

Northwestern Weekly
March 16, 2005

Top Stories

Bring Your Kids to a Spring Egg Festival and Hunt at Northwestern

Children age 8 and their parents and under are invited to a Spring Egg Festival and Egg Hunt sponsored by Northwestern Health Sciences University and the Bloomington Optimist Club. The event will take place from 9:30 a.m. – 11:30 a.m. March 26 at Northwestern.

The Spring Egg Festival will feature fun indoor festivities including entertainment by the Teddy Bear Band, guessing games, contests, snacks and refreshments. In addition, each child will be given a piece of chalk and the opportunity to be part of the largest chalk painting in the history of Northwestern (weather permitting). This is the first Spring Egg Festival that Northwestern has sponsored. The Bloomington Parks and Recreation Department is cosponsoring the Teddy Bear Band.

The 15th annual Spring Egg Hunt will immediately follow the festival. Children will be divided into three age categories and given the opportunity to hunt for eggs filled with jelly beans. In addition, children who find one of 100 specially marked eggs will receive special gifts.

Northwestern has long been involved in the southern metro area of the Twin Cities, hosting a number of community events on campus, including an annual Halloween party and a Bloomington Loves Its Kids Carnival. In 2005, Northwestern is expanding its efforts by cosponsoring the spring egg hunt and festival, a 5K run/walk, a neighborhood barbecue and a community health fair.

Northwestern Students and Staff Join Phalen Lake Elementary School Field Trip to the Science Museum

Nearly 150 students and employees from Northwestern Health Sciences University and Phalen Lake Elementary recently spent the evening at the Science Museum of Minnesota. The trip was funded with \$1,271 raised during the University's December "Mittens and More" campaign.

"It is such a nice feeling when you see the amount of money that the Northwestern staff and students have raised," said Jeff Graham, BA, Northwestern's recruitment coordinator. "The level of charity and compassion on this campus never fails to impress me. We truly are a community of caring."

Twenty-one Northwestern students and employees had the opportunity to witness first hand the excitement on the Phalen Lake students' faces as they walked through the

vibrant entrance of the Science Museum. One child exclaimed, "I never knew they made places like this. This is the coolest!"

“This trip to the Minnesota Science Museum gave us a very *real* reason to feel good about the fundraising we have done for Phalen Lake Elementary,” said Graham. “No longer does it seem like we are just donating money, but rather we are actually giving these children exciting educational opportunities that they might not otherwise have.”

The excursion began with a hot dog dinner followed by a viewing of “Kilimanjaro: To the Roof of Africa” in the state-of-the-art IMAX Theater. The students were then able to freely explore the museum and learn about everything from the Szechuanosaurus to the process of cloud formation. “This is the best day of my life! I'm learning more today than I have in years...I bet I'm a genius!” said one of the children.

Communicating Northwestern: Public Relations is Key

By Jaime Hunt, BA, public relations coordinator

As public relations coordinator, it is my job to share Northwestern's story. One of the most effective ways to reach a large number of people is through public relations — which involves sending press releases to the media and pitching stories to reporters.

Since Jan. 1, 2005, we have sent out 187 press releases on 37 different topics and have accrued 307 inches of coverage — roughly equivalent to three full-page advertisements! Since September 2004, our public relations efforts have produced nearly 1,000 inches of coverage. If that space were purchased for advertising, it would cost between \$10,000 and \$30,000!

I am currently working to obtain coverage of our research efforts in the local media. Although major media outlets tend to avoid covering studies in progress, I believe the unique nature of some of our studies may attract media attention.

Additionally, I will be working this year to help reporters and editors understand Northwestern's mission and am hoping that the University will no longer be Minnesota's “best-kept secret” as more and more publications begin reporting on the exciting things happening here!

Public relations is key to advancing Northwestern's mission. If we are not proactive in forwarding Northwestern's mission, we will continue to fly below the major media's radar and people other than ourselves will shape the image of Northwestern and the natural health care philosophies we promote.

Student Senate Candidates Address Student Body at Open Forum; Elections Slated for March 16 and 17

Student Senate elections will be held from 11 a.m. – 1 p.m. on Wednesday and Thursday March 16 and 17, in the foyer.

A number of positions are up for election, including Student Senate president, vice president of the chiropractic program, vice president of the acupuncture and Oriental medicine program, vice president of the massage therapy program, treasurer and parliamentarian. Treasurer candidate Courtney Davis, T3 chiropractic; parliamentarian candidate Jimbo Haley, T5 chiropractic; and vice president of the chiropractic program candidate Molly Masis, T2 chiropractic, are running unopposed. Students running for office had an opportunity to present to students at noon on Monday.

Student Senate President

Chris Grier, a T5 chiropractic student, and Dan Tierney, a T4 chiropractic student, are running for Student Senate president.

Grier cites offering student input on the new addition to the building as being a top priority if he were elected president. “I intend to get the best deal for students,” he said, adding that he would like to see more study areas and recreational opportunities either within the new building or in remodeled space in the existing building.

Grier also said he would like to work more with the Office of Development to help reduce tuition dependency and that he would like to make student involvement in decisions a “given” for administrators.

“I think the major challenge is to get [administrators] to think of us before they make decisions,” he said. “My goal would be to make it second nature to involve students in the decision-making process.”

Meanwhile, Tierney said he would like to help students feel more involved at Northwestern. “I want to listen, I want to help you belong and I will back you in any way I can,” he said. He added that he would work to ensure that students have a voice in the decisions on campus.

“I want to be kept abreast,” he said. “I want to know what happened and why. I will directly confront [administrators] and question them [if we are not included in decisions].”

Vice Presidents

Rachel Brehmer, a T2 massage therapy student, and Jeff Lockhart, a T1 massage therapy student, are both running for the position of Vice President of Massage Therapy.

Brehmer said that her goal will be to unite all of the massage therapy students and to promote the program. “I love the school and the profession I chose,” she said. “I would like to see the program receive more knowledge and respect.”

Lockhart, meanwhile, said that his goal will be to raise awareness of the program among students. “I am going to be a thorn in the side of the people who can make that happen.”

Lindsay Long, a T2 acupuncture and Oriental medicine student, and Hannah Seoh, a T2 acupuncture and Oriental medicine student, are both running for the position of Vice President of the Acupuncture and Oriental Medicine program.

Long said she has a lot of ideas for representing acupuncture and Oriental students. She added that she would like to see chiropractic and massage therapy students learn more about traditional Chinese medicine.

Meanwhile, Seoh said she plans to spend a lot of time working with administration to make the program stronger. She added that she would like to see more seminars and workshops that incorporate all three programs. She specifically cited dual clinical theaters that would include a doctor of chiropractic and a traditional Chinese medicine practitioner diagnosing and treating the same patient. She also would like to bring in speakers who would talk about traditional Chinese medicine and its relationship with Western medicine.

Northwestern Faculty Members Author Most-Downloaded Article from “The Spine Journal”

An article written by Northwestern Health Sciences University faculty was recently one of the top downloaded articles from Science Direct, the world’s largest electronic collection of science, technology and medicine articles and bibliographic information.

The article was published in “The Spine Journal” in May 2004. The lead author of the article was Gert Bronfort, DC, PhD, director of the University’s Neck and Back Research Program. Other authors were Roni Evans, DC, MS, director of Northwestern’s Wolfe-Harris Center for Clinical Studies; Lex M. Bouter, PhD, director of the Institute for Research in Extramural Medicine at Vrije University; and Mitchell Haas, DC, MS, from Western States Chiropractic College. Titled “Efficacy of Spinal Manipulation and Mobilization for Low Back Pain and Neck Pain: A Systematic Review and Best Evidence Synthesis,” the article was the most downloaded article from “The Spine Journal.”

“The Spine Journal,” the official journal of the North American Spine Society, is an international and multidisciplinary journal that publishes original, peer-reviewed articles on research and treatment related to the spine and spine care, including basic science and clinical investigations.

“The fact that this is one of the most frequently accessed articles in a major, peer-reviewed journal is exciting for several reasons,” said Dr. Evans. “First, it demonstrates

that researchers from chiropractic backgrounds have been able to generate scientific work that is recognized for its quality by the general health care community — this is a wonderful indicator of professional growth and maturity of the chiropractic profession, and our institution.... It also shows that the work we are doing is relevant to a range of health-care professionals dealing with spinal related conditions — we are addressing issues that aren't only important to us, but to society as a whole.”

“This is a dramatic accomplishment,” added Alfred Traina, DC, president of Northwestern. “The profession should be ever grateful.”

Wolfe-Harris Center Faculty to Present Paper at ACC-RAC Conference

Faculty and administration from Northwestern Health Sciences University will attend the annual Association of Chiropractic Colleges Research Agenda Conference (ACC-RAC) March 17-19, in Las Vegas, Nev. ACC-RAC 2005 is the ongoing collaboration between the ACC meeting, which emphasizes educational structure, administration, and teaching, and the RAC, which focuses on the development of scientific knowledge, skills, and attitudes

In addition to attending the conference, Roni Evans, DC, director of the Wolfe-Harris Center for Clinical Studies at Northwestern, and Gert Bronfort, DC, PhD, director of the Back and Neck Research Program, have been invited to present a position paper on the Clinical Science Research Agenda.

The paper focuses on three issues: research culture, research infrastructure and clinical research. Special emphasis is placed on the summary of the findings of the most influential of the clinical research studies of the last decade performed by or with major contributions by chiropractic investigators. The paper asserts that during the past decade, the work of chiropractic researchers has contributed substantially to the amount and quality of the evidence for or against spinal manipulation in the management of low back pain, neck pain, and headache and other conditions. In the light of the current evidence and previous recommendations, new clinical research recommendations are proposed.

After hearing feedback from attendees, Drs. Evans and Bronfort will finalize the paper. It will likely be published in the “Journal of Manipulative and Physiological Therapeutics.”

SACA Returns from NCLC Conference in Washington, D.C.

Nearly four dozen members of Northwestern Health Sciences University’s Student American Chiropractic Association (SACA) traveled to Washington, D.C., March 2 – 4 for the annual National Chiropractic Legislative Conference. In addition to 44 students, Alfred Traina, DC, president of Northwestern; members of Northwestern’s Board of Trustees; and several faculty members attended the conference.

The student contingent from Northwestern represented nearly 13 percent of the 350 SACA students in attendance from all of the other chiropractic colleges in the United

States. With 44 students, the Northwestern group was among the largest; only New York College of Chiropractic brought more students, with 46 in attendance.

While at the conference, SACA members met with 54 legislators from Minnesota, North Dakota, South Dakota, Wisconsin, Ohio and Indiana to lobby for three main issues: expanding chiropractic care for members of the military, expanding chiropractic care within the Veteran's Administration, and expanding chiropractic benefits for Medicare recipients.

"The meetings went well," said Evan Frisk, a T8 chiropractic student and president of Northwestern's SACA. "We visited United States Sen. Norm Coleman's office. They were so pumped up about the 400 letters we wrote last year urging the Veteran's Administration to add chiropractic to its offerings at the VA Medical Center in the Twin Cities. When we visited legislators from other states, they were pretty fired up about the VA issues also. It went really, really well."

In addition to lobbying, SACA members attended seminars and workshops conducted by the American Chiropractic Association, and participated in a Congressional session that featured various senators and representatives who spoke about their personal views of chiropractic and its importance.

In addition to the activities, Northwestern's SACA also presented checks to various groups within the American Chiropractic Association. The group donated \$1,000 to the ACA's National Chiropractic Legal Action Fund, \$2,000 to the ACA Political Action Committee, and \$2,000 to the Foundation for Chiropractic Education and Research. This year's total of \$5,000 was significantly less than the \$13,000 donated last year because of fundraising problems caused by the National Hockey League strike. A large portion of SACA's fundraising came from concession stand work during hockey games.

This was Frisk's third visit to Washington, D.C., since he began his studies at Northwestern. He said that each year he learns more about the legislative process and its importance.

"We have to keep fighting," said Frisk. "The battle is not over. If we don't raise our voices, the people who will are the medical doctors and the insurance companies. The more people who get involved the louder our voice will be."

The Rock Provides a Spiritual Outlet for Students

The Rock is a faith-based club that provides support for fellow students as they grow in faith and knowledge. The club also serves as an outlet for students and staff to connect with other Christians while becoming more involved in school activities.

The Rock is named after the Bible passage Matthew 7:24, which encourages people to build their lives on a foundation of faith. Members feel it is important to incorporate faith into chiropractic, massage therapy, and acupuncture because they believe health is not

only physical, but rather a combination of physical, mental, emotional, and spiritual elements. Club members hope to incorporate these spiritual elements into their practices because they feel it will allow them treat their patients to the best of their ability. Students at Northwestern are taught about the innate energy required for effective natural health care and members of The Rock feel that this innate energy is created by God.

Walt Schmitt, a T6 chiropractic student and The Rock's president, encourages all interested students, especially those hoping to develop their faith while in school, to attend the Bible study sessions Mondays at noon in the radiology lab; Tuesdays at 8 p.m. at Schmitt's house; and Thursdays at 5 p.m. at Schmitt's house.

Upcoming events include a speech by John Gallagher, a T3 chiropractic student, at 7:24 on March 22 about his call to active duty and a life serving the military. Also, "Game Night" is April 2 at 6 p.m. and all students are invited to attend. For more information about The Rock and upcoming events, e-mail Schmitt at wschmitt@nwhealth.edu.

Northwestern Thanks Chris Remitz

Dear Chris Remitz:

On behalf of the Northwestern Health Sciences University community, we would like to take the opportunity to thank you and formally recognize your efforts in helping us further our mission and goals in terms of health and wellness. We have all noticed the great changes you have already made to improve the nutrition in the cafeteria by bringing back the salad bar and offering more whole grains and healthy menu options. We truly appreciate your efforts to help us recognize the need to truly "practice what we preach" and be more mindful of the foods we eat. Your willingness and openness to learning more about what constitutes good nutrition and working with the needs of this diverse community has not gone unnoticed. We look forward to continuing to work with you as we strive to improve the health and well-being of our students, staff, and faculty.

Sincerely,

Alfred Traina, DC, President

Rosie Ward, Chair, Health and Wellness Advisory Council

Don Yerhot, Employee Council President

Tom Bergmann, DC, Faculty Senate President

Brad Woodle, Student Senate President

March is Save Your Vision Month

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

Take Care of Your Eyes — Get Regular Eye Exams

Protect and monitor your vision and eye health. See your eye doctor regularly for a comprehensive eye exam.

The American Optometric Association recommends visiting your optometrist on the following schedule depending on your age. If you develop eye, vision, or other health problems such as diabetes that can affect vision, you will need to see an eye doctor more often. And if you have a higher risk for developing eye problems, you will also need to have your eyes examined more often.

Even if you are not experiencing any eye or vision problems, a regular eye exam is still important. Sometimes eye disease and vision problems are not always apparent without an eye exam. Detecting and treating eye diseases early can help to limit or slow vision loss.

<i>Age Group:</i>	<i>Eye Exam Frequency</i>
Infants and Children	By 6 months of age; at 3 years of age; before starting first grade; and every two years thereafter
18 – 40 years	Every two to three years
41 – 60 years	Every two years
61 years and older	Every year

For more information on eye health, visit www.aoa.org.

Are You At Risk for a Stroke?

Did you know that two-thirds of all stroke victims did not have any warning of their impending stroke? Healthy-U is hosting screenings through Stroke Detection Plus for all employees of Northwestern Health Sciences University and their family members. The goal of these screenings is to alert people to health risks that might otherwise go undetected and to inform them of the need to follow-up with their physician.

Usually doctors cannot order these tests without the patient showing signs or symptoms. Stroke Detection Plus offers these screenings at a fraction of the regular cost and comes highly recommended by many hospitals and individuals in the medical community.

Screening tests estimate the percentage of blockage in arteries based on new research from the University of Washington. Screenings tests include screening to determine blockage in the carotid arteries (neck); screening for an abdominal aortic aneurysm; screening for peripheral vascular disease (blockage in legs); and screening for bone density and risk for osteoporosis.

All four tests take approximately 20-25 minutes to complete. You will receive preliminary results from a radiologist immediately with full results mailed directly to you within 10 business days. Watch for posters throughout the building and a flyer in your paycheck with more details about the tests and a checklist to determine if you or a loved one might be at risk.

Screenings will take place from 9 a.m. – 4:30 p.m. on April 7 in the Cafeteria Conference Room. The cost for all four tests is only \$70 (each test alone would normally cost \$300 – \$700 in a hospital setting). These tests are allowable expenses under VEBA and medical reimbursement accounts.

To make your appointment, call (877) 732-8258.

Race for the Cure – Team Northwestern

Northwestern Health Sciences University is forming a team to participate in the Race for the Cure 5K on Sunday May 8 at Mall of America. You can sign up for the 5K walk or the 5K run for \$20 (the fee for children 12 and under is \$10). For that price, you will receive a Race for the Cure shirt; additional proceeds benefit the Susan G. Komen Breast Cancer Foundation. In addition, there will be custom-made team shirts for everyone from Northwestern to wear to the event.

Register online at <http://www.racecure.org/>. Go to the “Team Information” page and select your registration under NWHSU. When you’ve completed your registration, let Rosie Ward know how many people are joining you, their names, and the T-shirt sizes you require. If you have any questions or would like more information, contact 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 26 people. The latest winners include Anna Wong, human resources intern, who walks to and from the bus stop by Target every day; Gloria Hamilton, Woodwinds staff, who has a daily exercise program; and Zach Zachman, DC, professor, who always walks to meet with people in person rather than using the phone.

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:

- **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

Sticking to a Diet is the Key

Researchers found in a recent study of popular diets that it was not which diet people chose, but whether they stuck to it that resulted in greater weight loss. Individuals who adhered to their diet had the best results regardless of which diet they followed. For better weight management, choose a diet that provides balanced, healthy nutrition that you can live with and maintain. Also, exercise regularly.

Source: "Comparison of the Atkins, Ornish, Weight Watchers, and Zone Diets for Weight Loss and Heart Disease Reduction," *Journal of the American Medical Association*, January 5, 2005.

Quote of the Week

"You can make more friends in two months by becoming really interested in other people, than you can in two years by trying to get other people interested in you." —

Dale Carnegie

Upcoming Events – March

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

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

Chewy Maple Granola Bars

Ingredients

3 cups old-fashioned oats

1 cup each of the following: sliced almonds, shredded sweetened coconut, dried cherries or cranberries, chopped dried apricots, chopped dates

½ cup each of raw hulled sunflower seeds and toasted wheat germ

¼ cup whole-wheat flour

¼ teaspoon salt

1 tablespoon grated orange zest

2/3 cup orange juice

½ cup maple syrup

8 tablespoons (1 stick) unsalted butter, melted

2 tablespoons honey

2 tablespoons vanilla extract

1 large egg

Cooking Instructions:

Heat oven to 350 degrees.

Line a 15 ½-by-10-by-1-inch baking sheet with aluminum foil, extending foil two inches beyond each short side of baking pan; coat foil with cooking spray.

In a large bowl, combine first nine ingredients.

In a medium bowl, whisk together remaining eight ingredients. Stir into oat mixture to combine.

Press mixture evenly into pan and bake 20 to 25 minutes, or until golden brown.

Cool in pan on wire rack 15 minutes. Cut in to 36 bars.

When they're completely cool, remove bars from pan using the foil extensions.

Yield: 36 servings (serving size = 1 bar)

Nutrition: 156 calories, 7 grams fat, 3 grams protein, 21 grams carbohydrate, 3 grams fiber

Source: *Fitness Magazine*, June 2004

Student Resources

The National Board Examinations Slated

National Board Examinations Parts I, II, III and Physiotherapy, will be held at Northwestern on Friday, Saturday and Sunday, March 18, 19 and 20. The areas used for testing will be the cafeteria, and rooms 26 and 28.

Classes are cancelled for students in trimesters 5 through 9 on Friday, March 18.

Classes will be in session for in trimesters 1 through 4 on Friday, March 18.

The cafeteria and employee lounge will be closed for food service during National Boards. L1, L3 and the cafeteria conference room are also reserved for the boards.

There will be no access to lockers on Sunday, March 20, between Rooms 26 – 29 from 6:45 am. - 3 pm.

Daily Hot Spots

Quiz your friends: <http://www01.quizyourfriends.com/>

Do you have bad taste in music? This guy might think so:

<http://www.youhavebadtasteinmusic.com/>

Want a raise? Calculate what you should ask for by visiting this site:

<http://www.payraisecalculator.com/>

Exactly what time is it? Find out: <http://www.time.gov/>

Sick of junk e-mail? Read all about it here: <http://www.breakthechain.org/>

Northwestern People

Coming on Wednesday.

Rob Scott, DC, dean of Northwestern College of Chiropractic, will no longer work for the University as of April 29.

David Stude, DC, associate professor, will no longer work for the University as of April 29.

Paula Berg will join the School of Massage Therapy as a lecturer effective May 2.

Chistine Fouse will join Northwestern as a patient service coordinator effective March 21.

Fangyu Kan has been hired as Northwestern's institutional effectiveness research analyst effective March 21.

Practice Management

Recycled.

Poll Question

What are you most looking forward to about spring?

- (a) Longer days
- (b) Warmer weather
- (c) No snow
- (d) Gardening
- (e) Golfing
- (f) Summer is just around the corner.

Menu

Comes on Wednesday.