

## *Northwestern Weekly*

March 2, 2005

### **Marlene Nassen: Remembered as the Embodiment of Northwestern's Community of Caring**

Marlene Nassen, Northwestern Health Sciences University's custodial services manager, passed away Feb. 26 after a four-year battle with cancer. She leaves behind a legacy of courage and caring for her colleagues.

During her six years at Northwestern, Nassen touched the lives of many. In response to her passing, 814 hours of paid time off were donated to her estate by University employees. In addition, a bake sale to raise money for her family is slated for March 3, in the foyer.

Here are some of the things friends and colleagues had to say about Nassen:

"She was a great friend. She cared so much. Anytime you needed a volunteer, she stepped up. She was just a wonderful person who touched so many people." — Kimberly Ross, clinical education coordinator.

"She was one of the most kind-hearted and caring people. She had such a strong will. She chose to carry herself with dignity and grace throughout her illness. I will miss her a lot. She was a lovely, lovely person." — Kathy Allen, associate dean of the Minnesota College of Acupuncture and Oriental Medicine.

"When we would interview for a custodial opening, she always had a favorite question that she would ask the candidate: 'What was the first thing you noticed when you walked into our building?' The candidate would always respond about how spotless the facility was and her eyes would just light up with pride. You could tell that she took such joy and pride in the job that her staff would do." — Jeff Graham, BA, recruitment coordinator.

"Marlene's smiling face, loving attitude, and willingness to help out the students will live forever in our hearts." — Brad Woodle, T8 chiropractic student and Student Senate president.

"She was a warrior." — Louise Schultz, BA, payroll manager.

"Marlene had no idea how she helped other people. When I would go to visit her, I often walked out feeling that my problems were very small compared to what she was going through on a daily basis. She didn't dwell on the struggles of the disease. She just quietly battled it, one day at a time. I feel very fortunate to have known Marlene; I will miss her." — Kathy Sroga, administrative assistant.

"Marlene was truly dedicated to Northwestern. She never viewed her job in terms of hours, but rather in terms of cleanliness. As everyone knows, this institution is always clean and tidy. That is Marlene's legacy. She did her job with style and warmth. I will miss her." — Jim McDonald, MBA, vice president and CFO.

## **Communicating Northwestern: Positioning Our Faculty as Experts**

By Jaime Hunt, BA, public relations coordinator

Among the things I would like to do as public relations coordinator for Northwestern Health Sciences University is cultivate opportunities for our faculty to be seen as experts in their fields. To help accomplish this, I am creating an "experts list," which will eventually be included in a database that journalists can search when looking for a source on a specific health care topic.

By positioning our faculty as experts in their fields, we help cultivate the sense that Northwestern is the leader in natural health care education, and that the University employs the world's best faculty to teach future natural health care practitioners.

Already several faculty members have risen to the occasion, viewing the experts list as an excellent way to advance the University while sharing their expertise with the public. Among those who are on the list are David Stude, DC, professor, who lists sports medicine, nutrition, preventative care and more as his areas of expertise; Paul Osterbeuer, DC, associate professor, who is willing to share his knowledge of geriatrics, carpal tunnel syndrome, occupational health and safety, and more; and Tolu Oyelowo, DC, associate professor, who is knowledgeable about women's health issues and diversity.

If you would like to be added to the list or if you would like to suggest someone you believe could be considered an expert, you may e-mail me at [jhunt@nwhealth.edu](mailto:jhunt@nwhealth.edu) or call ext. 172.

## **18 Employees Recognized for Performance**

Eighteen employees were recognized in the month of February for their outstanding performance. Honorees included:

- Karen Schulz, research associate, was recognized by Roni Evans for exceeding expectations;
- Scott Austen, research assistant, was recognized by Roni Evans for teamwork and dedication;
- Rebecca Seifert, research assistant, was recognized by Roni Evans for teamwork, exceeding expectations and dedication;
- Ann Packard-Spicer, professor, was recognized by Debbie Miller for outstanding leadership and dedication;

- Paulette Vogt, insurance specialist, was recognized by Nicole Simon for teamwork;
- Chris Sothman, graphic designer, was recognized by Nicole Simon for teamwork and exceeding expectations;
- Don Yerhot, Windows network administrator, was recognized by Nicole Simon for teamwork and outstanding leadership;
- John Healy, communications director , was recognized by Jaime Hunt for exceeding expectations and outstanding leadership;
- The building maintenance and custodial staff was recognized by Tolu Oyelowo for exceeding expectations and teamwork;
- Cate Petoe, copy center, was recognized by Laverne Hudalla for exceeding expectations and dedication;
- Debbie Arakawa, administrative assistant for the registrar, was recognized by Aimee Hood for exceeding expectations;
- Jim Hildreth, custodian, was recognized by Martha Hardy for exceeding expectations and dedication;
- Mario Resendez, custodian, was recognized by Martha Hardy for exceeding expectations and dedication;
- Kevin Luedke, custodian, was recognized by Martha Hardy for exceeding expectations and dedication;
- Dorjee Gyalpo, custodian, was recognized by Martha Hardy for exceeding dxpectations and dedication;
- Karen Monroe, lead custodian, was recognized by Martha Hardy for exceeding dxpectations and dedication;
- Pho Nguyen, custodian, was recognized by Martha Hardy for exceeding dxpectations and dedication; and
- Bruce Buesgans, construction specialist, was recognized by Jaime Hunt for going above and beyond the call of duty.

Vogt won the Employee of the Month parking spot; Schulz, Packard-Spicer, Gyalpo and Buesgans all won gift certificates.

## **Massage Therapy Winter Symposium is a Success**

More than 165 students, alumni and massage therapy practitioners gathered at Northwestern Health Sciences University for the second School of Massage Therapy Winter Symposium, which took place on Feb. 26 – Feb. 28.

Attendees spent the weekend attending educational seminars, participating in an open cadaver lab, learning marketing techniques, checking out the latest massage therapy products and networking.

“It was a fantastic event,” said Dale Healy, DC, dean of the School of Massage Therapy. “The weekend attracted more than twice the number of attendees as last year’s symposium.”

A number of speakers lectured on topics including maintaining your physical well being at work, a lower and upper extremity technique workshop, an open cadaver lab that explored the anatomy of the hands and feet, and a marketing seminar. Vendors were also on hand to answer questions about the latest products in the field of massage therapy.

“I heard nothing but positive feedback from our guests,” said Debbie Peterson, director of alumni relations at Northwestern.

When attendees were not soaking up practice information, they were busy catching up with old friends, networking, meeting fellow massage therapists and enjoying a reception and dinner hosted by the University. “To hear people talk about massage therapy was very helpful. I gained a greater understanding of what we are working with and how to further help our patients,” said Sonja Hoff, a School of Massage Therapy graduate.

## **Massage Therapy Students Offer Services to the Elderly**

Treating clients from different demographic groups is an important aspect of the education students receive at Northwestern Health Sciences University’s School of Massage Therapy. Accomplishing that means traveling to various sites around the Twin Cities to work with clients who wouldn’t normally receive massage therapy treatments.

On Feb. 19, Dale Healey, DC, dean of Northwestern Health Sciences University’s School of Massage Therapy, and five massage therapy students visited the Trinity Care Center, a senior care center in Farmington, Minn. There, Dr. Healey and the students went from room to room, offering free massage therapy services to 50 seniors — most of them wheelchair-bound. Because the seniors were generally immobile, the students focused their massages on the upper body, scalps and hands.

Working with clients who are frail and often suffering from dementia provided students with an invaluable experience, said Dr. Healey.

“If graduates are going to be successful, they need to appeal to and interact with many different types of people, including a variety of ages, socioeconomic statuses, genders, races and backgrounds,” said Dr. Healey. “We are attempting to diversify our campus, but right now, our student population has a very narrow demographic. If we limit their experiences to just classroom work with each other, they don’t have exposure to those other populations, so these kinds of events are very important. You can teach it in a classroom, but lecturing just doesn’t cut it.”

## **Faculty and Staff Representatives Join University's Cabinet**

Don Yerhot, employee council president and Windows server administrator, will begin serving on Northwestern Health Sciences University's Cabinet on March 1. Yerhot will join Tom Bergmann, DC, faculty senate president and professor, as the newest members of the decision-making body. Until April, Link Larson, DC, associate professor, will serve in Dr. Bergmann's stead due to a conflicting class schedule.

The decision to have representatives of faculty and staff followed an employee survey done last May. Among the areas employees found lacking was communication on an administrative level. The hope is that adding faculty and staff members to the Cabinet will give those constituencies a greater voice in the decision-making process while also allowing them to carry information back to the people they represent.

"Having a brain trust of all constituencies is critical," says Alfred Traina, DC, president of Northwestern. "It is important so we can hear the positions of everyone on campus."

Dr. Larson says he's happy there will be representation of faculty and staff viewpoints on the Cabinet.

"As a faculty representative, maybe I can give a better idea of how faculty are feeling about a particular issue," says Dr. Larson. "I think having faculty representation will close the loop in communication."

Adds Yerhot, "I think it will really help open the lines of communication."

While Yerhot and Dr. Bergmann will be able to vote on all of the major issues facing the University, Dr. Traina stresses that they will have the same responsibility to make decisions based on the overall good of the University.

"It is the responsibility of the Cabinet to look at the big picture," says Dr. Traina. "Cabinet members need to vote keeping in mind what is best for the University and for the students. Those are the priorities."

Northwestern's Cabinet meets every Tuesday morning.

## **Focus Groups Meet to Explore Employee Satisfaction**

Six focus groups comprised of volunteers representing faculty, staff and administration met Feb. 14 – 28 to help delve into the results of the employee satisfaction survey that was administered at Northwestern Health Sciences University late last spring.

The groups met with consultants from Ceridian Corp., a human resources consulting group that provides the University with a number of services, including training and the

LifeWorks program. The consultants asked questions designed to dig deeper into the areas in which employees indicated they are dissatisfied: salary and benefits, administration and supervision, communication, the workload, and the lack of teamwork. Generally, faculty indicated greater dissatisfaction than staff or administration. Additionally, women indicated less satisfaction than men and minorities were less satisfied than non-minorities.

Focus group participants spent about 90 minutes in a moderated discussion designed to both identify more specifically what causes employee dissatisfaction as well as define the barriers and solutions to addressing them. By the end of March, Ceridian is expected to present the University with a written reporting outlining the findings of the focus groups.

“At that point, the University administration will develop action items to address those issues,” says Deborah Hogenson, BS, director of human resources.

Although the focus groups primarily looked at areas that caused dissatisfaction for employees, Hogenson stressed that areas of high satisfaction were also addressed. And, despite identifying several areas of dissatisfaction, the employee survey revealed that overall, employees are generally happy working for Northwestern — with a mean score of 4.14 on a six-point scale. The score falls between moderately satisfied and very satisfied.

Another employee satisfaction survey is expected in the future; a timetable has not yet been established.

## **Northwestern Moves Forward with Plans for a Building Project**

**Posted on Feb. 24, 2005**

A 60,000-square-foot addition to the existing building could be on the horizon for Northwestern Health Sciences University.

Last week, members of the University’s space committee met to discuss the future of a building project. Initial plans call for a four-story addition on the south side of the current building. Each of the floors would include about 15,000 square feet of space and could house a combination of student services, research facilities, a new bookstore, and classroom space. Additionally, space for a daycare has been tentatively planned. University administrators have held tentative discussions with the Bloomington Public Schools regarding their involvement in the daycare center. The top floor would include moveable walls that would allow the area to seat 1,200 people for large events. Along with the new structure would be additional parking spaces to meet the University’s growing parking needs.

While it has not yet been determined which departments or programs will move into the new building, the vacated space in the existing building will be refurbished to meet the needs of those who move into those areas. The existing building contains 230,000 square feet of space.

“These plans are just the first blush,” says Alfred Traina, DC, president of Northwestern. “The space committee will be taking the plans back to the constituencies they represent. After they gather more input, we will meet again to further solidify our plans.”

Meanwhile, plans for funding the building project remain underway. In January, Northwestern hired the Minneapolis Foundation to conduct a feasibility study for a capital campaign that would raise funds not only for the building project, but also the University’s endowment.

The first task of the feasibility study will be a market survey. Through a series of 15 to 20 in-depth interviews, the Minneapolis Foundation will develop a detailed picture of various constituents’ views of Northwestern.

“The most critical phase is the pre-planning phase, which will take six months to a year,” says Brady Forseth, BA, director of development at Northwestern. “When we do launch the capital campaign, we will know where we are and can follow the plan.”

Once the feasibility study is complete, Northwestern officials can begin to determine the scope and timetable for a capital campaign. The campaign is expected to be launched by 2006.

## **Healthy Profiles: Nancy Healy Gives Up Smoking**

Nancy Healy, clinic operations coordinator at Northwestern Health Sciences University, knew she had a problem as she frantically tried to smoke a cigarette while suffering from bronchitis this February. Her chest burning from the illness, she found herself in further pain as she attempted to smoke. Finally, after more than 30 years of smoking, she had enough.

“I just thought, ‘why am I doing this to myself?’” says Healy. “I thought about all the things people had said to me over the years about quitting smoking and suddenly I wanted to quit.”

Her resolve was furthered as she snapped her remaining cigarettes in half and tossed them in the garbage. She vowed she would never again pick up a cigarette; there was too much at stake to justify obliging her habit. To help her avoid cigarettes, Healy chews Nicorette gum.

A smoker since age 13, Healy knew the risks she was taking by continuing to smoke. Several people among her family and friends suffered the ill effects of smoking,

including emphysema, chronic obstructive pulmonary disease and lung cancer. She also heard the constant nagging of doctors and dentists who urged her to give up the habit. And her husband, Northwestern communications director John Healy, was eager to see her quit.

“I want to retire and enjoy all the money I’m saving,” says Healy. “And most of all, I want to spend time with John. When I think of leaving John alone in the world if I were to die because of something I could have prevented ... that just breaks my heart.”

Already, less than a month into her smoke-free lifestyle, Healy has noticed a number of benefits. Her lung capacity feels bigger, she has received favorable comments about her health from her chiropractor, she has more free time and more money, her teeth are cleaner, and she smells better. But most importantly, she feels better about herself.

“I feel better about myself because I have conquered this ugly thing,” says Healy. “I didn’t realize how much stress smoking caused me. I thought it relieved my stress, but it didn’t. I was always thinking about my next smoke or if I had enough cigarettes to get through the day.”

## **March is National Nutrition Month**

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

### **Spice Up Your Meals and Use Less Salt**

A pinch here and a pinch there. Shaking more salt on your food doesn’t seem like much. But if you are like most Americans, you are probably getting more than the recommended 1,500 milligrams of sodium per day.

The average American adult consumes an average of 5,000 milligrams of sodium a day according to the American Dietetic Association (ADA). People should not consume more than 2,300 milligrams of sodium per day. If you have high blood pressure or another medical problem, limiting sodium in your diet may be especially important.

Why not start now to reduce the amount of salt in your diet? A great way to tame your desire to salt your food is to add herbs and spices instead of salt.

The ADA suggests using other herbs and spices to enhance your meals' flavor such as:

- **Allspice:** stew, tomatoes, gravy;
- **Basil:** fish, lamb, salads, soups and sauces;
- **Cayenne pepper:** soups, casserole, cheese sauces, baked egg dishes, barbecued poultry and lean meats;
- **Cinnamon:** pork, breads, sweet potatoes, squash;
- **Cumin:** chili, stew and beans;
- **Curry:** meat, chicken and fish dishes, tomatoes, sauces and rice;
- **Dill:** fish, chicken, vegetables, potatoes, salads and pasta;

- **Fennel:** lean pork, squash, beets, sauces and seafood;
- **Garlic:** lean meats, fish, poultry, soups, salads, vegetables, pasta dishes;
- **Lemon or lime juice:** fish, poultry, salads, vegetables, sauces;
- **Mint:** salads, potatoes, bulgur, beans;
- **Nutmeg:** potatoes, chicken, fish, cauliflower, broccoli, cabbage dishes;
- **Rosemary:** chicken, fish, sauces, stuffing, potatoes, peas, lima beans; and
- **Sesame:** salads, breads, chicken, vegetables

Remember to read the food labels carefully. Many packaged foods are high in sodium. Choose foods that are lower in sodium.

National Nutrition Month is sponsored annually by the American Dietetic Association. For more nutrition information, visit the ADA website at [www.eatright.org](http://www.eatright.org) and select "Food and Nutrition Information."

Source: *Wellness News You Can Use*, February 2005, National Wellness Institute

## **“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 20 people. The **latest winner is Kate Petoe** from the copy center. She was recognized for hand delivering copies rather than making people come to the copy center to pick them up; she will receive a Target gift certificate. If a do-crew spots you “doing,” you could be the next big prize winner, so stay active.

## **Healthy-U Program Updates**

### **March Recess Activities**

Remember when you were a kid and had “play” time each week? Imagine the benefits on your stress levels and personal well-being if you took time out for yourself each week

You will receive a new 2005 Recess tracking card when you attend your first Recess activity for the year. Each time you participate in a Recess activity, the group leader for that activity will initial your tracking card. At the end of July, there will be drawings for

varying levels of prizes based on your participation. Even if you can only attend one or two events, you're still eligible for a prize!

#### March's Recess Activities:

- **Wednesday, March 2 – Walking Groups** (inside walking lanes – meet on main level by Door 4) – break up your day by going for a short walk with three different starting times: 11:30 a.m., noon, and 12:30 p.m.
- **Friday, March 11 – Relaxation Class** (in the gym) – take 20 minutes out of your day to unwind and rejuvenate. Mats are provided; class starts at 11:30 a.m.
- **Tuesday, March 15 – Snow Day** – grab your snow gear and head outside anytime from 5 p.m. - 7 p.m. for lots of fun.
- **Tuesday, March 22 – Walking Groups** (inside walking lanes – meet on main level by Door 4) – break up your day by going for a short walk with three different starting times: 11:30 a.m., noon, and 12:30 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 spring 2005);
- Northwest Athletic Club (all locations);
- YMCA (18 metro locations); and
- YWCA of Minneapolis (Downtown, Midtown and Uptown).

### **Wellness Fun Facts**

#### **Eating More Fruits and Vegetables and Less Fat Leading Weight-Loss Strategies**

According to a new survey of eating habits commissioned by the American Institute for Cancer Research (AICR), four out of five weight-conscious Americans are taking an old-fashioned, “common-sense” approach to managing their weight. They turn to salads, fruits, and vegetables and decrease the amount of fat in their diet when trying to shed a few pounds. The fact that a clear majority of Americans are adopting this approach, amid the low-carb marketing craze, is encouraging news to health experts concerned about the state of nutrition in the U.S.

Source: American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org)

## **Quote of the Week**

“Believe in yourself and you will be unstoppable.” — Emily Guay

## **Upcoming Events – March**

*“Do-winter” and start training for a walking, running or bicycling event.*

### **Saturday, March 12 – Lake Johanna Four-Mile** (Arden Hills, Minn.)

- A scenic and challenging loop around Lake Johanna.
- This race is free to members of the Minnesota Distance Running Association.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

### **Saturday, March 19 – Spring Fever 5K Run and Walk** (Blaine, Minn.)

- \$12 entry fee if registered before March 12; \$16 day of event.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

### **Saturday, March 26 – Get Your Rear in Gear Colon Cancer Coalition Run** (Minneapolis, Minn.)

- A 5K run and walk and a half-mile kids fun run to benefit colon cancer research.
- \$18 entry fee for adults; \$12 entry fee for children 12 and under.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

### **Saturday, April 2 – MDRA Ron Daws 25K** (Hopkins, Minn.)

- Race is limited to the first 160 participants with no race day registration.
- \$3.50 registration fee; register by April 1.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

### **Saturday, April 9 – Fred Kurz Memorial 10 Mile** (Wayzata, Minn.)

- Registration fee is \$5 for MDRA members, \$8 for non-members
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

### **Saturday, April 9 – Running Opener (8 Mile Run, 5K Run/Walk)** (Minneapolis, Minn.)

- Race benefits Minneapolis Park – Mills Ruin Park.
- Registration \$22 through April 3 for 8-mile run, \$17 for 5K; race day registration is \$27 for 8-mile, \$21 for 5K.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, April 16 – Run the Valley (5K Run/Walk and 10K Run)** (Golden Valley, Minn.)

- Course is a relatively flat loop route through residential Golden Valley.
- \$25 registration fee if received by April 13; fee increased to \$30 through race day.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

**Saturday, April 23 – Tornado Trail Mix 5K and 1-Mile Fun Run** (Anoka, Minn.)

- Proceeds benefit the Anoka Track and Field Team.
- \$15 pre-registration fee (\$20 on race day) for ages 15 and over; \$12 pre-registration fee (\$15 on race day) for ages 14 and under.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>

**Saturday, April 23 – Earth Day 5K** (St. Paul, Minn.)

- Run on the campus of the College of St. Catherine on both a grass and earth trail.
- Pre-registration fee is \$15 (\$20 on race day).
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>

**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/>

## **Recipe Corner**

### **Hearty Maple Wheat Bread**

#### Ingredients

2 cups all-purpose flour  
 3/4 cup wheat germ  
 1 1/2 teaspoons baking powder  
 1/2 teaspoon baking soda  
 2 large eggs  
 1 cup 2 percent milk

2/3 cup maple syrup  
1/4 cup canola oil

### Cooking Instructions:

1. Grease a 9-inch by 5-inch loaf pan. Preheat the oven to 350 degrees.
2. In a medium bowl, combine the flour, wheat germ, baking powder and baking soda.
3. In a separate bowl, combine the eggs, milk, syrup and oil.
4. Combine the dry and liquid ingredients, mixing well. Pour the batter into the prepared pan. Bake for 45 minutes, or until a knife inserted in the center of a loaf comes out dry.

*Yield: 1 loaf (serving size = 1 slice)*

*Nutrition: 211 calories, 7 grams fat (1 gram saturated), 6 grams protein, 33 grams carbohydrate, 2 grams fiber, 105 mg sodium*

Source: [www.foodfit.com](http://www.foodfit.com)

## **Student Resources**

Mark Schader, MA, University counselor, is now available to see students from 8 a.m. – 6 p.m. on Tuesdays; from 9 a.m. – 5 p.m. on Wednesdays; and from noon – 6 p.m. on Thursdays. To set up a time to meet with Schader for personal counseling or help with study skills, contact Lori Hanegraaf in the Student Affairs office or call ext. 405.

## **Employee Resources**

Nothing new.

## **Daily Hot Spots**

What does your favorite color say about you?

<http://www.infoplease.com/spot/colors1.html>

Do you know who said it? More than 2,000 quotes will keep you guessing.

<http://www.coolquiz.com/quizzes/quote/>

Brush up on your vocabulary with this challenging word quiz:

<http://www.coolquiz.com/quizzes/word/>

No one knows ridiculously dangerous and downright foolish stunts like The Great Gonzo. But that doesn't mean you can't help by lighting the fuse, so to speak, under the world's most daft daredevil: <http://muppets.go.com/games/muppets-flyinggonzo.html>

Keyboard Sumo wrestling? You need to see it to believe it:  
<http://www.chthonic.f9.co.uk/sumo/index.html>

## **Northwestern People**

### **Employee Spotlight, Cythnia McMahon, DC, associate clinic faculty**

*Where are you from originally?*

I grew up in Maryland and attended the University of Maryland, studying psychology. After that I went to New York Chiropractic College.

*How did you end up at Northwestern?*

As a student, I had teachers who really impacted me. I thought I could be one of those teachers. Teaching is enjoyable to me. I had to relocate from Maryland, but opportunities like this don't happen that often.

*What do you like most about Northwestern?*

The faculty are a good bunch of people. I really like my colleagues. I really enjoy being around them. And the students are great! They are so driven and eager to learn. I really enjoy watching them improve with diagnosing and treatments. I also like that I get three breaks a year so I can go visit my family in Maryland.

*How are you adjusting to Minnesota?*

It's cold, but not too bad. I've spent most of the winter getting furniture and settling into my apartment. I am hoping to enjoy outdoor activities more in the spring and summer.

*What are some of your hobbies?*

I do yoga and Pilates and I work out. I also enjoy traveling. I have been to so many places: Europe, the Philippines, the Caribbean, California, Florida.

*What is your favorite place to visit?*

I love Upstate New York. It isn't too hot and the water is crystal clear. I love glacier lakes.

*You will probably like Minnesota in the summer!*

Yes! I have heard Minnesota has more than 10,000 lakes! That's how I'll spend my spring, finding a nice lake.

## **Student Spotlight: Tiffany Thiesse, T7 chiropractic student**

*Where are you from originally?*

Mitchell, S.D.

*Where did you complete your undergraduate work?*

South Dakota State University in Brookings, S.D. I studied microbiology and chemistry.

*Why did you decide to go into chiropractic?*

It was either that or medical school and chiropractic fit into my life goals better.

*After you graduate, will you move back to South Dakota?*

Definitely.

*When you were in high school, would people say you were the popular girl or the smart girl or what?*

Well, my mom was a teacher at the school, so I was the good girl. I participated in all the academic events, but I was also a cheerleader. I was well rounded.

*Is there something about you that people would be surprised to discover?*

Well, I used to rodeo. I did mostly the speed events, like barrels. I did compete in national events, also. I was also the rodeo queen.

*Wow! I never would have guessed it! What does being the rodeo queen involve?*

Well, you wear a tiara and you lead the winner of the bull riding contests around. You also work parades and grand openings. Stuff like that.

*Do you miss being in rodeos?*

Yes. As a student, I don't have time to have a horse and I don't have anyplace to board one. After I graduate I will definitely get a horse; it's something you never grow out of.

*If I share my most embarrassing moment, will you share yours?*

Sure!

*Well, one time in high school I was wondering what I looked like when I danced, so I was dancing around in the girls' bathroom — to no music — when a group of girls walked into the room. I was so embarrassed. Your turn.*

I used to be a wrestling cheerleader. At one match, another cheerleader pinned me and wouldn't let me up. All I had on under my skirt were those little cheerleader panties. The stands were full! I kept saying, "Just let me go," but she wouldn't. That was my last season as a wrestling cheerleader!

*Wow. That's pretty embarrassing!*

Yep.

Curtis Hammond has been hired as a lecturer.  
Edward Taft has been hired as a full-time custodian.

## **Practice Management**

Recycled.

## **Poll Question**

If your life was a sitcom, what would the title be?

- (a) Friends
- (b) The Really Complex Life
- (c) Hand Me the Remote
- (d) Married With Children
- (e) Yowsa!

## **Menu**

### **March 7 - 11**

#### **Monday**

- Ham, au gratin potatoes, vegetable, roll \$5
- Tomato soup

#### **Tuesday**

- Bean and cheese burrito, chicken chimichanga, Spanish rice, chips, salsa \$5.25
- Chicken and rice soup

#### **Wednesday**

- French dip sandwich, pasta salad, chips \$5.25
- Cabbage soup

#### **Thursday**

- Spaghetti and meatballs, pasta salad, chips \$5.25
- Split pea soup

#### **Friday**

- Jambalaya, biscuits, pop \$5

- Minestrone soup

**Basket special:** Fish sandwich, salad, chips, pop \$4.85