

Northwestern Weekly

May 4, 2005

Guess Who's Raising Money for a More Beautiful Campus

One department at Northwestern Health Sciences University is using casual clothes to raise money to beautify the campus.

For the last two weeks, the staff of this department has worn jeans. Each day each staff member deposits \$1 into a jar. On April 29, the money will be tallied and donated to the Marlene Nassen Beautification Fund. The fund was launched in March following the death of Marlene Nassen, who was Northwestern's custodial services manager.

"When the fund was started, I thought it was a great idea," says the individual who came up with the fundraiser. "The beauty of our campus is a great asset; we should support it."

Check out the photo and guess which department is raising the money. Send your guesses to jhunt@nwhealth.edu. The seventh person who guesses correctly will win a \$10 gift certificate to the cafeteria.

Glance at the Past: Rob Scott

Today is the last day at Northwestern for Rob Scott, DC, dean of Northwestern College of Chiropractic. Prior to becoming dean in 2002, Dr. Scott was the associate chief of staff for Northwestern's clinic system, the largest natural health care system in Minnesota. He is also an alumni of Northwestern, having graduated in 1992.

Northwestern Welcomes 35 New Students to Campus April 29

Thirty-five new students were on campus April 29 for New Student Orientation.

The incoming class, which include 19 chiropractic students and 16 massage therapy students, was treated to a welcome from Alfred Traina, DC, president of Northwestern, as well as introductions to various resources on campus. This is the last summer incoming class for the chiropractic program.

Following a morning of orientation sessions, students were served lunch by members of the Office of Admissions and the Office of Student Affairs. The new students dined with student mentors and had the opportunity to learn more about life at Northwestern.

The second part of orientation will take place at noon on May 3. A Moral Supporters Picnic and Information Night will take place May 6. Students are urged to invite their family, friends and significant others to the event.

Northwestern Students to Intern at Abbott Northwestern

Northwestern Health Sciences University and Abbott Northwestern Hospital are partnering this summer to provide acupuncture and massage therapy to patients. One student from the Minnesota College of Acupuncture and Oriental Medicine (MCAOM) and two students from the School of Massage Therapy will begin 15-week internships at Abbott Northwestern May 2.

The acupuncture student will work with Abbott Northwestern's licensed acupuncturists. During the internships, they will observe the practitioners and assist with the treatment of patients. The student will be at the hospital for six hours every week.

"This is a great opportunity for MCAOM students," says Mark McKenzie, LAc, MaOM, dean of MCAOM. "Very few students nationally have the opportunity to observe and assist with in-patient acupuncture treatments. At Abbott Northwestern, our students will see much more complex cases than they would normally see in typical out-patient settings. In addition, this opens up many possibilities for the acupuncture and Oriental medicine profession in Minnesota."

Meanwhile, four massage therapy students applied for the two slots open for Abbott Northwestern internships, which begin May 11. Those students will work alongside staff massage therapists for four hours a week for 15 weeks. Dale Healey, DC, dean of the School of Massage Therapy, says the internship will help students who are interested in practicing in a medical setting after graduation.

"The goal is to prepare them for actual employment in a hospital setting," says Dr. Healey. "It will be a good experience."

Health and Wellness Update

Shape Up for Summer the Healthy Way

Submitted by Rosie Ward, MPH, CHES, health and wellness coordinator

Bathing suits and beaches — the allure of warmer months is right around the corner.

If you have been inactive during the winter months, rushing to the gym at the last minute and using a fad diet to get in shape for swimwear season and summer activities could cause you more harm than good.

According to Sabrena Newton, an American Council on Exercise (ACE) faculty member and ACE-certified fitness professional, the body doesn't respond well to sudden exercise and unhealthy dieting. If you strive to get fit at the last minute, you risk injuring yourself from doing too much exercise too soon. Your body needs time to adapt to a new exercise program by gradually increasing how long and how intense you exercise.

The ACE suggests the following easy and healthy ways to get in shape for the summer:

- **Avoid fad diets.** Fad diets that eliminate essential nutrients like carbohydrates only contribute to low energy and irritability. The easiest way to deal with diet concerns is to cut back portion sizes. For example, eat two-thirds the amount you normally would at each sitting. Eat lots of fruits and vegetables — they are nutritious, full of fiber, lower in calories, fill you up, and satisfy your appetite!
- **Steady wins the race.** If you are not currently exercising, start with a low-to-moderate intensity workout like walking or jogging. Work up to at least 30 minutes three days a week. After four weeks you could see a weight loss of nearly four to five pounds, if you also watch the portion sizes you eat.
- **Strength training isn't just for body builders.** Try adding weight training to your current routine. Nothing too intimidating, but just 20 minutes of basic exercises two days a week will help firm and tone your whole body. Strength training can also increase your metabolism, causing you to burn more calories — even at rest.
- **There's no such thing as spot reduction.** Well-controlled, peer-reviewed research has yet to demonstrate it is physiologically possible to “spot reduce” (lose weight or take inches off a particular part of the body). In fact, numerous studies have resoundingly refuted this claim. No amount of crunches or leg lifts will give you “six pack” abs. ACE suggests eating a low-fat diet and following an exercise program that combines aerobic activity and strength training to effectively shape your body.

Source: American Council on Exercise, www.acefitness.org. (Reported in *Wellness News You Can Use*, National Wellness Institute, April, 2004)

It's Not Too Late to Participate!!!

The “do” Challenge is a six-week incentive program based on the ongoing “do” campaign. The Challenge is designed to challenge you to increase your physical activity and improve your wellness. It is taking the place of the old Shape Up Challenge and will run May 2 – June 12.

It's time to **do>spring** and create a new level of wellness! Wondering how to get moving and start to earn points? Form a team of no more than eight people (minimum of five people). If you can find at least five people, get together as many individuals as you can and let Rosie Ward know who your team captain is. Information will be sent out to team captains

How Does It Work?

Individuals set a goal for the program to strive towards during the program and record points daily for increasing daily Lifestyle Physical Activity (i.e. parking further away, doing yard work, hand delivering e-mails, etc.) and Leisure-time Physical Activity (i.e. lifting weights, biking, running, dancing, brisk walking, yoga, Pilates, etc.). There will be

bonus point opportunities each week for incorporating other healthy behaviors into your lifestyle that aren't specific to physical activity. You report your points and progress on your goal to your team captain each Monday.

If you're the top team of the week (based on average points) you and your team will win fabulous prizes. The members of the team with the most points for the entire program will win a grand prize! In addition, those who meet their program goals or make significant lifestyle changes during the program (whether you meet your goal or not) will be rewarded. We are competing against other worksites within Hennepin County, and we want to show them that we are leaders in health and wellness — we want to finish number one! So, grab your co-workers and get moving! Questions? Call Rosie at ext. 519.

“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 42 people. The latest winners are Judy Matala, who was recognized for taking the long way back to her office, and Shannon Ruschmeyer, who was recognized for participating in the Recess lunchtime games. 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

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

Daily Physical Activity Needs

Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy. Children and teens need 60 minutes of activity a day for their health.

Source: "Physical Activity Fact Sheet," U.S. Dept. of Health and Human Services, www.fitness.gov.

Quote of the Week

“Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.” — Les Brown (American speaker, author, trainer, motivator)

Upcoming Events – May

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

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

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

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

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

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

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

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

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

Recipe Corner

Tropical Fruit Salad With Coconut

Ingredients:

2 cups diced peeled mango
2 cups diced peeled papaya
½ cup sliced banana
½ cup orange juice
1 tablespoon fresh lime juice
1/3 cup flaked sweetened coconut, toasted

Cooking Instructions:

1. Toast coconut by spreading on a baking sheet and baking at 350 degrees for three minutes or until golden, stirring once.
2. Combine mango, papaya, banana, orange juice, and lime juice in a large bowl.
3. Stir in toasted coconut just before serving.

Source: *Health Magazine*, May 2005

Yield: 5 servings (serving = 1 cup)

Nutrition information: 160 calories, 4 grams fat (4 grams saturated), 2 grams protein, 32 grams carbohydrate, 5 grams fiber, 1 milligrams iron, 6 milligram sodium, 27 milligram calcium

Campus Calendar

May 2 - May 6

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

May 4

- The Student Ambassador Club will hold its first meeting of the trimester at noon in Room L2. Pizza will be served.

May 5

- A Supporters Picnic and Information Night will be held at 6 p.m. in the cafeteria.

May 5 - May 6

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

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 23

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

Northwestern People

Student Spotlight: Tammy Walz, T9 chiropractic student

Why did you end up studying chiropractic?

I had always wanted to do something in either the health or teaching fields. My family started seeing a chiropractor when I was in fifth grade regularly for wellness care and I always enjoyed going. In high school and part of college I worked for four different chiropractors and came to love what they did as a profession and what an impact it had on people's lives.

Why did you choose Northwestern?

After coming to a career day at Northwestern, there was no doubt that this was where I was supposed to be. I'll never forget Dr. Chuck Sawyer, provost, saying, "We're so excited that you are considering this profession and that we may someday be colleagues, no matter where you go to school." This welcoming and caring attitude has definitely carried through my time here. I wouldn't trade my school experience here for anything.

You've been really involved during your time here? Why is that important to you?

Being involved has allowed me to meet incredible people, experience amazing things and learn more about myself. Being in such a small class, I saw being involved as a way to meet and interact with students from other classes and programs and ultimately learn more about being a better person, and chiropractor.

You served as president of the Student Senate. Why was important to you to be a leader?

I really feel like I was led to a lot of these positions and encouraged by so many people. I have also been able to become more confident in who I am.

What was the most important thing you learned from your leadership roles?

To always do what is right. It was hard for me to grasp that there are very few things that will please everyone, and feelings may be tested along the way, but if you stay true to yourself and what you know is right, things usually will fall into place. And, that confrontation isn't such a terrible, frightening word.

How do you think your experiences as a leader at Northwestern will impact your professional career?

I am certain that my experiences as a leader at Northwestern will allow me to be a better doctor, and in turn have a more positive effect on the vitality of my patients. The caring attitude that has been displayed at Northwestern has encouraged me to act in the same way and the skills that I have been allowed to sharpen here will last me a lifetime. I have been truly blessed by all of the opportunities I have had here and encourage students to get involved as much as they can — they can't afford not to!

Employee Spotlight: Peggy Miller, LAc, dispensary supervisor

Where are you from originally?

I am from Detroit, Mich.

How did you end up in Minnesota?

About 20 years ago, I took a job working for Violence Against Women. At the time it was a brand new field and there weren't a lot of jobs; they didn't even have a word for sexual violence. I had never been to St. Paul before. I didn't even know how to get to the interview!

How did you go from that job to working in acupuncture and Oriental medicine?

I worked for awhile doing massage therapy — I am a licensed massage therapist. I did most of my work in a hospice setting, working with people who were dying. That changed me a lot. I saw these people suffering from the effects of their medications and I thought, "That's not how it should be." That really lit the fire under me to go to school for acupuncture and Oriental medicine. So I started my studies at the Minnesota Institute of Acupuncture and Herbal Studies (MIAHS). After MIAHS became a part of the University, I graduated from the Minnesota College of Acupuncture and Oriental Medicine (MCAOM) in 2002.

How long have you worked for MCAOM?

I came on staff part time last fall to help them with their self study. When the position in the dispensary opened, I applied and got the job. I love it. It's an awesome place to work.

What interests you about the dispensary?

I love herbs. In China, it's a lot different. More people take herbs than receive acupuncture. But here it's different. Americans are more nervous about taking some of the herbs. They just want a pill with a line across it — we do have things like that, actually. But herbal medicine gets back to the roots — excuse the pun — of medicine.

What do you do with your free time?

I have three passions: I love to write; I make fused-glass jewelry; and I love hot springs.

Tell me more about your writing?

I write short stories, some longer pieces, some poetry, and I journal. Originally I was an English major. I have had two short stories published and one poem. For the last 15 years I've been a part of a writing group that meets once a month. It's a lot of fun.

What about the hot springs? That's an interesting hobby!

There are a lot of hot springs around the United States. Whenever I go camping, I plan my trips around visiting hot springs. They are so relaxing and some of them are almost magical!

What do you mean?

Some of them appear to have healing properties. One in particular is so relaxing and soothing. People have tried to break the water down, but I don't think we'll ever know how the hot springs work.

Do you have a practice in addition to working for Northwestern?

Yes. I have a small practice. I really enjoy working with my patients. I got into this field because I love it, and I still love it every day.

Andrea Cyr is leaving her position in the Minnesota College of Acupuncture and Oriental Medicine.

Employee Resources

Student Resources

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

Daily Hot Spots

[Guess the Google](#) is a fun little game where you are shown 20 pictures from a Google search, and then you try to guess what search term pulled up those results.

A lot of people have discovered that they can make a little extra money by auctioning off on the internet those extra knick-knacks they have lying around. After all, as the saying goes, one person's trash is another's treasure. But sometimes, trash is just trash.
<http://disturbingauctions.com>.

Mailfriends.com is one of the largest communities on the net for people of every age from all over the world.

Get tips on traveling abroad: <http://www.worldtraveltips.net/>

Check out a Web site devoted to finding addictive online games:
<http://www.bogglesome.com/>

Poll Question

How many roads must a man (or woman) walk down, before you can call him a man (or woman)?

1. 1
2. 2
3. 3
4. 4,354

Menu

Not available yet.