

Top Stories

Prestigious Canned Ham Award Presented to Link Larson

After months of enduring bad jokes and puns, the T7 chiropractic class decided it was time to recognize the strange sense of humor of associate professor Link Larson, DC. On March 21, they presented him with the “prestigious” Canned Ham Award, which recognizes “twisted humor and bad puns above and beyond the call of duty.” The award, suspiciously resembling a can of Spam painted gold, was presented in memory of Dr. Larson’s grandmother Marlys, who makes her way into his silly stories and jokes regularly.

“The truth is, I’m proud as punch,” Dr. Larson says with a grin. “This is the most coveted award I have ever received. Actually, it’s the only award I’ve ever received.”

Dr. Larson acknowledges his jokes are kind of ... well, lame. But he also knows endocrinology is a dry subject that doesn’t get any more exciting when offered from 6 p.m. – 9 p.m. That’s why he tries to add a bit of humor to his classroom. And even if he makes his classes groan, he has no intention of stopping.

“I can’t rest on my laurels,” Dr. Larson jokes. “I have to work hard to hold my title!”

The Canned Ham Award joins another trophy in Dr. Larson’s office — a golf trophy that was awarded to senior golfers in Dr. Larson’s grandfather’s name.

“It’s really nice that the Canned Ham Award was in my grandmother’s memory,” says Dr. Larson. “Now I have two trophies recognizing my family.”

Two Activities, Tons Of Entertainment

Spring Egg Hunt and Festival Plus Vinnie The Vertebrate Coloring Contest Offers Hours of Entertainment for all Ages

By Nicky Simon, BA, Community Relations Coordinator

As we move quickly into spring it is easy to get excited about new activities, new entertainment, and new characters. This weekend, bring your children (or a friend’s child – but get permission first) to the Spring Egg Hunt and Festival. Also, in the next two weeks, I need your help determining a winner of the first Vinnie the Vertebrate Coloring Contest.

Spring Egg Hunt and Festival

The Spring Egg Hunt and Festival will be held on campus on Saturday, March 26 from 9:30 a.m. – 11:15 a.m. The Festival will be held inside the cafeteria with the Teddy Bear Band beginning at 9:30 a.m. Magician Darren Marr will follow at 10:15 a.m. and we will all head out to the Egg Hunt at about 10:40 a.m. In addition to the entertainment there will be refreshments and contests indoors, along with facepainting and a balloon twister. Remember to bring your own basket to scoop up eggs in the hunt.

Who is Vinnie?

Some of you may know him as an odd-looking character located in pictures in the hallway near the Office of Communications; others may not have heard of Vinnie before. Rest assured in the next six months, everyone should know Vinnie the Vertebrate and the rest of the Health Heroes Team.

Vinnie the Vertebrate is a characterization of three vertebrate set up in a super hero costume. He, along with the rest of the Health Heroes - Nel Lie and MT – make up a team of super heroes dedicated to educating children and the community about the natural approaches to good health through chiropractic, acupuncture, Oriental medicine, and massage therapy. The character drawings of Nel Lie and MT will be released in the next two weeks. Until then we have released Vinnie the Vertebrate as a coloring contest at previous events. Check out the next issue of this column for more information on these characters.

Coloring Contest Winner

Posted in the hallway bulletin board near the Office of Communicates are several dozen colorings of Vinnie the Vertebrate. The age ranges from 5 to 11. I will be selecting three winners from all of the colorings and am looking for your help and suggestions to determine the winners. Please consider the level of coloring to the age range of the child when making you selections. Send your top three selections to nsimon@nwhealth.edu with the child's first and last name.

Northwestern Community Supports Local Farmers and Receives Fresh Fruits and Vegetables

This summer, bushels of fresh, clean fruits and vegetables will make their way to Northwestern Health Sciences University and into the hands of University faculty, staff and students who participate in the Bad Axe Farmers Alliance Community Supported Agriculture (CSA) program. This is the second year the Northwestern community has participated in the program.

To participate in the CSA, members purchase either full- or half-shares of produce in the spring from the Bad Axe Farmers Alliance, which operates out of Viroqua, Wis. After the farmers receive the funds, they begin planting more than 50 different fruits and vegetables. Then, for 18 weeks beginning in mid-June, they deliver each member a box

of assorted fresh and clean vegetables, herbs and berries each week. While the typical delivery for a full share last year was slightly more than a bushel, the size is not guaranteed. By buying a share, participants acknowledge that weather and other production factors might impact the quantity of fruits and vegetables delivered.

“It’s a two-fold symbiotic relationship,” Chantel Serack, a T5 chiropractic student, told members of the Northwestern community March 21 who expressed an interest in the program. “Sometimes there might be a bumper crop of something and then you will receive more of that vegetable, but sometimes another item won’t do as well.”

A full share costs \$500 and can feed three to four people. A half share costs \$350 and feeds one or two people. People interested in splitting a share are urged to divide the desired share size in half. “It’s a lot harder to divide shares among more people than that,” says Serack. “It’s tough to divide a squash into three.”

Members of the Northwestern community who are interested in participating in the program can visit www.badaxefarmers.com to print out an application. The form can be mailed to the alliance directly, or can be submitted to Serack via the Roots and Shoots mailbox in the Student Affairs office. For more information, contact Serack at cserack@nwhealth.edu.

Students Choose Chris Grier, T5 Chiropractic, for Student Senate President

After two days of student voting, the Student Senate at Northwestern Health Sciences University has a new Cabinet, which will begin its service at the beginning of the summer trimester.

The new Student Senate president is Chris Grier, a T5 chiropractic student who ran against Dan Tierney, a T4 chiropractic student.

“I am very excited about the year ahead,” says Grier. “It is a very exciting time to be Student Senate president with the new addition being built, the hiring of a new dean of the chiropractic college, and the challenges of continuing to improve the Northwestern experience for all three programs.”

Molly Masis, a T2 chiropractic student, will be vice president for the chiropractic program. She ran unopposed. Vice president of the acupuncture and Oriental medicine program will be Hannah Seoh, a T2 acupuncture student who defeated Lindsey Long, another T2 acupuncture student. Jeff Lockhart, a T1 massage therapy student, will be vice president of the massage therapy program. He ran against Rachel Brehmer, a T2 massage therapy student.

Jimbo Haley, a T5 chiropractic student, ran unopposed for Student Senate parliamentarian. Courtney Davis, a T3 chiropractic student, ran unopposed for Student Senate treasurer.

Elections will be held at the beginning of the summer term for senator positions. One senator position for each class will be available. For more information, contact Haley, the new parliamentarian, at the beginning of the term.

Benefits and Wellness Fair Slated for April 7

A Benefits and Wellness Fair for Northwestern Health Sciences University employees will take place from 10 a.m. – 1 p.m. on April 7, in the cafeteria. The event is co-sponsored by the human resources department and the health and wellness department. This is the second year the event has been offered.

“It was good last year, but this year it will be even bigger and better,” says Rosie Ward, MPH, CHES, Northwestern’s health and wellness coordinator. “There will be a lot of screenings as well as other resources that will be helpful for employees.

A number of booths will be available for employees to peruse — including screenings, healthy living resources, benefits information, fitness center information, and Northwestern’s on-site resources.

Screenings will include no-fasting cholesterol and glucose screenings; postural assessments and thermal scans; blood pressure checks; pulmonary function testing; and body fat testing.

Among the health living resources will be booths about Ayurvedic medicine, ergonomics, nutrition, eye care, walking and running resources, juicing techniques and recipes, exercise and back care information, and bicycle club information.

Fitness center representatives that will be onsite include Calhoun Beach Club; Northwest Athletic Club; Lifetime Fitness, which will offer a 30-percent discount on enrollment fees; the YMCA; the YWCA; LA Weight Loss; Weight Watchers; Let’s Dish; and Simon Delivers.

During the event, drawings will be held for Mall of America gift cards, a paper shredder, and free car washes. For more information, contact Ward at ext. 519 or Lisa Francsek, BA, human resources benefits coordinator, at ext. 170.

‘Marlene Nassen Beautification Fund’ Launched

In honor of Marlene Nassen, Northwestern Health Sciences University’s custodial services manager who passed away on Feb. 26, the University’s office of development

and the Employee Council established the Marlene Nassen Memorial Beautification Fund. The fund will be used to enhance and beautify Northwestern's campus, a fitting memorial for an employee who took great pride in keeping the campus in pristine condition, said Brady Forseth, BA, director of development.

The fund was launched with a donation of \$1,000 from Nassen's family. Interest from the fund will be used to fund beautification measures on campus. To make a donation in Nassen's memory, call Brady Forseth, BA, director of development at ext. 212 or e-mail bforseth@nwhealth.edu.

Curves is Popular, But Does it Really Work?

Curves for Women is the largest fitness franchise in the nation with more than 8,500 worldwide locations. It is now the fastest-growing franchise of any industry in United States history. The question is whether it is truly effective.

Anatomy of a Curves Workout

The signature workout is a 25-minute circuit where exercisers use 12 hydraulic resistance machines, alternating between 30 seconds of lifting and 30 seconds of stationary jogging, arching, or walking on springy recovery boards. Most women complete two full circuits followed by five minutes of stretching. The exercises include:

- Abdominal curl/back extension;
- Hip adduction/hip abduction;
- Biceps curl/triceps extension;
- Chest press/seated row;
- Triceps pushdown/upright row;
- Leg extension/leg curl;
- Chest fly/shoulder retraction;
- Shoulder press/pull-up;
- Leg press;
- Squat;
- Trunk rotation; and
- Hip extension.

The American Council on Exercise (ACE) utilized researches from the University of Wisconsin — La Crosse, to test the effectiveness of a Curves workout. Since Curves doesn't make any claims about its workouts, the researchers performed an observational study to determine the intensity and calories burned during a workout. The study recruited 15 healthy women between the ages of 26 and 55 years old from two Curves locations in La Crosse. Each subject was assessed prior to the workout to determine her aerobic fitness level using a portable metabolic analyzer to measure oxygen consumption and calories burned. Heart rate monitors were also used to measure heart rate, and ratings of perceived exertion were assessed throughout the test.

Once their fitness baseline was determined, each woman was followed through two complete Curves workouts. Researchers found that the total 30-minute Curves workout burns an average of 184 calories, while a 25-minute circuit alone burns 163 calories. The intensity level is similar to walking four miles an hour on a flat treadmill for 30 minutes. Most people tested above the minimum threshold for improving their aerobic capacity and were at about 75 percent of their maximum heart rate, which is within the recommended guidelines.

The researchers found several areas that could be improved:

- The hydraulic resistance-training machines are not adjustable;
- The resistance is dependent on speed, so there is a limit to how fast you can go without sacrificing proper form;
- It's easy for people to just go through the motions and not get the benefits found in this study; and
- Not all Curves locations are staffed with individuals skilled in personal training or exercise science.

The Bottom Line

Curves offers a good, time-efficient, low- to moderate-intensity exercise program. If you are very active, it's not a great workout. However, if you've been sedentary, Curves may be what you need. The franchise attracts middle-aged, female, non-exercisers. Since it targets populations who are inactive or have been scared away from traditional gyms, it's a great gain. However, it's important to realize the relatively low number of average calories burned and just might be a wake-up call that only half of a Krispy Kreme donut is all it takes to negate the effect of a Curves workout.

Source: *ACE Fitness Matters*, March/April 2005

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.

Healthy-U Program Updates

March Recess Activities

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

Exercise Enhances Your Mood

Researchers at the Cooper Institute and University of Texas Southwestern Medical Center studied the effects of exercise in alleviating symptoms of depression. Twenty adults between the ages of 20 and 45 with diagnosed depression were put into four groups performing various amounts of aerobic activity. After 12 weeks, those who exercised 30 minutes per day, three to five times per week, reported a 50-percent reduction in their symptoms of depression. The longer or more frequently they exercised, the less depressed they felt. It should be noted that the exercise was done in groups, so social support may have also contributed to their reduced symptoms. Regardless, the benefits of exercise were found to be comparable to those achieved with medication or therapy, so get moving!

Source: *The American Journal of Preventive Medicine*, 2005, 28, 1-8.

Quote of the Week

“Accomplishments will prove to be a journey, not a destination.” — Dwight D. Eisenhower

Upcoming Events – March

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

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

Creamy Curried Chicken and Rice Casserole

Ingredients

1 cup cooked brown rice
2 teaspoons canola oil
1 cup chopped onion
2 teaspoons curry powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ cup flour
2 cups skim milk
2 -3 cups of frozen vegetable mix (peas, beans, corn, carrots)
1 red pepper, chopped in $\frac{1}{4}$ -inch pieces

Cooking Instructions:

1. Cook rice as directed on package and cook the chopped chicken breasts thoroughly.
2. Preheat oven to 400°.
3. Over medium-high heat, sauté onion, curry and salt in oil for 3 minutes. Stir in flour.
4. Whisk in milk $\frac{1}{4}$ cup at a time. Bring liquid to a boil and immediately reduce the heat and continue cooking, whisking frequently for another 6 minutes or until the sauce thickens.
5. Combine the sauce, cooked rice, vegetable medley, red pepper, lemon juice, cooked chicken, and cilantro. Place mixture in a 8"x8" baking dish coated with cooking spray.
6. Cover with foil and bake 20 minutes. Remove foil and bake 10 minutes longer.

Yield: 6 servings

Nutrition: 333 calories, 4 grams fat, 24 grams protein, 49 grams carbohydrate, 7 g fiber

Campus Calendar

March 23

- A CCE Accreditation discussion will be held from 1:30 p.m. - 2:30 p.m. in Cafeteria Conference Room.
- The Practice Success Club will offer a workshop on how to perform a chiropractic screening from noon – 1 p.m. in Room L1.
- The Society for Acupuncture Research will present a discussion of acupuncture research at noon in Room L3.

March 24

- Aaron Morland, DC, will give a lecture entitled “Starting a Practice” from noon to 1 p.m. in Room L1.

March 25

- Teaching the World About Chiropractic will present a practice management panel discussion from 5:30 p.m. - 9 p.m. in the auditorium. The event is free for students and \$5 for non-students. A dinner will follow the event.

March 26

- Northwestern will host an Egg Hunt and Spring Egg Festival at 9:30 a.m. in the cafeteria.

March 28

- The Rock will hold a Bible study from noon - 1 p.m. in Room 202. The studies will be held every Monday.
- Wade Lofton, DC, and Lance Zimney, DC, will discuss “Using TRT During a Mission Trip to El Salvador” from 5 p.m. to 7 p.m. in Room L2. Free pizza will be offered to attendees.

March 29

- Rob Scott, DC, will speak about “The Future of our Profession as Seen Through the Eyes of a Recovering Chiropractor” from noon to 1 p.m. in Room 26.
- SACA will hold elections at noon in Room L1.

March 31

- The student leadership dinner will take place at 6 p.m. at the Sofitel Hotel in Bloomington, Minn.

April 1

- A semi-formal Spring Fling will take place from 8 p.m. - midnight at 2800 American Blvd., in Bloomington.

April 1-3

- The fifth annual Great River Symposium will take place at Northwestern.

April 4

- The Rock will hold a Bible study from noon - 1 p.m. in Room 202. The studies will be held every Monday.

April 4 - April 14

- Chiropractic final exams

April 7

- An employee Benefits and Wellness Fair will take place from 10 a.m. – 1 p.m. in the cafeteria.
- Healthy U will host "The Time is Now: Determine Your Risk for Stroke in Under 10 Minutes" from 9 a.m. - 4:30 p.m. in the Cafeteria Conference Room. To schedule an appointment, call (877) 732-8258.

April 11

- The Rock will hold a Bible study from noon - 1 p.m. in Room 202.

April 30

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

Student Resources

Registration packets are available for chiropractic and massage therapy students in the student records financial services office. Registration forms for the acupuncture and Oriental medicine students are in their boxes. All registration forms are due by 4 p.m. Friday, March 25.

Daily Hot Spots

It's National Women's History Month! Check out some statistics:

http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/003897.html

Suffering from hockey withdrawal? Visit "Backcheck" to read about the history of hockey: <http://www.collectionscanada.ca/hockey/index-e.html>

If you were trapped in a horror movie, would you know how to survive? Read tips here: http://www.area51newmexico.com/horror_movies.html

Ready to add a furry friend to your family? See what's available at the Animal Humane Society: <http://www.animalhumanesociety.org/>

Take a five-minute personality quiz: <http://www.colorquiz.com/>

Northwestern People

Student Spotlight: Courtney Davis, T3 chiropractic student

Congratulations on being elected Student Senate treasurer!
Thanks!

Why did you get involved in Student Senate?

I have been in Student Senate since my T2 term. I just found that when you know what is going on, you can make a difference. I really want to help people be informed so they have a chance to have a say in what's going on.

Why did you want to be treasurer?

I like to be organized. I don't know why. It's kind of strange, really.

What will you do as treasurer?

Well, I will work with all of the club leaders to make sure they are doing what they need to in order to receive funding. I'll also work with the Student Senate committees to help them get funding also.

When you are not busy with Student Senate, what do you do?

I try to go to a lot of different club meetings. I really like the clubs that focus on business and management like On Purpose or Masters Circle. I like those motivational clubs.

How did you end up studying chiropractic?

I always knew I wanted to do some type of health care. I shadowed a physical therapist, but I just felt that I wanted to be more involved in the overall care of my patients. I read on the Internet about all kinds of health care options and when I read about chiropractic, I knew it was perfect. It has a little bit of everything I am interested in.

What do you plan to do after graduation?

I am originally from Tucson, Ariz. I'm homesick and I want to move back.

Wow! You came from pretty far away! How did you end up at Northwestern?

Well, my husband has family in Wisconsin and the chiropractor I shadowed in Arizona was a Northwestern graduate. I checked out Northwestern and another school. When I was here I just knew this is the school for me. Everyone is so nice!

Employee Spotlight: Chrissy Fouse, RN, patient services coordinator

Where are you from?

I'm from Pittsburgh, Penn. I actually just moved here eight months ago.

Really! What do you think of Minnesota so far?

It's cold!

How did you end up in Minnesota?

I actually visited three cities. Two were in warmer climates — and I actually wanted to move to somewhere warmer than where I was living. But I visited Minnesota and stayed in a hotel in Edina. It was Christmastime and the hotel was near a park. All the trees had lights and people were skating on the pond — I loved it! Now I live right by that park.

So what did you do back in Pittsburgh?

Actually, I am a registered nurse. I just decided that I wanted to get out of the business of actually working with patients. I needed a break.

How did you end up at Northwestern?

I answered an ad and got an interview. I had such a good time in the interview! The people I work with are such good people.

What do you do with your free time?

I do a lot of swimming. Back in Pennsylvania I did a lot of other recreational stuff, but I haven't found those sorts of things in Minnesota yet. Except the malls! I love the Mall of America — and even Southdale! I used to live an hour from the closest mall and now there are malls everywhere!

Do you have any other hobbies or interests?

I love to travel.

What is your favorite travel destination?

I love Lake Tahoe. It's beautiful. I love the mountain atmosphere! I usually go there once a year; I'd guess I've been there eight or 10 times.

Do you ski when you are there?

No. I snowboard, but I'm just learning.

Carissa Nunes has joined the Minnesota College of Acupuncture and Oriental Medicine as a receptionist.

Practice Management

Recycled.

Poll Question

If your life were made into a movie, who would play you?

- (a) Tom Hanks
- (b) Jodie Foster
- (c) Johnny Depp
- (d) Sandra Bullock
- (e) Jim Carrey
- (f) Meryl Streep
- (g) Carrot Top
- (h) Molly Shannon

Menu

Due to the Great River Symposium, the cafeteria will close at 3 p.m. March 31 and reopen April 4.