Your Health," *2005 Daybook—Generations: Women's Health Across the Lifespan*, National Women's Health Information Center, [www.4woman.gov](http://www.4woman.gov).

### **Do Challenge Completes its First Week**

There are 108 employees on 16 different teams competing in the six-week activity-based challenge running from May 2 – June 12. Participants have been busy setting individual goals for the program, turning in registration forms, and getting active.

After the first week, the team with the highest average points is Team Maintenance, which is comprised of the physical plant crew. Each member received a movie ticket. Also, by random drawing from everyone who completed the bonus relaxation activity, Paulette Vogt, clinic billing, won anti-stress pulse point cream.

The members of the team with the highest overall point averages at the end of the program will receive a grand prize of an additional Wellness paid time off day, so help cheer on your colleagues and help the friendly inter-departmental competition!

### **"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 on duty and have spotted and rewarded 45 people. The latest winners are LaVerne Hudalla, who was spotted carrying a bucket full of mail; Jenny Bell, who was spotted taking walking breaks outside; and Jaime Hunt, who was recognized for hand-delivering copies of Northwestern Weekly to various sites 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 began a new initiative 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.

### **Healthy-U Program Updates**

#### **May Recess Activities**

**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**

### **Cancer Prevention**

Lifestyle changes and screenings can prevent half the deaths from cancer in the United States. Nearly 30 percent of cancer deaths are caused by tobacco use. A third of cancer deaths in 2005 are expected to be the result of poor nutrition, physical inactivity, obesity, and other lifestyle factors.

Source: "Cancer Prevention and Early Detection Facts & Figures 2005," American Cancer Society, [www.cancer.org](http://www.cancer.org)

### **Quote of the Week**

*"The trouble with life in the fast lane is that you get to the other end in awful hurry."*

~ John Jensen

### **Upcoming Events – May**

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

#### **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>

#### **Saturday, May 21, 2005 – Eagan Fun Run** (Eagan, Minn.)

- Enjoy fun and running for the whole family. In addition to 2- and 5-mile races, there will be a ½-mile Ducky Dash for kids and a 2-mile fitness walk.
- There will also be group stretching and health information from local vendors.
- \$15 registration fee.
- For more information and to register, visit [http://www.active.com/event\\_detail.cfm?event\\_id=1200854](http://www.active.com/event_detail.cfm?event_id=1200854)

#### **Saturday, May 21, 2005 – Melpomene 5K Run** (St. Paul, Minn.)

- Enjoy a fast certified 5K course along the River Boulevard.

- Register for the women's or men's 5K run, a co-ed 5K walk or race walk, or a 3K family fitness walk; there is also a ½-mile or 1-mile kid's race
- Registration fees are \$18 and \$20 on race day.
- For more information and to register, visit [http://www.active.com/event\\_detail.cfm?event\\_id=1197753](http://www.active.com/event_detail.cfm?event_id=1197753)

**Saturday, May 28, 2005 – Northern Lakes 30K and 10 Mile** (White Bear Lake, Minn.)

- One of the most beautiful and well-known courses in the Midwest. Both courses are certified and flat. Great training run for Grandma's full- and half-marathon.
- A portion of every registration will go to benefit Children's Cancer Research Fund.
- Registration fees are \$26 for the 30K (\$30 on race day); \$21 for the 10 Mile (\$26 on race day); and \$16 for the 5K (\$19 on race day).
- For more information and to register, visit [http://www.active.com/event\\_detail.cfm?event\\_id=1201599](http://www.active.com/event_detail.cfm?event_id=1201599)

**Sunday, May 29, 2005 – MDRA Mississippi 10-Miler** (St. Paul, Minn.)

- \$10 registration fee (must register by May 26).
- For more information and to register, visit [http://www.active.com/event\\_detail.cfm?event\\_id=1205188](http://www.active.com/event_detail.cfm?event_id=1205188)

**Monday, May 30, 2005 – Eighth Annual Brian Kraft Memorial 5K Run/Walk**, (Lake Nokomis, Minn.)

- Follow a flat course around Lake Nokomis with a portion of all registration fees going to benefit Arnold S. Leonard Cancer Research Fund.
- \$20 registration fee (\$15 for USATF members); \$25 race day registration.
- For more information and to register, visit [http://www.active.com/event\\_detail.cfm?event\\_id=1202712](http://www.active.com/event_detail.cfm?event_id=1202712)

**Monday, May 30, 2005 – Melaleuca Freedom Celebration 10K Race and 5K Fun Run/Walk** (St. Paul, Minn.)

- Run through downtown St. Paul and end at Harriet Island. After the race there will be a veteran's parade, free concerts, and family festivities.
- \$15 registration fee for the 5K run/walk and \$20 for the 10K.
- For more information and to register, visit [www.freedomcelebration.com](http://www.freedomcelebration.com)

**Recipe Corner**

**Asparagus, Beet and Goat Cheese Salad**

**Ingredients:**

- 1 ½ lb. beets, trimmed
- 2 tablespoons plus ¼ cup extra-virgin olive oil

Salt and freshly ground pepper, to taste  
2 tablespoons minced shallots  
¼ cup fresh orange juice  
2 ½ tablespoons fresh lemon juice  
½ pound asparagus spears, tough ends trimmed, spears washed  
2 tablespoons fresh flat-leaf parsley leaves  
2 tablespoons fresh chervil leaves  
4 ounces goat cheese (chèvre), crumbled  
2 tablespoons finely chopped fresh chives

Cooking Instructions:

1. Preheat oven to 400 degrees.
2. Wash the beets thoroughly and pat dry with paper towels. Place the beets in a roasting pan, toss with two tablespoons olive oil, and season with salt and pepper.
3. Cover the pan with aluminum foil and bake until the beets are tender when pierced, about one hour. Transfer the pan to a wire rack and let the beets cool to room temperature, then slip off the skins. Using a mandoline or a paring knife, cut the beets into thin slices. Set aside.
4. In a small bowl, combine the shallots, orange juice and lemon juice. Let stand for five minutes. Drizzle in one-quarter cup oil, whisking constantly until blended. Season with salt and pepper.
5. Divide the beet slices among eight salad plates, overlapping them to form a ring. Drizzle with a little vinaigrette.
6. Using a vegetable peeler, peel the asparagus into long strips and place in a bowl. Add the parsley, chervil and the remaining vinaigrette and toss to coat.
7. Mound the asparagus mixture on top of the beets, dividing it equally. Sprinkle the cheese around the asparagus and beets and garnish with the chives. Serve immediately.

Source: William- Sonoma Kitchen

*Yield: 8 servings*

**Campus Calendar**

**May 11**

- Nina Potter, a certified therapeutic coach, will speak on photo reading to increase speed and comprehension at noon in Room L3
- The Rock will offer a presentation about a recent mission trip to Mexico at noon in Room L1.

### **May 12**

- James Mellin, DC, will discuss automobile accidents and the progress of pediatric patients from noon - 1p.m. in Room 28.

### **May 13-14**

- The Acupuncture and Oriental Medicine Society of the Midwest will hold a meeting from 8 a.m. - 5 p.m. in Room L2 and Room 28.

### **May 17**

- The Rock will hold a Bible study from noon - 1 p.m. in Room L5. The studies will be held every Tuesday.

### **May 18**

- DeLaine Hayes, DC, will speak on running a practice, adjusting infants, Logan basics, and Toftness techniques from noon- 1 p.m. in Room L1.

### **May 19**

- Jennifer Angell, DC, will speak on pediatric nutrition from 5 p.m. - 6 p.m. in Room 28.

### **May 23**

- A Student Senate-sponsored blood drive will be held from 11 a.m. to 5 p.m. in the gym.

### **May 24**

- Gerald Brost, DC, and Colleen Colburn, executive director of the Minnesota Chiropractic Association, will speak from noon - 1 p.m. in Room L1.

### **May 26**

- Joan Elder, DC, will speak on the drop technique from 6 p.m. - 8 p.m. in Room 201.

### **Northwestern People**

## **Student Spotlight, Mary Grady, T8 acupuncture and Oriental medicine student**

*Where are you from originally?*

I am from Wisconsin.

*How did you end up studying acupuncture and Oriental medicine?*

My husband, Rob Grady, and I were both in corporate America. We were both feeling burned out and wanted to make a change. When the company we worked for decided to downsize, we opted to take severance packages and follow our dreams.

I had received treatments for a chronic condition and it worked well. I knew this was what I wanted to do, I just had to find the right time.

*Did you always think you'd be an acupuncturist?*

No! Growing up I always thought that I would have a business career! I got my masters in business administration. Eventually I began to realize it wasn't the right place for me. I didn't feel fulfilled.

*As a student, you have been very involved on campus. Why is that important to you?*

I got involved right away. It was really important to me to give back to an institution that gives so much to you as a student. Besides, if you don't get involved, you can complain about the way things are. My goal was to get involved and do what I could to make Northwestern an even better place to be.

*What do you like about Northwestern?*

I think it's a privilege to be taught by such intelligent people and to have the honor of being taught by Chinese professors. Everyone in MCAOM is so supportive. Whenever I have an issue, I can go to them and they will help.

*Do you have any interesting hobbies?*

Rob and I both have motorcycles. It's nice to get out and ride. We also both love to cook.

*What kind of food?*

Indian food is a favorite. I used to be a partial owner of a restaurant. I worked with a lot of people with diverse culinary backgrounds.

*What do you want to do after graduation?*

I'd like to go to Belize. There is a woman there who teaches about rainforest herbs. It's one of the only places in the world where you can spend time learning about rainforest herbs. She also teaches Mayan healing and Mayan massage. I'd love to study there for a year.

## **Employee Spotlight: Dan Wallace, PhD, professor**

*When did you start teaching at Northwestern?*

In 1978. I graduated from the University of Minnesota in 1977 and did a one-year fellowship in Chicago. At the time, I didn't know if I would pursue research or teaching. I did a lecture and I liked it so I made the decision to teach.

*What do you like about Northwestern?*

It's like a little family. I am honored to be a part of it. Everyone here seems to be trying to take care of one another.

*What are some of your hobbies?*

I enjoy body building. I do that at least three days a week. I also enjoy watching movies with my wife. The rest of the time I am busy with school.

*How did you get interested in body building?*

Way back, there was a television show called "Seahunt" starring Lloyd Bridges. He was a SCUBA diver. I was about 13 or 14 years old and I wanted to be a SCUBA diver. But I wanted to have the body to go with it!

*How did you end up studying anatomy instead?*

Well, I wanted to be a bacteriologist and I went to St. Cloud State. After I graduated I became a secondary school teacher teaching biology. But there weren't many teaching jobs at that time. I heard about a scholarship for anatomy — it paid for everything — so I thought I'd try that. And here I am!

## **New Faces**

Martin Javinsky has been hired to serve as associate clinic faculty at the Highland Natural Care Center.

Kristen Lueth has joined the Office of Communications as a community relations intern.

Trisha Presley has been hired to serve as a patient services coordinator in the University Health Services clinic.

## **Departing Colleagues**

Fangyu Kan has left the Office of Institutional Effectiveness.

## **Employee Resources**

The Yearbook staff will be placing an order for the number of yearbooks needed for the 2004-2005 Yearbook. Faculty, staff, and departments may order yearbooks at a cost of \$25 each.

To order, contact Bryn Bradley at [bbradley@nwhealth.edu](mailto:bbradley@nwhealth.edu).

### **Student Resources**

The new library materials list can be found at:  
<http://www.nwhealth.edu/library/newmater.html>

### **Daily Hot Spots**

Play the old Nintendo staple Duck Hunt online:  
[http://www.bogglesome.com/index.php?option=com\\_content&task=view&id=56&Itemid=43](http://www.bogglesome.com/index.php?option=com_content&task=view&id=56&Itemid=43)

Look up any actor, actress or director online: <http://www.imdb.com>

Need a new furry friend? Check out <http://www.petfinder.com>.

This archive of the worst jokes in the world has something for everybody. Read it and weep. Literally. <http://rinkworks.com/jokes/>

Check out [Wikipedia](#), the free-content encyclopedia that anyone can edit.

### **Poll Question**

What is your favorite summer activity?

- Boating
- Fishing
- Biking
- Golfing
- Swimming
- None of the above

### **Menu**

Not available yet.