

Northwestern Weekly

April 6, 2005

Top Stories

Student Leadership Awards Recognize Exceptional Student Leaders, Outstanding Instructors

Several hundred students, faculty and staff turned out March 31 for an awards dinner recognizing student leaders and outstanding instructors.

The 16th annual Student Leadership Award dinner honored more than 100 students, 20 instructors and 14 administrators. Among the awards given were four Teacher of the Year awards, four Student Leadership Hall of Fame awards, an Administrator of the Year award, and a Student Leadership Hall of Fame Legacy award.

The chiropractic Student Leadership Hall of Fame award was presented to two honorees this year: Kenzie Satter, T8, and Tony Wangerin, T6. “[Wangerin] was a model student leader from the beginning,” quoted Brad Woodle, a T8 chiropractic student and outgoing Student Senate president. “[Satter] is very dedicated and very invested in Northwestern,” he added.

The massage therapy Student Leadership Hall of Fame award was presented to Shawna Eischens, who graduated from the School of Massage Therapy in December 2004. “[Shawna] broke program barriers,” said Woodle. “She was an amazing advocate for Northwestern.”

The acupuncture and Oriental medicine Student Leadership Hall of Fame award was presented to Mary Grady, T7. “She has been the student face of the Minnesota College of Acupuncture and Oriental Medicine (MCAOM) since she started,” said Woodle.

Also presented this year was the Student Leadership Hall of Fame Legacy Award, which was created last year in honor of Cody Hoefert, an April 2004 graduate who co-founded the Student Ambassador Club; originated the Dr. Norman Horns Scholarship; organized the first Homecoming valet parking fundraiser; and was instrumental in a number of other campus initiatives. This year’s award was presented to Tammy Walz, a T9 chiropractic student. Walz was honored for her work with various organizations, including her time as president of the Student Senate. “She is a great leader and role model,” said Emily Tweed, PhD, dean of student affairs.

This year’s Basic Science Teacher of the Year award was presented to Dan Wallace, PhD, professor. The recipient of this year’s Clinical Science Teacher of the Year award was Joel Pins, PhD, assistant professor. This year’s Minnesota College of Acupuncture and Oriental Medicine Teacher of the Year award was presented to Tao Gong, MS, assistant professor. And finally, the recipient of this year’s massage therapy Teacher of the Year award was Beth Burgan, MFA, assistant professor.

This year's Administrator of the Year award was presented to Brady Forseth, BA, director of development. He was honored for his work toward reducing Northwestern's dependence on tuition and for his enthusiastic support of the University.

In addition to the major awards, student leaders were recognized throughout the evening. The following is a complete list of the students who were recognized:

Student Senate Cabinet

Brad Woodle, T8 chiropractic, president, Student Senate
Karyn Jones, T8, chiropractic vice president, Student Senate
Amy Moll, T5, MCAOM vice president, Student Senate
Mary Grady, T7, past MCAOM vice president, Student Senate
Amy Erickson, T3, massage therapy vice president, Student Senate
Shawn Eischens, alumni, past massage therapy vice president, Student Senate
Linnea Soular, T8 chiropractic, treasurer, Student Senate
Brooke Badley, T8 chiropractic, secretary, Student Senate
Molly Masis, T2 chiropractic, parliamentarian, Student Senate

Student Senate Representatives — Chiropractic

T1

Holly Dollerschell
John Tomlinson
Noah Strom
Melissa Hense

Coty Hager - Alternate

T2

Nick Hoxmeier
Sheridan Jones
Ben Zacherl
Carly Bendewald
Felicia Foti
Angela Wibert

T3

Dan Olson
Kristy Pensis

T4

Courtney Davis
Holly Eggebraaten
T.J. Graber
Dan Tierney

T5

Jimbo Haley
Jonas Johnson
Joel Fugleberg
Rachel Catini
Chris Erickson
Chris Grier

T6

Scott Mitchell
Jake Sundberg
Tony Wagerin - Alternate

T7

Mike Hendricks
Sean Primus
Tracy Burmeister
Jenn Breunig
Tiffany Thiesse – Alternate
Michael Schwartz – past representative
Andrew Klein – past representative

T8

Jenny Kline
Alex Fox
Kenzie Satter
Karen Bates
Art Guzhagin – past representative

T9

Tammy Walz
John Ward – past representative

T10

None

Student Senate Representatives — MCAOM

T1

Marie Butchert
Hannah Seoh

T2

Lindsay Long
Cathy Polovick

T4

Paul Magee

T5

Andrea Cyr

T7

Sara Urevig

T8

Amy Theis

Student Senate Representatives — Massage Therapy

T1

Mia Calhan
Jeff Lockhart
Meaghan McCarthy

T2

Rachel Brehmer
Jenna Madison
Danielle Wilson - Alternate

T3

Kelly Smith
Trisha Hartung

Past Rep

Lisa Bordsen

Club and Organization Leaders and Advisors

Activator Club — Paul Osterbauer, DC

- Brian Benjamin — President

Aerobics and Fitness Club — Emily Tweed, PhD

- Juliet O'Donnell — Leader

AOMSOM – John Pirog, MSOM, LAc

- Michelle Kitsmiller — President
- Rebeka Ndosu — Vice President
- Leah Olsen — Secretary
- Sarah Larson — Treasurer
- Amy Moll — Past President

Applied Kinesiology — Noni Threinen, DC

- Jared Larsen – President

Ballroom Dance Club — Steve Nordstrom

- Michael Anderla - President

Body By God; Teach the World About Chiropractic – Terry Erickson, DC

- Emmett Blahnik - President

Canadian Club – Dale Healey, DC

- Jeff Algajer – President
- Aaron Dingman - Officer

Chinese Language Club – Chris Hafner, LAc

- Deb Zimmer – President

Club Mariposa – James Hulbert, PhD

- Angela Blomberg – President
- Bess Grosskopf – Vice President
- Mercedes Livoti - Secretary

Crack Poke Rub (C.P.R.) – John Healy, BS, and Emily Tweed, PhD

- Filberto Gonzalez – President

Elements — John Pirog, MSOM, LAc

- Leah Olson – Co-President
- Erika Sullivan – Co-President

Energy Healing Club – Don Yerhot

- Cathy Polovick - President
- Mary Grady – Past Co-President

Falun Gong Club – Jared Madsen

- Jason Grafft - President

Fitness Center – Emily Tweed, PhD

- Scott Mitchell – Supervisor

Functional Medicine – Jonathan Williams, DC

- Heather McLeod – President
- TJ Graber - Officer
- Renee Cowan – Past President

Gonstead – Joseph Sweere, DC

- Kirk Henderson – President
- John Ward – Past President

Herb Club – John Pirog, LAc, MSOM, and Neil Dylla

- Katherine Krumwiede – President

Hockey – Rob Scott, DC, and John Healy, BS

- Jerod Ochsendorf – Co-Leader
- Jared Ottinger – Co-Leader

Massage Therapy Club – Joanie Holst

- Trisha Hartung – Co-President
- Julee Vongkhamdeng – Co-President

Masters Circle – Rob Scott, DC

- Corey Schuler – Past Co-President
- Jodie Skaufel – Past Co-President

Motion Palpation – Tom Bergmann, DC

- Nate Pochucha – President

Nei Jing Club – Yong Ping Jiang, PhD

- Sara Urevig – President

Neurology Club – Mary Tuchscherer, PhD

- Michelle Ingrouille – President
- Brian Hanks – Past President

NWHSU Swim Club – Link Larson, DC

- Kristen Graves – President
- Stephanie Nychka – Vice President

Northwestern Women in Health Care (NWIHC) – Mary Tuchscherer, PhD

- Susan Raye Thompson – President
- Judy Swain – Vice President

On Purpose – Jim Amundson, DC

- Mike Kennedy – President
- Trish Wolff – Past President
- Sarene Gilbertson – Past VP

Our Rhythm – Tom Bergmann, DC

- Mercedes Livoti – President

Pediatrics Club – Anne Packard-Spicer, DC

- Amy Larson – Co-President
- Amber Sexe – Co-President
- Brianne Hanson – Past President

Practice Success – Terry Erickson, DC

- Alyssa Hitch – President

Sports Council – Stacy Thornhill, DC

- Ben Berkey – President
- Andrew Klein – Past President

Student Ambassador Club – Steve Nordstrom

- Tricia Hinton – Co-President
- Michael Anderla – Co-President

Student American Chiropractic Association (SACA) — Michele Maiers, DC, and Jonathan Williams, DC

- Evan Frisk – President
- Kenzie Satter – Vice President
- Nick Rapp – Treasurer
- Jenny Kline – Secretary

Student International Chiropractors Association (SICA) – Rob Scott, DC

- Brooke Fister – President
- Mike Musselman – Past President

The Rock – Terry Erickson, DC

- Walt Schmitt – President
- John Gallagher – Past President
- Tammy Walz – Past Vice President

Torque Release Technique (TRT) Club — Rachel Franklin, DC

- Brooke Fister – President

Yearbook – Emily Tweed, PhD

- Kim Killion-Meeker – Co-Editor
- Bryn Bradley – Co-Editor

Yoga Club – Kathy Allen

- Lisa Fredrick – President

Forum Gives Students and Employees an Opportunity to Give Input on New Building

About three dozen students and a handful of employees 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 on the south side 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 employee 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.”

Northwestern Employee Creates Fabric Art for Library

Earlier this year, Northwestern Health Sciences University commissioned Claudia Hicks, a 19-year employee of Northwestern who works part-time supporting the clinics, to create a quilt for the Greenawalt Library. The quilt, which took about six weeks to create, was hung in the library on March 30.

Featuring a rich palette of colors ranging from deep blues to rich browns, the quilt depicts Minnesota’s North Shore, including the iconic Split Rock Light House. When viewed up close, playful stitches pop out among the brilliant colors, surprising the viewer with hidden bear tracks, rippling water and fluttering leaves.

The quilt includes more than 35 different fabrics, which were found throughout Minnesota. Searching for the perfect fabric is Hicks’ favorite part of quilting, a hobby she has enjoyed for the last 13 years.

“Getting fabric or a gift certificate to a quilt shop as a gift is like getting diamonds,” jokes Hicks. “When you are picking fabric, you just keep looking until you come up with the right combination. That’s the fun part.”

As she eyes the quilt, Hicks points to her favorite fabrics — those that integrate a number of colors that harmonize together — before standing back and nodding. “This is a nice piece of fabric art,” she humbly acknowledges.

Adds Laverne Hudalla, librarian, “She is an artist. That’s why we asked her to do this. It’s perfect.”

Health and Wellness Update

April is Child Abuse Prevention Month

Submitted by Rosie Ward, MPH, CHES, Health and Wellness Coordinator

Child Abuse Prevention is a Shared Responsibility

Everyone has a role to play in building strong communities where individuals, families, and children are valued, supported, and safe. Healthy and connected neighborhoods and communities support and strengthen families and reduce the likelihood of child abuse and neglect. Here are some things you can do to build a supportive community and healthy families and prevent child abuse and neglect in your community:

- Get to know your neighbors. Develop friendly relationships with your neighbors and their children and grandchildren. Make your neighborhood your extended family. People feel better and safer, and problems seem less overwhelming, when support is nearby;
- Help a family under stress. If a family you know seems to be in crisis or under stress, offer to help — offer to babysit, help with chores and errands, or suggest resources in the community that can help the family such as faith community leaders, teachers, and doctors;
- Reach out to children in your community. A smile or word of encouragement can mean a lot, whether it comes from a parent, friend, or caring citizen. Become a Big Brother or Big Sister;
- Get involved in a local school. Join the parent-teacher organization and attend school events. Even if you don't have school-age children, you can mentor a child at your local school;
- Keep your neighborhood safe. Start a Neighborhood Watch;
- Learn how your community supports children and families, and be an active community member in these efforts;
- Help local organizations or tribal communities distribute educational materials on parenting and child abuse prevention;
- Mentor parents in programs that match experienced, stable parents with parents at risk for abuse;
- Contact your elected officials and ask them to support funding for programs and policies that support children and families;
- Make a donation to an organization that works to prevent child abuse or a social service agency that helps families in your community;
- Start or join a community coalition to prevent child abuse and neglect; and
- Learn how to recognize and report signs of child abuse.

For more information on what you can do to prevent child abuse, see the Prevent Child Abuse America website at www.preventchildabuse.org.

Source: "Safe Children and Healthy Families Are a Share Responsibility," U.S. Department of Health and Human Services, Children's Bureau, Office on Child Abuse and Neglect,

<http://nccanch.acf.hhs.gov/topics/prevention/index.cdm>. (Reported in *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 30 people. The latest winners are Lynn Heieie, admissions representative, who was spotted exercising in the fitness center, and Chris Sothman, BA, graphic designer, who was recognized for delivering food donations to VEAP. 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:

- **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

Exercise Linked to Better Sex!

Want to spice up your sex life? Exercise, according to the American Council on Exercise (ACE).

A growing body of research shows that regular exercise may improve sexual function for both men and women by improving physical and mental health.

Physical improvements in muscle strength and tone, endurance, body composition, and blood circulation can all enhance sexual function according to Dr. Cedric Bryant, chief exercise physiologist for ACE. But he also cautions not to over-train. Too much exercise can actually decrease testosterone levels and lead to a decrease in sexual desire.

“Exercise has psychological benefits as well,” notes Bryant. “It reduces stress, improves self-esteem, elevates mood and increases confidence that can also contribute to a better sex life.”

ACE recommends 30 minutes of moderate exercise most days of the week. For more exercise and fitness tips, see the ACE website at www.acefitness.org.

Quote of the Week

“Be the change you wish to see.” — Gandhi

Upcoming Events – April

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

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

Broccoli With Roasted Peppers, Olives and Feta Cheese

Ingredients:

1 large bunch broccoli
2 teaspoon olive oil
1 clove garlic, thinly sliced
5 Kalamata olives, pits removed, chopped
3 tablespoons diced roasted red or yellow bell peppers
1 tablespoon finely chopped fresh parsley
2 teaspoon finely chopped fresh marjoram or ½ teaspoon dried
1 ounce feta cheese, crumbled
salt and freshly ground black pepper
lemon wedges (optional)

Cooking Instructions:

To Roast Peppers:

1. Place peppers directly over the flame of a gas burner or charcoal fire. When one side is lightly charred, turn and continue charring until they are blistered and blackened all over, about 8-10 minutes. Or, broil them about four inches from the heat for 10-15 minutes until they are blistered and blackened all over.
2. Place in a paper bag and set aside for about 15 minutes. Slip off the skin, rinse, cut off stalk, slit open peppers and remove seeds.

For the Broccoli:

1. Cut broccoli into medium-large florets. Set aside stalks for another purpose or peel them, cut them in rounds and include a few of them.
2. Steam the broccoli until it has cooked as much as you like, about 3-5 minutes for tender-crisp.
3. Warm oil and garlic in a large, nonstick skillet over medium heat.
4. Remove the garlic when it has browned (after 2-3 minutes) and add the steamed broccoli, olives, peppers, parsley and marjoram.
5. Sauté over medium-high heat until everything is warmed. Scatter cheese over the top, season lightly with salt and add pepper to taste. If you like, include wedges of lemon and serve this dish as a warm salad.

Serves four as a side dish. 74 calories per serving, 4 grams protein, 5 grams fat

Campus Calendar

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

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- 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.

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- 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

www.minneapolis.org

Find out what's new in the Twin Cities, including plans for the extended Light Rail Transit line.

www.webcomics.com

Do you enjoy reading the comics every Sunday in your paper? This Web site offers 100 free online comics that are unique, hilarious and always at your fingertips.

Northwestern People

Student Spotlight: Hannah Seoh, T2 acupuncture and Oriental medicine student

Where are you from originally?

I was born in Indiana, but moved to South Korea after I was born. My family then moved to Ohio when I was in second grade. Most of my schooling was in Ohio, but I just recently moved to Minnesota from Orlando, Fla.

Why did you decide to study acupuncture and Oriental medicine?

I have always been interested in health professions, and always had the ambition to become a doctor. I also had acupuncture done on me when I was visiting Korea and it was very effective. I love the fact that Oriental medicine treats a person with symptoms rather than the symptoms of a person.

How do you feel about being elected vice president for the acupuncture and Oriental medicine program?

I feel very honored and grateful that my peers elected me because I was a transfer student and not many people had a chance to really get to know me. I'm glad that they put their faith in me to do a good job.

Why did you run for vice president?

I ran for vice president because I have wanted to be a voice for students. In high school, college, and at my previous acupuncture and Oriental medicine school I was on student government. Also, the school I transferred from was below average and my complaints from there were numerous. I want to be sure that students don't go through what I did,

and I want to make my and other students' experiences here as positive as possible.

What do you hope to accomplish as vice president?

I want to be sure student concerns are heard and addressed by the administration. I hope also to make the Minnesota College of Acupuncture and Oriental Medicine more visible at Northwestern and expose all students to different styles of acupuncture that have shown to be effective. I think it's important that students receive the best education possible so that they can feel confident in their abilities and knowledge after they graduate.

What are your favorite foods?

Sashimi, rice, and kim chee.

What is your dream job?

My dream job is to be the team acupuncturist for the Minnesota Vikings so I could see quarterback Daunte Culpepper every day.

Employee Spotlight: Tim Mick, DC, associate professor

What is your hometown?

Rockville, Minn. (near St. Cloud...population 302 at the time).

What do you do at Northwestern?

Academic and clinical radiology. I teach Skeletal Radiology 2 and 4.

What do you enjoy most about your job?

I like seeing students mature into doctors and grow personally during their time here. I also love radiology.

How did you become interested in radiology?

I just sort of migrated in this direction without any direct, personal experience. My first year as a Northwestern student was a time to figure out what chiropractic and radiology were all about and to determine whether this is where I should be. It turned out to be a great fit.

What do you like about our chiropractic program at Northwestern?

Well, there are so many benefits to attending Northwestern. I feel we have excellent, experienced academic and clinical faculty, and a friendly, caring atmosphere. The school has a strong history and an outstanding national reputation. I also think it is great that we have a good balance of traditional "philosophy" and evidence-based, scientific content in our curriculum.

There is a rumor floating around campus that you have 10 kids! Is this true?
Yes it is. My children range in age from 3 to 24 years old.

Wow! What do you like most about having a big family?

The best thing about having a big family is that the odds are pretty good that no matter how much hot water you may be in at home, you can generally find at least one person who's not mad at you at any given time.

Do you have any hobbies?

I enjoy running. I have run two marathons a year since 1999; the Twin Cities Marathon and Grandma's Marathon. They are both great and special in their own way, but the Twin Cities Marathon was my first and is still slightly favored.

Do you have any pets?

I have three dogs named Boaz, Carly and Bella. I also have two cats. One is named Midnight...and the other has a variety of names. To be honest, I'm not even sure what the cat's real name is!

If you could take a month-long vacation anywhere in the world, where would you go?
Anywhere warm and sunny...and with a beach!

Practice Management

Recycled.

Poll Question

Do you prefer cats or dogs?

1. Cats
2. Dogs
3. Neither

Menu

Menu will be available on Wednesday.