

Northwestern Weekly
March 30, 2005

Top Stories

Northwestern Set to Graduate 57 Doctors of Chiropractic

Northwestern College of Chiropractic will award 57 students with their doctor of chiropractic degrees at 2:30 p.m. on April 9, in the auditorium. The keynote speaker for the event will be Bart N. Green, DC, MEd, DACBSP. The class speaker will be Jennifer Krohn and the valedictorian is Boris Veller. Twelve students will be graduating with honors: Aaron Alexander Abplanalp, R. Renée Cowan, Daniel Douglas Findlay, Barbara Carol Knutson, Nicholas J. Midthune, Angela René Renner, Tara A. Ritter, Mark William John Rusnak, Andrew H. Schierholz, Corby R. Serk, Ashley Brook Tessier, and Boris Veller.

Six hundred seats will be available in the auditorium for attendees. Additional seating will be available in the foyer, which will have two big-screen televisions displaying the ceremony. A reception will follow the event in the cafeteria.

Here are the graduates of the class of April 9, 2005:

Aaron Alexander Abplanalp, Wisconsin, cum laude
Scott M. Arneson, Minnesota
Rachel J. Benson, Iowa
Laura M. Berg, South Dakota
Sara S. Berg, Colorado
Paul D. Bickford, Minnesota
David Paul Bourgouin, Manitoba, Canada
Angela Jo Bremer, Minnesota
Jamie Christina Chaffin, Nebraska
Nicholle D. Corcoran, Iowa
R. Renée Cowan, Colorado, magna cum laude
Katherine Ann Cowles, Minnesota
Travis Colin Ehlers, Minnesota
Daniel Douglas Findlay, Alberta, cum laude
Preston Ellard Forthun, Wisconsin
Brian Scott Garrity, Minnesota
Amanda R. Gebhardt-Fitzgerald, North Dakota
James M. Gibbs, Minnesota
Samuel M. Gunlogson, Minnesota
Casey James Hallin, Minnesota
Jerrod W. Hann, Minnesota
Rebecca Marie Heidelberger, Minnesota
Christine Ann Hess, Wisconsin
Trenton Thomas Hinton, South Dakota

Aaron John Hokanson, Minnesota
Luke Matthew Jakubowski, Minnesota
Judy Mae Jensen, Minnesota
Tiffany Renee Johnson, North Dakota
Kandace Faye Johnson, Minnesota
Holly Rae Kaiser, Wisconsin
Arron R. Kalis, Minnesota
Puja Wentworth Kazmierczak, Texas
Barbara Carol Knutson, Minnesota, magna cum laude
Jennifer Lu Krohn, Wisconsin
Andrew Trapper Kuecher, Illinois
Gwen Anne Lovell, Iowa
Rita Eke McConnell, Colorado
Nicholas J. Midthune, Minnesota, magna cum laude
Katie Mae Murphy, Minnesota
David Gene Nesseth, Minnesota
Sara Ann Pank, Wisconsin
Jeffrey Glen Pearson, Wisconsin
Jacob A. Peterson, Wisconsin
Osly Philistin, Minnesota
Angela René Renner, Minnesota, cum laude
Tara A. Ritter, New Jersey, cum laude
Garret D. Rock, Minnesota
Mark William John Rusnak, Manitoba, Canada, cum laude
Andrew H. Schierholz, Iowa, magna cum laude
Daniel Thomas Schlueter, South Dakota
Corby R. Serk, South Dakota, cum laude
Benjamin David Shier, Wisconsin
Donna A. Sousa, Minnesota
Ashley Brook Tessier, Minnesota, magna cum laude
Susan Raye Thompson, Minnesota
Boris Veller, Russia, summa cum laude
Jacob D. Wookey, Minnesota

Student Leadership Awards to be Presented March 31

Student leaders and exceptional teachers will be recognized March 31 at the annual Student Leadership Awards event.

More than 100 students, 20 teachers and 14 administrators are invited to the event, which begins at 6 p.m. at the Hotel Sofitel in Bloomington. The event will include a dinner as well as an award presentation.

Four Teacher of the Year awards will be presented for the following areas: Chiropractic Clinical Science; Chiropractic Basic Science; Minnesota College of Acupuncture and Oriental Medicine; and Massage Therapy. One or two students from each program will

receive a Student Leadership Hall of Fame award. Additionally, plaques will be given to current members of the Student Senate Cabinet.

“The event is an opportunity to recognize the student leaders on campus,” says Emily Tweed, PhD, dean of student affairs. “It’s a chance to thank them for all their hard work and dedication.”

Previous winners of the Student Leadership Award include:

- Ryan J. Majeda, 2002
- William D. Hagen, 2002
- Kari M. Larson, 2002
- Mark E. Schulz, 2002
- Cody L Hoefert, 2003
- Kayla J. Kieser, 2003
- Jeanie M. Siem, 2003
- Brandon J. Smith, 2003

Previous winners of the Teacher of the Year award for the chiropractic program include:

- Joseph Sweere, DC, 1989
- Charles Esch, DC, 1990
- William Elkington, DC, 1991
- Thomas Bergmann, DC, 1992
- Anita Manne, DC, 1993
- Andrew Klein, DC, 1994
- Norman Hornes, MD, 1995
- Joel J. Pins, PhD, MS, 1996
- James Amundson, DC, 1997
- Jeffrey Rich, DC, 1998
- Kurt Wood, DC, 1999
- Terry Erickson, DC, 2000
- Mary Tuchsherer, PhD, 2000
- Kim Swineheart, DC, 2002
- Norman Horns, MD, 2002
- Thomas Frick, PhD, 2003
- Renee DeVries, DC, 2003

Previous winners of the Minnesota College of Acupuncture and Oriental Medicine Teacher of the Year award include:

- John Pirog, MSOM, 2002
- Yongping Jiang, PhD, 2003

Previous winners of the School of Massage Therapy Teacher of the Year award include:

- Kren McManus, DC, 2002
- Denise Radcliffe, MS, 2003

A Profile of Chris Grier, the Student Senate President

Chris Grier, a T5 chiropractic student, was recently elected president of Northwestern Health Sciences University's Student Senate. Grier's term begins at the beginning of the summer 2005 trimester.

Q. Why is Student Senate important for Northwestern students?

A. The Student Senate allows student voices to be heard. It is the primary way students have to communicate with administrators and staff members. It is also important because the Student Senate is the conduit for student activity fees to be funneled to the different organizations on campus. Additionally, the committees within the Student Senate work to bring speakers to Northwestern, inform students and improve the campus.

Q. Why is it important to include all three programs in Student Senate?

A. Involving all three programs in the Student Senate is crucial. The University belongs to all students and all the work of the Student Senate is for the entire student body.

Q. What do you hope to accomplish as Student Senate president?

A. Improving the Student Senate committees is on my front burner. I would like to see the committees become more active and meet more regularly. I think they can play an important role on campus; they provide a really great way to affect change.

I am also going to be working with students and administrators as the University moves forward with a building project. The issue is creating a stir among students. There are a lot of opinions formed that aren't fully informed. I am going to work to see that students remain informed throughout the process.

Q. What do you think are the strengths of Northwestern?

A. The administration is really student centered. They seem really willing and anxious to hear our voices. They want to listen to students.

The high quality of the teachers is another huge strength. The University has been able to attain and keep quality professors and that is very important.

Additionally, I think that we have a great facility and a commitment to continue to improve it. It is a nice place to come to each day.

Q. Why did you choose to come to Northwestern?

A. I liked the personal feel of Northwestern. At the preparatory events, the administrators and students were very personable. I felt like they really enjoyed the school and that made a good impression. I also felt they did a good job giving me a good picture of what I'd be doing if I came to Northwestern. They were very straightforward about the amount of work that would be required, but they also highlighted some of the excellent experts we have on campus. I know I will look back and realize that I learned from the best of the best.

High-Profile Chiropractors Visit Northwestern to Share Practice Management Tips

Four high-profile chiropractors will be on the campus of Northwestern Health Sciences University March 25 to share their practice management tips with students.

The speakers include Susan Saetre, DC, from Kats Management; Greg Loman, DC, from Teach the World About Chiropractic; Steve Franson, DC, from The Waiting List Practice; and Jason Gerard, DC, a Northwestern graduate who sees more than 1,000 patients per week at his clinic.

“These people are the Super Bowl of amazing chiropractors,” says Emmet Blahnik, a T7 chiropractic student who is also the president of Northwestern’s Teach the World About Chiropractic club. “Our hope is to really inspire and educate students on how to be successful chiropractors and business people.”

In addition to a practice management panel discussion, which will begin at 5:30 p.m., the event will include the presentation of a check for \$684 to the American Red Cross. The funds were raised by Teach the World About Chiropractic to help support the victims of the Dec. 26, 2004 tsunami in Asia.

A dinner hosted by Dr. Loman will follow the event. Students will receive free admission; non-students will be charged \$5 at the door. A workshop presented by Dr. Loman will be held on March 26 from 9 a.m. – noon in Room L1. For more information, contact Blahnik at eblahnik@nwhealth.edu.

Northwestern Faculty Member is the Opening Act for Folk Singer

Mary Tuchscherer, DC, PhD, chair of the Western Biomedicine Department at Northwestern, will be performing at the University of Minnesota Friday, March 25, as the opening act for folk-singer John Edwards. The performance will take place at 7:30 p.m. at the St. Paul Student Union.

Dr. Tuchscherer will be singing folk music and playing the guitar. This is her first performance since the 1980s, when she regularly took the stage at coffee houses. She has, however, performed for Northwestern Health Sciences University students.

“I sing for my classes before their Christmas finals,” says Dr. Tuchscherer. “It would be nice if some people from Northwestern came to the show; they’d be kind of a lifeline in the audience for me.”

SACA Elects Officers March 29

Northwestern Health Sciences University’s chapter of the Student American Chiropractic Association elected officers March 29. The new officers are:

- President — Sarah Radabaugh, T4;
- Vice-president — Chris Erickson, T5;
- Secretary — Deverie Hartness, T2;
- Treasurer — Dan Tierney, T4;
- Legislative Representative — Clint Gosse, T4;
- Fundraising Chairs — Elisa Bott, T2, and Josh Louwershimer, T2;
- Community Service Chair — Holly Dollerschell, T1;
- Communications Chair — Nick Hoxmeier, T2; and
- Speaker Chair — Joel Becker, T3.

The terms for the newly elected officers begin at the beginning of the summer trimester in May.

Forum Gives Students an Opportunity to Give Input on New Building

About three dozen students and a handful of staff members attended an open forum March 29 to discuss plans for an addition to Northwestern Health Sciences University’s building.

The forum, led by Alfred Traina, DC, president of Northwestern, and Chuck Sawyer, DC, provost, first introduced the proposed plan, which includes an addition off the back of the building consisting of four stories with 15,000 square feet each. Additionally, space in the existing building would be remodeled.

Although a rough set of floor plans have been circulating, Dr. Traina stressed at the forum that the plans are preliminary and student and staff comments are still being accepted and integrated into the blueprints.

“We have stuff down, but it is down mostly to generate discussion,” said Dr. Traina.

Added Dr. Sawyer, “We want to get your input because you spend a lot of time here.”

According to Dr. Traina, current priorities for the physical plant include an attractive and prominent admissions office, consolidated student services, a state-of-the-art library, and a larger research facility.

Throughout the forum, students had opportunities to make suggestions for both the addition and the existing space. Among the suggestions were:

- More natural lighting in classrooms and offices;
- More attractive paint schemes throughout the building;
- Places for students to nap during the day;
- More televisions;
- A daycare facility for students, faculty and staff;
- Quiet study spaces;
- Integrated clinic spaces;
- An indoor greenhouse;
- Outdoor mediation space;
- An expanded fitness center;
- More classrooms and labs;
- A fireplace;
- A multi-purpose room;
- Outdoor classrooms;
- A rooftop garden; and
- A library expansion.

Drs. Traina and Sawyer will continue to accept comments and suggestions regarding the building project. A feasibility study is underway to determine how much the University could raise to construct the addition. Additionally, soil samples have been taken and the results indicate that a four-story addition would be possible. The earliest construction could begin would be fall 2005.

“This is really exciting,” said Dr. Traina. “Three-and-a-half years ago we were struggling with balancing our budget. Now we are looking at a new building. We have come a long way.”

Reaccreditation Site Team Shares Findings at Open Forum

Site visitors from the Council on Chiropractic Education (CCE) visited Northwestern Health Sciences University March 21-24 as part of the chiropractic program’s reaccreditation process.

In preparation for the site visit, the program began a self-study process led by Chuck Sawyer, DC, provost, in February 2004, leading to the submission of a self-study report to the CCE in November 2004. The report identifies the program’s strengths, as well as areas that could be improved. The purpose of the site visit is to verify the information contained in the report.

During the visit, the team spent three days touring campus and interviewing faculty, staff and students. On March 24, the team briefly presented its findings to faculty, staff and students at an open forum attended by more than three dozen members of the campus

community. The team outlined several areas of strength, as well as areas that need improvement.

The areas of strength the team identified include the dedication of employees to the mission and vision of the University; the University's response to declining enrollment by seeking non-tuition sources of revenue; the pleasing ambiance of the campus and its well-maintained building and grounds; the number of students passing their board exams, which, at 80 percent, is significantly higher than the national average of 60 percent; the quality of the clinical experience for students, specifically the opportunities students have to work one-on-one with field doctors; the clinical assessment program; and the strong research program.

"These are fantastic strengths," said Alfred Traina, DC, president of Northwestern. "The dedication and hard work of employees and the strengths of the program itself are things of which we should be proud."

Areas the team found that need improvement include the lack of a cohesive mission statement for the chiropractic program; the lack of public disclosure of graduation rates, the number of students passing the board exams, and the number of graduates successfully becoming licensed in their states; the lack of a long-range financial plan tied to the University's strategic plan; the absence of 75 direct observations of adjustments or manipulations by students; the absence of a requirement for students to evaluate and manage a minimum of 15 cases before graduation; the lack of a requirement for clinical faculty to be trained for life support; and the absence of a requirement for students to be active in community service beyond providing chiropractic.

According to Dr. Traina, most of the areas needing improvement were already identified in the self-study report and are areas the program was already intending to improve.

As the next step in the reaccreditation process, the site team will report their findings to the CCE's Commission on Accreditation. The report will then be forwarded to Dr. Traina for review. The University will have an opportunity to respond to any errors in fact in the report before a final recommendation for the status of the University's reaccreditation is determined.

"We can all be pleased with the efforts of the campus community at large and with Dr. Sawyer's oversight of the reaccreditation process," said Dr. Traina. "It took a great deal of community effort to complete the process and I am very impressed with faculty and staff involvement. I am happy to have a campus community that is dedicated to the students and the University."

Spring Egg Hunt Attracts More Than 1,000 to Northwestern

More than 1,000 people flocked to Northwestern March 26 for a Spring Egg Festival and Egg Hunt sponsored by Northwestern Health Sciences University and the Bloomington Optimist Club.

Children age 8 and under had an opportunity to participate in fun indoor festivities including face painting, balloon twisting, watching a magician, mingling with the Easter Bunny, and dancing along with the Teddy Bear Band.

“I’m having so much fun!” said Amanda P., one of the young attendees.

The Bloomington Optimist Club’s 15th annual Spring Egg Hunt immediately followed the festival. Children were divided into three age categories and given the opportunity to hunt for eggs filled with jelly beans. In addition, children who found one of 100 specially marked eggs received special gifts.

Volunteers from four organizations — Northwestern, the Optimist Club, Penn Lake Library and Washburn Elementary — helped out at the event.

“The Egg Hunt and Festival was a true example of bringing the community together,” said Nicky Simon, BA, Northwestern’s community relations coordinator. “Not only was there a great turnout of families, there were volunteers from four different organizations in Bloomington all stepping in to make the event a success.”

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.

Natural News Service is a Resource for Everyone

By Jaime Hunt, BA, public relations coordinator

Every week we track the readership of *Northwestern Today*, *University Update* and *Northwestern Weekly*. What we have discovered is that our Natural News Service articles are among the most popular resources we offer.

Every month we publish a Natural News Service article on our Web site. Topics have included low-carb diets, chiropractic and pregnancy, acupuncture for pain relief, and massage therapy for stress relief. In addition to being sent to 325 newspapers in Minnesota, the articles are available on our Web site at <http://www.nwhealth.edu/nwtoday/healthnews/index.html>.

We welcome you to forward the Natural News Service articles to family, friends, patients or clients. If you would like to suggest a topic for a Natural News Service article, e-mail me at jhunt@nwhealth.edu.

Health and Wellness Update **Laughter – a Prescription for Better Health**

Laughter is powerful “emotional” medicine. It has been shown to lift ailing spirits, foster instant relaxation, reduce stress and burnout, and improve health and healing by bolstering the immune system.

“Hearty laughter is a good way to *jog internally*,” according to Norman Cousins, author of *Anatomy of an Illness*. In his book, Cousins credits daily belly laughs and a positive attitude as important to his recovery from a life-threatening illness. His book, published in 1979, launched widespread interest in the role and power of the mind in health and healing that continues today.

Here are some tips to add more laughter to your life:

- Lighten up and laugh at yourself;
- Look for the humor in everyday activities that are silly or absurd;
- Keep a book of cartoons or jokes handy for comic relief when you are faced with a stressful situation;
- Start your own humor file and collect cartoons, jokes, videos, books, and pictures that lighten up your spirit and bring you laughter;
- Bookmark humorous Web sites;
- Wear humorous accessories;
- Watch a funny movie or television sitcom;
- Take a humor break every day and read something funny, add to a humor notebook, or listen to a funny tape or CD;
- Share a funny story with a friend;
- Hang around with funny friends; and
- Look for the humor in awkward or difficult situations.

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

Benefits and Wellness Fair Slated for April 7

The second annual Benefits and Wellness Fair will take place from 10 a.m. – 1 p.m. on April 7. During the event, faculty and staff will have opportunities to ask questions of a variety of benefits vendors and can register to win prizes. There will also be several screenings available for employees including:

- Non-fasting total cholesterol/HDL and glucose tests from Park Nicollet. Make your appointment for these tests ahead of time by calling Lisa Franczak, BA, human resources benefits administrator, at ext. 170;
- Pulmonary lung function testing with William Elkington, DC, professor;
- Postural assessments and thermal scans from Northwestern's University Health Services;
- Body fat testing — be well hydrated, wear a short-sleeved shirt, and don't work out for at least four hours prior to the test;
- Blood pressure screening from University Health Services;
- Eyeglass adjustments, cleaning and laser vision correction information from Northwest Eye Clinic.

In order to participate in the screenings, you must show your employee ID badge. There will be screening cards available for you to pick up at the human resources booth when you enter the fair; if you have a card from last year, you can bring it. You can use the results from the screenings at this event to complete the upcoming Health Risk Assessments, so save your screening card!

The Minnesota College of Acupuncture and Oriental Medicine will offer program demonstrations, and the massage therapy program will offer free chair massages between noon and 1 p.m. Other activities include an opportunity to work with Joseph Sweere, DC, professor, on an interactive work station that will help you learn about simple things to enhance your ergonomics. You can also chat with Paul Ratte, ND, a naturopath from the Woodwinds Natural Care Center.

In addition, there will be a wide variety of vendors to help you incorporate health and wellness into all areas of your life. Many will offer prize drawings and freebies. Some of these vendors include:

- Health Clubs:
 - *Lifetime Fitness* – will offer a 30-percent discount on enrollment dues;
 - *YMCA* – will offer program information, membership sign-up, and body fat testing;
 - *Northwest Athletic Club* – will offer program information, membership sign-up, and body fat testing; and
 - *Calhoun Beach Club* – will offer program information and membership sign-up.
- Jamba Juice, which will offer fruit smoothies and wheat grass samples (you must show your employee badge at the human resources booth to pick up your coupon for your free smoothie; wheat grass samples will be at their booth on a first-come, first-served basis);
- Let's Dish will offer samples of one of their popular dishes along with information on their classes and programs;
- Amrit Devgun, ND, from the Woodwinds Natural Care Center, will be onsite to provide information on ayurvedic medicine;

- Nutrition Dynamics will offer information and samples on a variety of their supplements and products;
- Twin Cities Bicycling Club will offer membership information and will sell a map of bike trails and routes for \$10;
- The Running Room will offer a coupon for merchandise in their store, along with information about walking and running programs, clinics, and events;
- LA Weight Loss will offer information on their clinically supervised weight-loss program;
- Weight Watchers will offer information on their new programs and services, and will hold a drawing for free services;

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 and April 11 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 28 people. The latest winners are Anita Manne, DC, associate professor, and Julia Bartlett, DC, associate professor. They both have been recognized for participating in Recess activities and walking the indoor walking routes. If a do-crew spots you “doing,” you could be the next big prize winner, so stay active!

Healthy-U Program Updates

April Recess activities:

- **Friday, April 1 – Relaxation Class** (in the gym) – take 20 minutes out of your day to unwind and rejuvenate. Mats are provided; the class begins at 11:30 a.m
- **Thursday, April 14 – Bowling** – come anytime between 5 p.m. - 7 p.m. for lots of fun (location TBD).
- **Friday, April 15 – Relaxation Class** (in the gym) – take 20 minutes out of your day to unwind and rejuvenate. Mats are provided; the class begins at 11:30 a.m
- **Thursday, April 21 – 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.

- **Tuesday, April 26 – Lunchtime Games** (Employee Lounge) – take a few minutes out of your day for fun and socializing with fun and games. Come anytime between 11:30 a.m. and 1 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

Cook With Oil to Fight Fat

Enova is manufacturer that has a new product made from soybean and canola oil. It only has 0.5 grams of saturated fat – about half that found in conventional canola oil. The *type* of fat molecule in Enova is what makes the weight loss difference; it has a higher concentration of diacylglycerol fat molecules than triacylglycerols found in most oils. In a study published in the “American Journal of Nutrition”, 43 dieters assigned to eat products made with Enova lost on average 1.1 percent more body weight over a 24-week period than those using conventional oils. It is important to note that these findings show that this oil is a help, not a cure-all. However, it’s a start and one more way to help improve your nutritional status.

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

Quote of the Week

“If you don’t have time to gain the scientifically proven 50-60 benefits from just 30 minutes of exercise, your life is unhealthily busy.” — James Prochaska, PhD.

Upcoming Events – March

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

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>.
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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

Rosie's Gourmet Lasagna

Ingredients

1 package whole wheat lasagna noodles
2 jars spaghetti sauce
1 package 98 percent lean ground turkey, browned
1 red pepper, chopped
1 green pepper, chopped
1 cup mushrooms
1 cup onion, chopped
1 15-ounce container of light ricotta cheese
1 jar artichoke hearts (fat free marinade)
1 small can of sliced black olives
1 10-ounce package spinach (thawed and drained)
2 cloves garlic
1/2 cup egg substitute
1 teaspoon salt
1/3 cup freshly grated Parmesan cheese
1 small package shredded mozzarella cheese

Cooking Instructions:

1. Preheat oven to 475 degrees.
2. Toss mushrooms, peppers, and onions in a bowl. Place vegetables on a baking sheet coated with cooking spray; roast for 30 minutes.
3. In a bowl, mix egg substitute, ricotta cheese, parmesan cheese, salt, spinach, artichoke hearts, olives, garlic, and roasted vegetables. Reduce oven temperature to 375 degrees.
4. Brown ground turkey and cook noodles according to package directions.
5. Grease a 9-inch by 12-inch baking dish with cooking spray. Add half a jar of sauce in pan. Add a layer of noodles followed by half of the ricotta mixture, half of the ground turkey, Italian seasoning, and a sprinkle of mozzarella cheese.
6. Coat with half a jar of sauce followed by noodles and toppings with another half a jar of sauce on top.
7. Finish with a layer of noodles, rest of sauce, rest of mozzarella cheese, and a sprinkle of Parmesan cheese.
8. Cover loosely with aluminum foil and bake for 50 minutes. Uncover and bake an additional 10 minutes (until cheese is melted).
9. Let stand for 10 minutes before cutting.

Campus Calendar

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 the Embassy Suites 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 8

- A faculty/staff development seminar titled “Strategies to Increase Student Involvement” will take place from 9 a.m. – 3 p.m. in the Cafeteria Conference Room. Lunch will be provided.

April 11

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

Employee Resources

Benefits and Wellness Fair Slated for April 7

The second annual Benefits and Wellness Fair will take place from 10 a.m. – 1 p.m. on April 7. During the event, faculty and staff will have opportunities to ask questions of a variety of benefits vendors and can register to win prizes. There will also be several screenings available for employees including:

- Non-fasting total cholesterol/HDL and glucose tests from Park Nicollet. Make your appointment for these tests ahead of time by calling Lisa Franczak, BA, human resources benefits administrator, at ext. 170;
- Pulmonary lung function testing with William Elkington, DC, professor;
- Postural assessments and thermal scans from Northwestern's University Health Services;
- Body fat testing — be well hydrated, wear a short-sleeved shirt, and don't work out for at least four hours prior to the test;
- Blood pressure screening from University Health Services;
- Eyeglass adjustments, cleaning and laser vision correction information from Northwest Eye Clinic.

In order to participate in the screenings, you must show your employee ID badge. There will be screening cards available for you to pick up at the human resources booth when you enter the fair; if you have a card from last year, you can bring it. You can use the results from the screenings at this event to complete the upcoming Health Risk Assessments, so save your screening card!

MCAOM will be offering program demonstrations, and the massage therapy program will offer free chair massages between noon and 1 p.m. Other activities include an opportunity to work with Joseph Sweere, DC, professor, on an interactive work station that will help you learn about simple things to enhance your ergonomics. You can also chat with Paul Ratte, ND, a naturopath from the Woodwinds Natural Care Center.

In addition, there will be a wide variety of vendors to help you incorporate health and wellness into all areas of your life. Many will offer prize drawings and freebies. Some of these vendors include:

- Health Clubs:
 - *Lifetime Fitness* – will offer a 30-percent discount on enrollment dues;
 - *YMCA* – will offer program information, membership sign-up, and body fat testing;
 - *Northwest Athletic Club* – will offer program information, membership sign-up, and body fat testing; and
 - *Calhoun Beach Club* – will offer program information and membership sign-up.
- Jamba Juice, which will offer fruit smoothies and wheat grass samples (you must show your employee badge at the human resources booth to pick up your coupon for your free smoothie; wheat grass samples will be at their booth on a first-come, first-served basis);

- Let's Dish will offer samples of one of their popular dishes along with information on their classes and programs;
- Amrit Devgun, ND, from the Woodwinds Natural Care Center, will be onsite to provide information on ayurvedic medicine;
- Nutrition Dynamics will offer information and samples on a variety of their supplements and products;
- Twin Cities Bicycling Club will offer membership information and will sell a map of bike trails and routes for \$10;
- The Running Room will offer a coupon for merchandise in their store, along with information about walking and running programs, clinics, and events;
- LA Weight Loss will offer information on their clinically supervised weight-loss program;
- Weight Watchers will offer information on their new programs and services, and will hold a drawing for free services;

Daily Hot Spots

Warning: These little games are as addictive as they are fun!

<http://www.ferryhalim.com/orisinal/>

Check out a gallery of really cranky cats: <http://www.mycathatesyou.com/>

Visit the Internet Public Library, an experimental online library that is celebrating its 10th year: <http://www.ipl.org/>

Victim of a consumer rip-off? Want justice? Rip-off Report is a worldwide consumer reporting Web site and publication: <http://www.ripoffreport.com>.

In this dramatic photo-documentary journey, experience the stories of patients whose hopes rise and fall with each passing day as they wait for organ transplants. Learn how families look beyond their grief in order to give life to others:

<http://www.organtransplants.org/>

Northwestern People

Employee Spotlight: Jason Bartlett, DC, assistant professor

What is your hometown?

For the vast majority of my life I have lived in Woodbury, Minn. We moved here in 1970 when it had just become a city and was mostly undeveloped farmland. Needless to say it has changed quite a lot. We ended up buying a house in my old neighborhood, which is kind of cool.

What do you do at Northwestern?

We are trying to figure that one out. Right now I am working in the University Health Services clinic, which is pretty fun. I have been greatly impressed with the level of

expertise and professionalism displayed by the interns. I will be working as a full-time assistant professor starting in the spring. Which classes I get assigned to remains to be seen, but I have an interest in public health and plan on attaining a master's degree in the near future.

Why did you decide to work here?

I have been involved with the Community-Based Internship program for several years and when a position opened up on the days that I was not working at my own clinic I decided to see if teaching was something I would enjoy. So far it has been a very satisfactory experience and I hope that the interns feel the same way.

What are your hobbies?

One of my newest passions is trout fishing. I have actually caught fish on flies that I have tied myself! I enjoy pheasant and goose hunting in the fall and generally love to be outside. The Boundary Waters Canoe Area is the closest place to heaven that I have found so far.

Do you have any pets?

I have two dogs. One of them actually is pretty good at sniffing out pheasants.

What is your favorite food?

So many choices, and I am a big eater ... I have to go with lobster. A good pizza is actually a close second.

Describe your ideal car.

When they invent the flying car that I was promised while watching the "Jetson's"... that will be it. My fallback car would be the 1972 Plymouth Fury that I had in high school.

Student Spotlight: Jeff Lockhart, T1 massage therapy student

Congratulations on being elected vice president of the massage therapy program!

Thanks!

Why did you decide to run for Student Senate?

I realized that as a massage therapy student, my time here was really short. I want to help push for greater visibility for massage therapy both on campus and as a profession. I'd like to at least make a push toward getting massage therapy licensed. I only have two terms left before I leave, so I don't think it will necessarily happen during my time here, but I still want to push and be more vocal about it. I think it may take a grassroots effort for it to happen.

Why did you decide to go into massage therapy?

A dozen years ago I got my first massage. The therapist told me she worked with abuse victims to get them used to being touched in a positive way. I thought about that for a long time. I went to college. I graduated from college. I got jobs. I kept thinking about it. Finally, my wife told me, "Go to massage therapy school!" So I did.

Why did you choose Northwestern?

I looked at different schools in the Twin Cities and even toured another one. I left really disappointed. When I came here and took the tour, it felt right. One of the things I like is the mix of “earthy-crunchy” and science. Northwestern does a good job of mixing the two models.

What do you want to do after you graduate?

I’d like to build a practice — whether I work for myself or someone else — with an eye toward having my own practice someday. I want to do something that gives me a chance to watch healing happen.

Do you have any interesting hobbies or interests?

Well, I did some TV weather on a fill-in basis while I was a television producer in Oregon. I like snowboarding, racquetball ... just about any outdoor activity. And my wife is expecting our first child so I’m preparing for that.

What’s your favorite movie?

“Jurassic Park.” Did you know they just found some dinosaur fossils with soft tissue still attached? So it could really happen.

I was so scared of “Jurassic Park” when it came out. I was sure the government or someone really did make dinosaurs and they were going to get into my house and eat me. I was scared to walk past the potted plant in my parents’ living room, especially after dark. I had an overactive imagination.... Anyway, do you have any other hobbies or interests?

Well, my wife and I take pictures of misused quotation marks.

Like what?

Like “No Smoking.” Does that mean we aren’t supposed to smoke? Or something like: Put Your Bag “Here.” We are going to start a Web site someday.

I can’t wait!

Practice Management

Recycled.

Poll Question

What disaster are you most afraid of?

1. Tornado
2. Earthquake
3. Hurricane
4. Tsunami
5. Godzilla

6. Zombies

Menu

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