

Northwestern Weekly

April 13, 2005

Top Stories

Day at the Capitol Brings Students and Legislators Together

Posted on April 11, 2005

More than 75 Northwestern College of Chiropractic students and 250 doctors of chiropractic attended the Minnesota Chiropractic Association (MCA) Day at the Capitol event March 31.

“These events featuring partnerships between the MCA and Northwestern are important,” said Alfred Traina, DC, president of Northwestern. “By coordinating our efforts, we present a solid, united front to legislators.”

The event included a luncheon with members of the MCA and a number of legislators. Among the speakers was Sen. Dean Johnson (DFL), Senate majority leader, who emphasized the importance of events like Day at the Capitol. He stressed that there are more than 1,200 lobbyists working at the Capitol every day. Events such as Day at the Capitol draw the attention and focus of the legislature to chiropractic issues that would otherwise be lost in the legislative maze of a session.

Following the luncheon, students and doctors traveled to the Capitol to meet with individual legislators. The face-to-face meetings are important, said David Kunz, who works on behalf of Northwestern and the MCA in government relations. He cited the recent defeat of House File 1399, which could have had a crippling effect on the profession.

“We saw firsthand how students can make a difference in the legislative process when they take the time to fulfill their grassroots responsibilities to inform, to educate, and to persuade on issues important to the profession and the patients they will serve,” said Kunz. “Congratulations to Northwestern students for a job well done.”

Nine Employees Recognized for Outstanding Performance in March

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Nine employees were recognized in the month of March for their outstanding performance. Honorees included:

- Chris Brower, administrative assistant, was recognized by Tolu Oyelowo for teamwork;

- Diane Dormady, administrative assistant, was recognized by Tolu Oyelowo for teamwork;
- Johnathon Williams, DC, associate professor, was recognized by Tolu Oyelowo for exceeding expectations;
- Sandy Young, bookstore clerk, was recognized by Anne Mackereth for exceeding expectations;
- Kari Ruschmeyer, administrative assistant, was recognized by Michele Maiers for teamwork and exceeding expectations;
- Roni Evans, DC, director of the Wolfe-Harris Center for Clinical Studies, was recognized by Jaime Hunt for teamwork and exceeding expectations;
- Martha Hardy, library clerk and purchasing assistant, was recognized by Ann Kempke for perseverance and good detective work;
- Perry Senjem, bookstore clerk, was recognized by Lynne Heafey for teamwork and exceeding expectations; and
- Elizabeth Schoeneber, accounting/bookstore clerk, was recognized by Jerry Micelle for cost saving.

Prize winners included Dormady, who won the employee of the month parking spot, and Brower, Ruschmeyer and Young, who won gift certificates.

Record Number of Students, Vendors and Alumni Gather for Fifth Annual Great River Symposium

Nearly 260 students, alumni, practitioners, and faculty attended the fifth annual Great River Symposium and Spring Gathering on April 1-3, 2004. This year's event, entitled "Nourishing the Source of Life —Treatment of Infertility," offered its attendees 20 hours of CEUs and educated them on the benefits of acupuncture and Oriental medicine in treating those affected by infertility. This year's attendance was 57 percent higher than last year's.

"It is beneficial for students and practitioners to attend the Great River Symposium because of the importance of addressing infertility in our society," explained Mark McKenzie, dean of MCAOM. "This event gave them immediate tools to deal with infertility." During the Great River Symposium, McKenzie was chosen to be the MCAOM Alumnus of the Year.

Randine Lewis, LAc, PhD, author of the ground-breaking book "The Infertility Cure: The Ancient Chinese Wellness Program to Getting Pregnant and Having Healthy Babies," gave an intriguing speech expressing her belief that there is no such thing as infertility, only imbalances which prevent the natural expression of reproductive health. In her lecture, entitled "Nourishing the Fertile Soul with Traditional Chinese Medicine," Dr. Lewis was able to share her research, outlook, and the methods which can be used to help patients overcome "infertility."

Lectures and products promoting the treatment of infertility were not the only motivations for those attending the weekend event. "This annual event is a great

opportunity for alumni to reunite and reminisce with fellow students and faculty,” said Kathy Allen, assistant dean of MCAOM. “It is also an opportunity for practitioners to earn significant continuing education hours.”

Five students were honored at a luncheon on Saturday with various scholarships awarding their hard work and dedication to volunteerism. Mary Jo Dennison, a T2 acupuncture and Oriental medicine student, received a \$500 scholarship from the Healy Family Memorial Scholarship Fund for her good academic standing, volunteerism, and being a single parent.

Amy Moll, T5, and Rebeka Ndosi, T7, acupuncture and Oriental medicine students, received the Diane Diegel Memorial Scholarships based on their volunteerism, faculty recommendations, financial need, and excellent short essays entitled “The Role Nutrition Will Play in My Future Practice.” The \$500 Diane Diegel Scholarship is given to two students every year at the Great River Symposium. Diane was the Associate Dean of Student Affairs at MIAHS (the predecessor of MCAOM) and a true believer in the power of nutrition. She always believed it helped her live a longer, higher quality life after she became ill. Diane Diegel passed away on May 3, 2002 after battling cancer.

The other two scholarships awarded at the Great River Symposium were given to MCAOM by the graduating class of 2003. In August 2003, the class gave the school a gift of \$3,000 designated for six scholarships. Nicole Lange, T5, and Sara Urevig, T7, acupuncture and Oriental medicine students, were awarded \$500 each because of their volunteerism, financial need, faculty recommendations, and outstanding short essays entitled “What Chinese Medicine Means to Me.”

Vendors flocked in record numbers to this year’s Great River Symposium to showcase their various products and speak with attendees about the importance of acupuncture, Oriental medicine, and herbal remedies. “Kan Herb Co. has attended the Great River Symposium since the first annual event because it gives us the opportunity to promote our products in the strong herbal market of Minnesota,” explained Nancy Bellard of California’s Kan Herb Company. “We also want to provide support for students and practitioners in our field throughout the country.”

Massage Therapy Students to Provide Free Massages at Seagate

Posted on April 13, 2005

On April 14, T1 massage therapy students from Northwestern Health Sciences University will venture to Seagate Technology Inc. to provide complimentary chair massages for employees.

This is the second time Northwestern students have visited Seagate for an end-of-the-term event. Last December, 24 students visited the technology giant and provided three hours of massage valued at more than \$3,600.

Providing complementary chair massages at Seagate at the end of every trimester gives T1 massage therapy students a stable and professional learning environment, says assistant professor Beth Burgan, NCTMB. "Since Seagate is open 24 hours a day, our evening and weekend program is also able to participate," she adds.

Massage students are not the only people who benefit. Seagate employees support the program as well. "From a community relations standpoint, this is a wonderful opportunity for Seagate to create an arrangement with Northwestern Health Sciences University," says Bob Athman, the Seagate contact who helped set-up the arrangement. The corporation, which is the world's largest manufacturer of disc drives, promotes an employee-oriented atmosphere. "We were looking for a service program that would benefit the greatest number of employees," says Athman.

120 Employees Attended Second Annual Benefits and Wellness Fair

Posted on April 12, 2005

Approximately 120 employees and several students attended the second annual Northwestern Health Sciences University Benefits and Wellness Fair April 7, which offered employees information regarding Northwestern's benefits and other healthy living resources. The event featured health screenings, interactive wellness booths, and other activities that educated attendees about the components and benefits of a healthy lifestyle.

Rosie Ward, MPH, CHES, Northwestern's health and wellness coordinator, and Lisa Franczak, BA, human resources benefits administrator, spent the past few months planning the Benefits and Wellness Fair, which featured 34 vendors.

"This year's fair had a higher attendance and a greater variety of booths and vendors to choose from," said Ward. "We have received very positive feedback and many compliments from those who attended about the variety of vendors this year."

The vendors were selected to help attendees incorporate health and wellness into all types of lifestyles. Jamba Juice, Weight Watchers, and Twin Cities Bicycling Club were among the various vendors handing out free samples, coupons, discounted memberships, free services and prizes.

Prizes included free car washes, golf paraphernalia, and Mall of America gift certificates. Prizewinners included Mary Berg, BA, clinical competency assessment coordinator, who won a paper shredder from Pre-Paid Legal; and Jan Featherstone, SRFS, associate registrar, who won a chocolate basket from VALIC. Also, a free L.A. Weight Loss program was given to bookstore attendant Sandy Young.

In addition to the vendors and prizes, the fair introduced employees to the variety of Northwestern's health benefits including medical plans, retirement options, massages, and several health screenings. Body fat, cholesterol, and postural tests were offered to

employees by appointment and the results can be used to complete the upcoming Health Risk Assessments.

The Benefits and Wellness Fair proved to be a great opportunity for Northwestern employees to remain educated about the campus' commitment to keeping the community healthy and happy.

Northwestern Bids Farewell to Walt Johnson at Retirement Party

Posted on April 12, 2005

Walter Johnson, PhD, has just concluded his last week at Northwestern as an associate professor of physiology and biochemistry and anticipates the relaxation and volunteer opportunities of his retirement.

"I am planning to become more involved in Salvation Army Disaster Services Emergency Management, an organization dedicated to providing aid to those who are suffering due to natural and unnatural disasters," said Dr. Johnson in reference to his retirement plans. "I also plan to take some time for relaxation and leisure. I hope to catch up on some fishing and golfing, but not too much."

A party of 50 Northwestern faculty and friends gathered at Maggiano's Little Italy restaurant to celebrate Dr. Johnson's 22-year career at Northwestern and to congratulate him on his retirement. Campus well-wishers donated money for Johnson's perfect retirement gift; a new set of golf clubs.

"I am still trying to talk Walt into teaching this summer, but I don't think I am very persuasive," exclaimed Paul Simmons, MA, registrar. "I will have to work on it!"

Dan Wallace, PhD, hired Dr. Johnson in 1983 and has never regretted his decision to do so. "He's the same-ole' Walt. He hasn't changed a bit," said Wallace. "Walt is still the great guy I hired more than 20 years ago."

Although happy with his decision of retirement, Dr. Johnson shed light on the things he will miss about Northwestern. "I have grown so close to the people I have worked with over the years and I will miss them greatly," he paused. "And that is the truth."

Communicating Northwestern: Sharing Your Story

By Jaime Hunt, BA, public relations coordinator

Did you know that in every issue of Northwestern Health Sciences University's alumni publication we publish a section called "Northwestern People"? In that section we include news about the achievements of students, faculty, staff and administrators.

Have you recently won an award? Earned a new degree or certification? Brought home a new addition to your family? Participated in an athletic competition? Presented a paper at a conference? I would like to share your accomplishments with the campus community! Please submit your news to me by calling ext. 172, or by sending an e-mail to jhunt@nwhealth.edu

Health and Wellness Update

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

Protect Your Eyes from Computer Strain

Nearly 75 million Americans spend many hours a day working in front of a computer. More than 50 percent report some form of eye strain, including eye fatigue, dry eyes, burning eyes, light sensitivity, blurred vision, and headaches as well as pain in the shoulder, neck or back.

If you are one of those suffering from computer eyestrain, here are some steps to take to protect your eyes and reduce eyestrain:

- Have your eyes examined annually by an eye doctor. If you wear glasses, consider a pair of glasses specifically designed for computer use. Also consider glare coating on your lenses;
- Select a computer monitor with a larger and flat screen;
- Place your screen 20 to 26 inches away from your eyes and the top of the screen at or a little below eye level. The monitor distance should allow you to read the screen without leaning your head, neck, or trunk forward or backward. Adjust text size as needed for ease in reading;
- To reduce glare, place your monitor perpendicular to a window, adjust or add window blinds, and reduce interior lighting to lower glare and reflections. Use a task light that shines only on your paper;
- Use an antiglare screen on your computer;
- Take a vision break every 20 minutes or so and look at an object 20 feet or more away to relax your eye muscles;
- Blink your eyes regularly and more often to rewet your eyes and avoid dryness and irritation. Use artificial tears if needed to lubricate your eyes;
- Use a document holder placed next to your computer screen so you do not have to turn your head back and forth or constantly refocus your eyes; and
- Alternate your computer work with non-computer tasks to give your eyes a rest.

Sources: Prevent Blindness America, www.preventblindness.org; Occupational Safety & Health Administration, www.osha.gov; National Institute for Occupational Safety & Health, www.cdc.gov/niosh/http://nccanch.acf.hhs.gov/topics/prevention/index.cdm. (Reported in *Wellness News You Can Use*, March 2005, National Wellness Institute).

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 36 people. The latest winners are Claudia Hicks, clinic support staff, who was recognized for constantly hand-delivering items rather than using inter-office mail; Chu Vang, information technology, who was spotted taking a break to play foosball; Neil Dylla, physical plant, who was spotted taking a break to play foosball; and Lynne Heafey, clinic billing, who was recognized for regularly making extra trips to the bookstore and for making a special trip to her car to get boxes. If a do-crew member spots you “doing,” you could be the next big prize winner, so stay active!

Healthy-U Program Updates

April Recess activities:

- **Wednesday, April 13 – Bowling** – come anytime between 5 p.m. - 7 p.m. for lots of fun. The event will take place at Southtown Lanes. If you’re planning to attend, contact Lisa Franczak at ext. 170.
- **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 fall 2005);
- Northwest Athletic Club (all locations);
- YMCA (18 metro locations); and
- YWCA of Minneapolis (Downtown, Midtown and Uptown).

Wellness Fun Facts

Sports Drinks Cause More Damage to Teeth Than Soda

While sports and energy drinks help athletes rehydrate after a long workout, if consumed on a regular basis they can damage teeth. These beverages may cause irreversible damage to teeth enamel. This damage could result in severe tooth decay.

According to a new study, the damage caused to enamel by non-cola and sports beverages was three to 11 times greater than cola-based drinks. Energy drinks and bottled lemonades caused the greatest damage.

The study exposed enamel from cavity-free molars and premolars to a variety of popular sports drinks, including energy drinks, fitness water and sports drinks, as well as non-cola beverages such as lemonade and ice tea for 14 days (336 hours). The exposure time was comparable to about 13 years of normal beverage consumption.

The study findings revealed there was significant enamel damage associated with all beverages tested. Results of the study in order of greatest to least damage to enamel: lemonade, energy drinks, sports drinks, fitness water, ice tea, and cola. Most cola-based drinks may contain one or more acids, commonly phosphoric and citric acids. Sports beverages contain other additives and organic acids that can advance damage to teeth.

To preserve tooth enamel and protect teeth from decay, the Academy of General Dentistry recommends limiting drinking soda and sports drinks and choosing water or low-fat milk instead.

Source: *General Dentistry*, January/February 2005, and Academy of General Dentistry, www.agd.org.

Quote of the Week

"The key is not to prioritize what's on your schedule, but to schedule your priorities."
~Steven Covey

Upcoming Events – April

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

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>

Sunday, April 24, 2005 – Ironman Bike Ride (Lakeville, Minn.)

- Jump-start your bicycling season after a long Minnesota winter by riding in this recreational event. This is not a race but a test of your personal strength, stamina, and commitment to cycling.
- Choose the distance to best meet your needs: 30, 62 or 100 miles
- Registration fee is \$30 for adults and \$15 for ages 17 and under.
- For more information and to register, visit www.ironmanbikeride.org.

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

Savory Italian Asparagus

Ingredients:

- 1 pound fresh asparagus
- 1 medium tomato, seeded and chopped
- 2 tablespoon chopped green onions
- 1/8 teaspoon dried whole oregano
- 1/8 teaspoon dried whole thyme
- 1/8 teaspoon pepper
- 2 teaspoon freshly grated Parmesan cheese

Cooking Instructions:

1. Snap off tough ends of asparagus. Remove scales with a knife or vegetable peeler, if desired.
2. Cover and cook in a small amount of boiling water four minutes or until crisp-tender.
3. Drain; arrange on a serving platter, and keep warm.
4. Combine tomato and next four ingredients in a small bowl, stir well.
5. Spoon tomato mixture over asparagus; sprinkle with cheese.

Yield: 4 servings (about 31 calories per serving) - Protein: 3.3 grams, Fat: 0.5 grams

Campus Calendar

April 4 - April 14

- Chiropractic final exams

April 14

- A massage therapy job fair will take place from 4 p.m. – 6 p.m. in the foyer.

April 27

- Annual plant sale order forms must be turned in. Return order forms to Carol Schmidt or fax the form to (952) 886-7593.

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.

May 2 - May 6

- Northwestern Women in Health Care will hold a book sale from noon to 1 p.m. in the foyer.

May 5 - May 6

- Orders from the annual plant sale can be picked up in the court yard from noon to 2 p.m.

Employee Resources

Daily Hot Spots

Were you fooled by Northwestern Today’s April Fools Day joke? Check out some great gags you can play on your friends: <http://www.rjlsoftware.com/software/entertainment/>

Want a tattoo? Check out the options: <http://www.tattoofinder.com/>

For all your goopy needs, check out Goopy Mart: <http://www.goopymart.com/>

Absolutely useless trivia is useless, but interesting:
<http://dogman0.tripod.com/useless.html>

Want to become an evil overlord? Check out these tips:
<http://omega.med.yale.edu/%7Epcy5/misc/overlord1.htm>

Northwestern People

Student Spotlight: Erika Sullivan, T5 acupuncture and Oriental medicine student

Where are you from originally?

I am originally from Beulah, N.D., a small town near Bismarck.

Why did you decide to study acupuncture and Oriental medicine?

I knew I wanted to have a career I enjoyed waking up to do everyday. I also knew I needed to feel like I have some sort purpose in the world and that I am not just going through the motions of life. For me to be passionate about my career, I need to see the fruits of my labor and feel like I am not giving my time and effort to someone else. After doing some research, I thought traditional Chinese medicine would meet those needs and would also challenge me.

What is your dream job?

I guess you could say I'm going to school for it right now. But I have dreamed of a job that would allow me to travel the world and see and do things I've never had the chance to do.

What are your hobbies and interests?

I have always enjoyed reading and writing. I have put those interests to work in a campus newsletter called "Elements," which Leah Olson and I have created. I also enjoyed playing golf since I was about 5 years old. I enjoy sewing on rainy days and anything that allows me to spend time outdoors.

What is your favorite food?

Most of my favorite foods are specialty foods that are unknown to most people in this area. Fleishkeukla, fleishknoepfla, or kneopfla and sauerkraut are foods from my heritage that I love. My grandparents are Germans from Russia and they make a lot of foods I can't find anywhere else. These dishes originated generations ago out of a community torn by war and poverty. In fact, many of the families had only flour and water to cook with when they first migrated to North Dakota. These foods are so common and well liked in my hometown that fleishkeukla is sold at *all* of our local restaurants, including Dairy Queen (not something you could find in a Dairy Queen here in town).

What is your favorite television show?

I am a total fan of any crime scene show, so of course I love watching "CSI" and "Law and Order SVU".

Employee Spotlight: Sarah Wolf, BA, Associate Clinic Faculty

What is your hometown?

I grew up in Northfield, Minn., but I have lived in the metro area since college. I attended the University of Minnesota.

How did you become interested in massage therapy?

I have a bachelor's degree in Kinesiology. Then after college I worked as a personal trainer for awhile. I have always been interested in how the human body works, and have always wanted to help people who are in pain.

What do you do at Northwestern?

I am a massage therapist in the Natural Care Center at Woodwinds. I perform massage on people that come through our clinic, and occasionally go up into the hospital to massage patients.

What are your hobbies?

I have always loved sports. I played quite a few different ones growing up. But now I'm not on any organized teams, so I've gotten into running and biking. I'll be running my fifth marathon in May, and hope to start doing local triathlons this summer. I also enjoy scrap-booking and I recently started taking guitar lessons.

Do you have any pets?

I have one dog. Her name is Lucy; she is a mixed breed. She looks just like a Dalmatian, but a little smaller than a pure breed would be. She is a bundle of energy, but she makes a good running partner!

If you could take a month-long vacation any where in the world, where would you go? Why?

I would probably go to Europe because I could take the time to visit all the different countries and appreciate how they are each unique.

To whom would you recommend the Northwestern massage therapy program?

The program is very rigorous and challenging. But if you truly have an interest and passion for anatomy and physiology, it's a great program for you. The teachers are very passionate and really enjoy their work, which helps to instill that in you as a student.

Practice Management

Loren Martin (see your box).

Poll Question

What character do you most identify with?

1. Elmer Fudd
2. Bugs Bunny
3. Tweety Bird
4. Sylvester the Cat

5. Road Runner
6. Daffy Duck

Menu

Menu will be available on Wednesday.