

Top Stories

Northwestern Mentors Are a Bright Spot in the Day for Poplar Bridge Elementary Students

As most students head to lunch at Poplar Bridge Elementary School in Bloomington, Minn., the students in Mrs. Stan's class stay behind. Anxiously tapping pencils and kicking the legs of their desks, they wait for the arrival of Northwestern Health Sciences University student mentors. Offering one hour of their time each week to play games and help with homework, the presence of mentors has become the bright spot in the day for these students who are diagnosed with emotional and behavioral disorders (EBD).

Poplar Bridge Elementary School is the district center for children with EBD. "We accept any child who lives in the Bloomington district," says Judy Petersen, a Poplar Bridge teacher. "These are children who spend less than 50 percent of their time in the public school mainstream. The rest of their time is spent in a special education classroom." Emotional and behavioral disorders include anxiety disorders, obsessive-compulsive disorder, post-traumatic stress disorder, attention deficit and hyperactivity disorder, selective mutism, conduct disorder, and bipolar disorder.

As the Northwestern students enter the classroom, they are greeted with whispers and murmurs of excitement. After locating their assigned elementary student, mentors find places around the room where they can spend their hour together.

Justin Nye, a T2 chiropractic student, sits in the corner of the classroom with his third grade student. Together, they play the student's favorite game, "Quicksand."

"Justin is fun," says the third-grader. "We don't do work, we just play."

Although childhood is generally regarded as a carefree time of life, children who are diagnosed with EBD encounter great difficulties in terms of low self-esteem and thrive when they are able to depend upon others. "These are children who are in desperate need of consistency and structure," says Jennifer Urena, LAMFT, a Poplar Bridge Elementary School therapist.

"Many of the mentors did not anticipate the significance of these kids' needs," says Jan Frydenlund, LICSW, Poplar Bridge social worker. "Just sitting in a group and sharing what students did on their weekend can be a challenge in terms of structure."

In addition, these students endure a constant struggle in identifying and staying in touch with their emotions. "When I first started working with my student, she rarely spoke,"

says Nicole Quad, a T2 chiropractic student. “My biggest challenge was getting her to feel more comfortable in my presence.”

Mentors also face the challenge of balancing friendship with setting behavioral boundaries. “I want to be a cool role model,” says Scott Mitchell, a T6 chiropractic student. “I don’t want to boss him around, but at the same time I have to stick with the rules. This can be very difficult to do at times.”

While the obstacles that face Poplar Bridge students may be daunting at times, the simple presence of mentors seems to be an effective tool in terms of transgressing social issues and raising self-esteem.

“Over the summer, I volunteered to help Mrs. Stans’ class during their physical education class,” says Mitchell. “A student and I decided that it would be fun to play kick ball as a class. We approached the other students and motivated them to join us. Soon, everyone was involved and we had a great time. After the game, I was approached by the physical education instructor. Apparently, the fact that all of the students were participating was quite unusual. Though it was only a moment over the course of my three trimesters of mentoring, I felt that in some small way, I had made a difference.”

In addition to improving social skills, mentors have an impact on the self-esteem of their students. “The greatest result of this program has to do with the reliability of these mentors and the feelings of uniqueness that the children experience when their mentor spends quality time with them,” says Urena. “Normally, these are children who are isolated in the classroom. Other children think they are different and treat them accordingly. Bringing outside people into the school helps lessen the stigma associated with being in a special education classroom.”

“The fact that Northwestern student mentors are extremely dependable has helped these students tremendously,” she adds. “The fact that they adjust their schedules in order to ensure that they can spend time with their students shows how important mentoring is to them.

“In time, students begin to internalize the message that Northwestern mentors display and they begin to see themselves as important too.”

Acupuncture and Integrative Medicine Offered at St. John’s Hospital

Amid the world of Western medicine at St. John’s Hospital in Maplewood, Minn., exists the Natural Care Center, an integrative clinic offering acupuncture to HealthEast patients. The existence of such a clinic is a dream come true for Andy Lininger, LAc, a faculty clinician at Northwestern Health Sciences University in Bloomington, Minn., and a practicing acupuncturist at the University’s Natural Care Center at Woodwinds in Maplewood, Minn. On a local scale, the center offers patients a way to alleviate the countless side effects of chemotherapy, post-operative side effects and diverse health

conditions. On a global scale, the Natural Care Center exemplifies a growing trend toward integration of Eastern and Western philosophies to ensure optimal care for its patients.

Acupuncturists and Oriental medicine practitioners have been treating pain for thousands of years. During an acupuncture treatment, fine needles are inserted at specific points along the meridians just under the skin to stimulate, disperse and balance the flow of energy, called “Qi” (pronounced “chee”).

Collaborating with Northwestern Health Sciences University, HealthEast established the Natural Care Center at St. John’s in 2000. In addition to offering acupuncture, the clinic offers various other modalities, including acupressure, healing touch, meditation, guided imagery, relaxation, nutrition therapies, massage, and shiatsu massage as a complement to patients’ allopathic health care.

Acupuncture is available at the Natural Care Center every Wednesday from 1:30 p.m. – 5 p.m. Lininger sees five or six patients per week, treating illnesses that vary from breast cancer to depression.

The implementation of an integrative clinic in a Western medical facility is evidence of a growing acceptance of alternative health care options. Introduced to America during the presidency of Richard Nixon (1969 – 1974), the precise and predictable effects of acupuncture led the World Health Organization to cite the treatment as effective in treating more than 40 conditions, including asthma, arthritis, depression, headaches and migraines, pain relief and nausea.

More recent research conducted by the National Institutes of Health in 1997 found clear evidence of acupuncture’s ability to alleviate nausea in patients undergoing chemotherapy and post-operative care. In addition, foreign studies and clinical experiences have demonstrated acupuncture’s ability to preserve the quality of blood values in chemotherapy patients.

“In the past year, we have begun to see acupuncture as one of the premiere ways of alleviating the symptoms of chemotherapy,” says Lininger. “This has led to the reclassification of acupuncture as a more traditional form of health care.”

“The addition of acupuncture at the Natural Care Center has been well received by my patients who are diagnosed with breast cancer,” says Jane Klein, RN, MBA, program and care coordinator at the HealthEast Breast Care Center at St. John’s Hospital. “At the Breast Cancer Center, we encourage the use of complementary therapies. Andy has been a great help in alleviating nausea that is the result of chemotherapy.”

In addition to helping patients deal with nausea, acupuncture offers patients whole-body health benefits. “While I initially set my appointment to reduce dizziness, I have been treated for back pain, high blood pressure, even the occasional sore throat,” says Loretta

Priester, an acupuncture patient. “This service has dramatically changed my outlook on health care.”

Priester’s experience reflects the true benefits of acupuncture, according to Lininger. “People often come into the clinic with one idea of what they want to see treated. In time, secondary concerns such as weight loss and emotional well-being are also treated,” he says.

Despite positive patient results and the Natural Care Center’s location in the hospital, the goal of complete integration of Eastern and Western health care approaches has yet to be accomplished. “While I work within the hospital, patients are rarely referred to us by their physicians,” says Lininger. “Although the biomedical field is the place where health care is delivered, natural health care has a lot to offer. While our patients have been our greatest advocates, my goal is to have more of an impact on physicians.”

“The integration of these clinics is very important to me,” adds Priester. “While I still take blood-pressure medication, acupuncture has reduced my dosage level. If physicians and practitioners could just agree to disagree, I believe that such integration would offer greater benefit to the patients.”

While physician referrals for acupuncture may be rare, the location of the clinic promotes acupuncture to those who would not normally consider such a service. “The Natural Care Center’s affiliation with St. John’s Hospital gave me the confidence I needed to set up an acupuncture appointment,” says Priester. “I am glad I did because I have experienced marvelous results.”

Shall We Dance? Northwestern Offers Ballroom Lessons

For staff, students and faculty of Northwestern Health Sciences University who suffer from “two left feet syndrome,” a ballroom dancing class may be just what the doctor ordered. Dance lessons are offered from 5 p.m. – 6 p.m. on Tuesday evenings in the gym.

Michael Anderla, a T5 chiropractic student and president of the Ballroom Dancing Club, initiated dancing lessons at Northwestern in September 2004. “This is an opportunity for Northwestern students to do something that is completely different from their normal day activities,” says Anderla.

Rather than offering the typical lectures, panel discussions and brown bag luncheons that characterize most Northwestern student organization events, the Ballroom Dancing Club offers an activity that transcends academic discipline and requires no note taking. “We dance tango, meringue, cha cha, salsa, swing, rhumba, the Viennese waltz and more,” says Anderla.

Anderla's passion for dance began seven years ago, during his undergraduate studies at St. Olaf College, in Northfield, Minn. "I took ballroom dancing as a physical education requirement. I never expected that it would develop into such a passion," he says.

"My favorite dance was definitely the waltz," he adds. "It is one of the smoothest and most free-flowing of movements. It also permits you to improvise in terms of moves." Anderla's passion for ballroom dance led to a dancer camaraderie on St. Olaf's residential college campus. "We used to bring portable speakers wherever we went," he says. "During any moment of free-time we would just plug them in and begin to waltz."

Upon graduation, Anderla became a professional dance instructor, teaching at Dancer's Studio, a former fire department located in St. Paul, Minn. "Although I knew how to dance, Dancer's Studio turned me into an instructor. I continued to teach at their studio on Snelling Avenue for three years," he says.

Upon entering Northwestern's College of Chiropractic in September 2003, Anderla was temporarily forced to remove his dancing shoes. "I spent that year missing it a great deal," he says. "I really wanted to set something up so that I could give students here the same opportunity I had in college."

These days, Anderla's ballroom dancing class is increasing in popularity. "There are about 10 to 15 people who come every week and who are very committed to learning the art," he says. "I am not surprised that more and more people are becoming interested. The image of it in the movies and the fact that it is so different from what we do here is very appealing."

Scholarships Awarded to 28 Students at Homecoming

Northwestern Health Sciences University presented 28 students with scholarships at this year's Chiropractic Homecoming and Winter Gathering. Students could apply for 16 types of scholarships worth a total of \$20,500 if they met certain criteria. Some scholarships required a grade point average of 2.5 or 3.0; some required a need for financial assistance; and some required participation in extracurricular activities.

The following scholarships were awarded to chiropractic students at the annual Homecoming event:

DONALD SAUNDERS MEMORIAL SCHOLARSHIP – \$500

Evan Frisk, T8

DR. EDWARD L. WALLICK MEMORIAL SCHOLARSHIP – \$750

Nicholas Rapp, T8

DR. J. LA MOINE DE RUSHA SCHOLARSHIP – \$1,000

Jennifer McClurkin, T9

DR. JEFFREY JONES SCHOLARSHIP – \$500 each
Jeffrey Algajer, T5; Aaron Dingman, T5

DR. JOHN B. WOLFE SCHOLARSHIP – \$1,000 each
Mikael Johnson, T8; Andrew Klein, T8; Bethanie Schatz, T8

DR. JOHN F. ALLENBURG SCHOLARSHIP – \$500
Joel Fugleberg, T5

DR. NORMAN M. HORNS SCHOLARSHIP – \$500
Osly Philistin, T10

DR. O. A. WEUM SCHOLARSHIP – \$500
Jennifer Breunig, T7

DOUGLAS SCHOLARSHIP – \$500
Heather McLeod, T4

GAIL SAWYER SCHOLARSHIP – \$1,500
Tammy Walz, T9

MCKIERNAN SCHOLARSHIP – \$1,000
Gary Christopher Wight, T8

NWCC ALUMNI ASSOCIATION SCHOLARSHIP – \$500 each
Colleen Boling, T7; Chris Erickson, T5; Christopher Grier, T5; Tim Gunderson, T5;
Karyn Jones, T8; Susan Raye Thompson, T10

PERFORMANCE HEALTH/BIOFREEZE SCHOLARSHIP – \$1,000 each
Karen Bates, T8; Juliet O'Donnell, T8; Martina Uffer, T8; Brad Woodle, T8; Christina
Ylitalo, T7

PUKRUPP SCHOLARSHIP – \$250
Sarah Radabaugh, T4

STEWARDS OF CHIROPRACTIC SCHOLARSHIP – \$500
Tracy Burmeister, T7

V. DUANE HENRE SCHOLARSHIP – \$750
Kenzie Satter, T8

Giving is Natural: Employee Council Donates \$500 to Annual Fund

Northwestern Health Sciences University's Employee Council has donated \$500 to the University's Annual Fund. The donation was made on the behalf of all employees, says Don Yerhot, president of the Employee Council and Windows server administrator.

“As a council, we wanted to give something back to the University,” says Yerhot. “The money was raised from bake sales and other similar fundraisers so really the donation was made on behalf of all employees.”

The council had discussed donating the funds for several months prior to making a decision. Ultimately, the group agreed to donate \$500 because it was a dollar amount that was readily available, but would not hinder the council’s plan to install benches on campus in the spring.

“Five hundred dollars is enough to make an impact, but it doesn’t drain the Employee Council’s resources,” says Yerhot.

‘10 Weeks to Wellness’ Encourages Healthy Lifestyles

Beginning Feb. 15, Paul Ratté, ND, associate clinic faculty at Northwestern Health Sciences University, will be helping Northwestern employees adjust their thinking about healthy living.

From Feb. 15 – April 19, Ratté will offer employees a lifestyle education workshop titled, “10 Weeks to Wellness.” The program will be held from noon – 1 p.m. in the cafeteria conference room. Among the topics Ratté will address are nutrition, detoxification, stress reduction, and improving metabolism.

“I am going to try to educate participants and empower them to take charge of their health,” says Ratté. “I will be giving people the knowledge and motivation to change.”

According to Ratté, a naturopathic practitioner, conventional medicine and weight-loss plans address the “disease” rather than the whole person. In contrast, Ratté will discuss ways participants can change their lifestyles to become healthier. A natural result of better health could be weight loss, more energy, better sleep and a slowing of the aging process.

Participants in the program can expect to receive handouts and information that encourages accountability, says Ratté. Among the materials is a diet diary.

“Just filling out a diary of what you eat each day makes people take responsibility for what they put in their bodies,” says Ratté. “The group setting also encourages accountability.”

What participants shouldn’t expect are quick fixes for health problems, says Ratté. “Good health is hard work,” he says.

The cost of the program is \$25. For more information about “10 Weeks to Wellness,” contact Rosie Ward at rward@nwhealth.edu.

Hall of Honor is Dedicated

Mark Zeigler, DC, chair of Northwestern's Board of Trustees; Alfred Traina, DC, president of Northwestern; and Arlene Bubel, wife of Ron Bubel, DC, a 1961 Northwestern graduate who is honored in the Hall of Honor, applied the final brushstrokes on Northwestern Health Sciences University's Hall of Honor during a dedication ceremony on Feb. 3. The hall recognizes students, faculty, alumni and donors who support the University's Community of Caring.

A Muddy Mess: Homecoming Leaves Its Mark on Northwestern's Lawns

Tire tracks, torn up earth and muddy ruts mark Northwestern Health Sciences University's south and western lawns following the chiropractic Homecoming and Winter Gathering Feb. 3-5. Due to the large number of people on campus — estimated at 1,300 people — makeshift parking was created on the lawns. Above average temperatures warmed the soil, causing it to soften. As a result, it was damaged by cars and trucks driving and parking on it.

According to Kevin Wolpern, director of the physical plant, the lawn will be leveled and seeded in the spring. "There's not much else we can do," says Wolpern.

President Thanks Staff for Hard Work During Homecoming

Alfred Traina, DC, president of Northwestern, expressed his gratitude Feb. 7 for all the work staff undertook to make the 2005 Northwestern College of Chiropractic Homecoming and Winter Gathering a success.

"I don't know where to begin," says Dr. Traina. "Everybody played a part in making the event run smoothly."

Dr. Traina highlighted the efforts of the Office of Alumni Relations, which planned the event; the Office of Continuing Education, which organized the continuing education classes; the Office of Development, which arranged the dedication of the Hall of Honor; Evergreen Foods, which provided meals and snacks; the Audio/Visual Department, which arranged all of the sound and video for workshops and luncheon speakers; and the physical plant staff, who set up the event and cleaned up after it.

“When I came in this morning, I would have never guessed we had more than 1,300 people on campus this weekend,” says Dr. Traina. “I was so impressed with the spirit of volunteerism on campus. It really was a tribute to our Community of Caring.”

13 Employees Recognized for Performance

Thirteen employees were recognized in the month of January for their outstanding performance. Honorees included:

- Debra Twite, comptroller — Recognized by Andrea Kodner-Wenzel for cost saving, teamwork, exceeding expectations, leadership and dedication;
- Dorjee Gylapo, custodian — Recognized by Karen Monroe for teamwork;
- Jan Halleen, BA, director of purchasing — Recognized by Martha Hardy for exceeding expectations, teamwork and dedication;
- Jennifer Hewitt, administrative assistant — Recognized by Kimberly Ross for teamwork;
- Kelly Teeter, accounts technician — Recognized by Martha Hardy for teamwork and dedication;
- Kevin Wolpern, director of the physical plant — Recognized by Lyra Knippel for teamwork, exceeding expectations and dedication. Wolpern was also recognized by Della Shupe for dedication;
- Lori Hanegraaf, administrative assistant — Recognized by Bill Kuehl for outstanding leadership and dedication;
- Lynne Hvidsten, DC, director of clinical education — Recognized for teamwork, outstanding leadership and dedication by Kimberly Ross;
- Mario Resendez, physical plant — Recognized by Karen Monroe for teamwork;
- Mary Berg, assistant professor — Recognized by Kimberly Ross for teamwork and dedication;
- Rob Grady, admissions representative — Recognized by Bill Kuehl for exceeding expectations, outstanding leadership, and going above and beyond the call of duty;
- Warren Moe, professor — Recognized by Kimberly Ross for teamwork and dedication; and
- Xianghui Yang, administrative assistant — Recognized by Jeff Graham for teamwork.

Prize winners included Twite, the Employee of the Month parking spot; Wolpern, two Timberlodge Steakhouse gift certificates; Berg, one Timberlodge Steakhouse gift certificate; and Dr. Hvidsten, one Timberlodge Steakhouse gift certificate.

Hearts for Hunger Food Drive to Help Local Residents

Northwestern's Community Service Committee and the Student Senate Volunteer Committee have teamed up to provide area residents with food and personal hygiene products through Volunteers Enlisted to Assist People (VEAP). The "Hearts for Hunger" food drive will run from Feb. 7 - Mar. 4.

Many types of food items are needed, including canned meat (stews, chili and spam), canned fruit, cream and tomato soups, tuna, cereal, salad dressing, jelly and coffee. In addition, personal hygiene products are also needed. Such items include diapers, baby wipes, bar soap, shampoo, dish soap, deodorant, toilet paper, toothbrushes and toothpaste, and laundry detergent.

Collection bins will be located in the library, Room 22, Room 23, Room 11, student affairs office, Bloomington Natural Care Center and in the foyer.

Cash donations will also be accepted at the cashiers at the cafeteria and the University bookstore.

VEAP, a local organization, serves low-income, elderly, and disabled residents in the Bloomington, Edina, and Richfield area. VEAP provides a variety of basic services to fulfill the immediate needs in people's lives so that they may position themselves for long-term success. In 2004, VEAP provided 13,274 households with a nutritious, five-day supply of food.

Northwestern's Homecoming and Winter Gathering Brings Graduates to Campus for Academic and Social Activities

More than 1,000 Northwestern College of Chiropractic alumni visited campus Feb. 3-5 for the country's largest chiropractic homecoming. In addition to graduates, hundreds of chiropractic assistants, students, staff and vendors converged on campus, filling the halls with bustling energy.

The 2005 Homecoming and Winter Gathering offered doctors an opportunity to earn relicensure hours, visit vendor booths, register for prizes, reconnect with classmates, and celebrate the University's Community of Caring. Among the activities offered during the event were seminars surrounding this year's theme, "Current Perspectives: Chiropractic Model of Healthcare"; a reunion year reception; a Friday night reception and dance; the dedication of Northwestern's new Hall of Honor; the presentation of scholarships; the recognition of Northwestern's Alumnus of the Year; and a luncheon presentation by Ray Damidian, MD, inventor of the magnetic resonance imaging (MRI) machine.

But the biggest draws appeared to be the continuing education opportunities and the chance to visit with classmates.

“I come every year for the continuing education and to get back in touch with my friends,” said Yer Mua-Lor, a 2000 graduate who practices in Minneapolis. “It’s a wonderful time both socially and academically.”

Northwestern’s Homecoming and Winter Gathering is the nation’s largest, and is the third-largest annual chiropractic event in the United States.

Inventor of the MRI Speaks to Graduates

The magnetic resonance imaging (MRI) machine could have an impact on how doctors of chiropractic practice.

That was the concluding message of an hour-long presentation by Ray Damadian, MD, the inventor of the MRI and the stand-up MRI. Dr. Damadian — who was brought to campus through the efforts of LifeScan Stand Up MRI, one of Northwestern’s corporate partners — explained the basis of the MRI and how he developed it to Northwestern College of Chiropractic graduates at a lunch Feb. 4 during the College’s Homecoming and Winter Gathering.

“[The stand-up MRI] has a nice application for chiropractic,” Dr. Damadian told his audience. “A doctor of chiropractic could get a scan before a treatment and another scan after the treatment, which would show explicitly what you accomplished with your adjustment. [The result would be] better and better techniques.”

Alfred Traina, DC, president of Northwestern, says he was impressed with Dr. Damadian’s message. “Having a genius on campus who has made a dramatic impact on people through the health care profession was such an honor,” he said. “I was so impressed with him and proud to have him here.”

Adds Jim McDonald, vice president and chief financial officer of Northwestern, “I believe that having someone with Dr. Damadian’s stature here on our campus provides a measure of credibility to both our profession and our institution. The fact that he understands our profession and that he sees the benefit in the care we provide is very important.”

Health and Wellness

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

February is American Heart Month

Trans Fatty Acids Linked to Systemic Inflammation

Trans fatty acids have been linked to an increased risk of coronary heart disease and risk of diabetes. New research from the Nurses' Health Study I and II shows that trans fatty acids are also linked to an increase in systemic inflammation, especially in women who are overweight. Systemic inflammation is an emerging risk factor for coronary artery disease, insulin resistance, diabetes, abnormal lipids and heart failure.

Trans fatty acids are formed when vegetable oils are hydrogenated or partially hydrogenated by food manufacturers. The average consumption of trans fatty acids is about 4 percent to 7 percent of total dietary fat. In its Recommended Dietary Intakes, the Institute of Medicine recommends avoiding all trans-fats.

The primary sources of trans fats are:

- Fast foods;
- Commercial bakery products;
- Packaged snacks and dinners; and
- Margarines.

To avoid trans fatty acids, use vegetable oils in place of shortening, buy trans fat-free margarines (read labels) and prepare your own baked goods using oils in place of partially hydrogenated oils. When reading a food label, look for the words "hydrogenated" or "partially hydrogenated." If it is present, the product has trans fatty acids. The actual amount of trans fatty acids will soon be on all labels. Be a smart shopper. Choose foods without trans fats for best health.

Source: Mozaffarian D et al. "Trans Fatty Acids and Systemic Inflammation," Amer J Clin Nutr 2004; 79:582-92.

Healthy Heart Checks Available to Staff and Faculty Throughout the Month of February

In an effort to promote heart health, and in honor of American Heart Month, Northwestern Health Sciences University staff and faculty will have the opportunity to participate in heart health screenings in the University Health Services clinic.

The 30-minute appointments will include a complete heart health questionnaire; a physical assessment that includes the measurement of height, weight, waist and hip ratio, body mass index, and blood pressure; and an opportunity to have a full lipid profile ordered if deemed appropriate.

Short follow-up appointments will be scheduled as needed to review the results of your lipid profile and to provide you with lifestyle education. Screenings will be available beginning Feb. 7.

To schedule your appointment, call ext. 415 and request the Healthy Heart Check. Appointments are available during regular University Health Services hours:

- Mondays: 7 a.m. - 9 a.m., noon - 5 p.m.
- Tuesdays: 7 a.m. – 1 p.m.
- Wednesdays: 7 a.m. - 9 a.m., noon - 5 p.m.
- Thursdays: 7 a.m. – 1 p.m.
- Fridays: 7 a.m. - 9 a.m., 3 p.m. - 5 p.m.

Are You At Risk for a Stroke?

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

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

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

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

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

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

10 Weeks to Wellness Lifestyle Education Program Offered at Northwestern

“Many people think they have to lose weight to be healthy, but in truth, you have to be healthy to lose weight.” ~Diana Schwarzbein

This program, offered to Northwestern employees and students, presents practical lifestyle changes to begin and continue the journey to optimal health rather than turning to fad diets, miracle supplements, and pharmaceuticals to address the troubling symptoms of poor health: slow weight gain, fatigue, restlessness, insomnia and chronic pain. Each seminar is taught by Paul Ratte, ND, a naturopathic practitioner at Woodwinds Natural Care Center, in Woodbury, Minn.

When: Tuesdays, Feb. 15 – April 19, noon – 1 p.m.

Where: Cafeteria Conference Room

Cost: \$25 (cost is for program materials only; the regular price is \$79)

*Advance registration and payment are required. Make checks payable to NWHSU. Contact Rosie Ward, health and wellness coordinator, at ext. 519 or e-mail rward@nwhealth.edu to register.

“Do” Campaign

“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” have spotted and rewarded nine people. **Ruth Ann Marks**, information technology, was recognized for her efforts in supporting wellness and leading weekly walking groups. **Roni Evans**, DC, director of the Wolfe-Harris Center for Clinical Research, was spotted taking a snowshoe break during her day. **Debbie Miller**, LPN, clinic administrator, was spotted hand delivering her mail rather than just putting it in mailboxes. Marks won a water bottle holder, Evans won a Starbuck’s gift certificate, and Miller won a Caribou gift certificate. If a do-crew spots you “doing,” you could be the next big winner!

Healthy-U Program Updates

February Recess Activities

Remember when you were a kid and had “play” time each week? Imagine the benefits on your stress levels and personal well-being if you took time out for yourself each week

You will receive a new 2005 Recess tracking card when you attend your first Recess activity for the year. Each time you participate in a Recess activity, the group leader for that activity will initial your tracking card. At the end of July, there will be drawings for varying levels of prizes based on your participation. Even if you can only attend one or two events, you're still eligible for a prize!

- **Thursday, Feb. 10 – Walking Groups** – will leave at 11:30 a.m., noon, and at 12:30 p.m. Groups will meet on the main level by door four.
- **Thursday, Feb. 17 – Ice Skating** – will take place from 5 p.m. – 7 p.m. at Centennial Lakes, in Edina. Grab your ice skates and your warm clothes for some fun, exercise and socializing.
- **Friday, Feb. 18 – Relaxation Class** – will take place from 11:30 a.m. – 11:50 a.m. in the gym. Take 20 minutes out of your day to unwind and rejuvenate.
- **Tuesday, Feb. 22 – Lunchtime Games** – come anytime between 11:30 a.m. – 1 p.m. for fun and games.

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

Americans' Weight Gain Costs Airlines

Americans gained an average of 10 pounds per person in the 1990s. The Centers for Disease Control estimates that the extra weight cost U.S. airline carriers an additional 350 million gallons of fuel in 2000. That amounts to an additional \$275 million annually in fuel bills for the financially strapped American airline industry.

Source: Centers for Disease Control and Prevention

Quote of the Week

“Happiness is not a matter of good fortune or worldly possessions. It's a mental attitude. It comes from appreciating what we have, instead of being miserable about what we do not have. It's so simple, yet so hard for the human mind to comprehend.” ~ John Luther

Upcoming Events – February and March

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

Saturday, Feb. 12 –Valentine’s Day 5K Run and Walk (Minneapolis, Minn.)

- Bring your non-perishable food items for Minnesota Food Shelves.
- \$18 entry fee.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, March 12 - Lake Johanna Four-Mile (Arden Hills, Minn.)

- A scenic and challenging loop around Lake Johanna.
- This race is free to members of the Minnesota Distance Running Association.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, March 19– Spring Fever 5K Run and Walk (Blaine, Minn.)

- \$12 entry fee if registered before March 12; \$16 day of event.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, March 26– Get Your Rear in Gear Colon Cancer Coalition Run
(Minneapolis, Minn.)

- A 5K run and walk and a half-mile kids fun run to benefit colon cancer research.
- \$18 entry fee for adults; \$12 entry fee for children 12 and under.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Recipe Corner

Corn Chowder

Ingredients

1 tablespoon vegetable oil

2 tablespoons finely diced celery
2 tablespoons finely diced onion
2 tablespoons finely diced green pepper
1 package (10 ounces) frozen whole kernel corn
1 cup peeled, diced, one-half-inch raw potatoes
2 tablespoons chopped fresh parsley
1 cup water
¼ teaspoon salt
black pepper to taste
¼ teaspoon paprika
2 tablespoons flour
2 cups low-fat (1 percent) or skim milk

Cooking Instructions:

1. Heat oil in a medium saucepan.
2. Add celery, onion and green pepper and sauté for two minutes.
3. Add corn, potatoes, water, salt, pepper and paprika. Bring to a boil. Reduce heat to medium and cook, covered, about 10 minutes or until potatoes are tender.
4. Place one-half-cup of milk in a jar with a tight fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

Yield: Four servings (serving size = one cup)

Nutrition: 186 calories, five grams fat (one gram saturated), five mg cholesterol, 205 mg sodium

Source: “Stay Young at Heart Recipes” – National Heart, Lung and Blood Institute

Student Resources

Employee Resources

Daily Hot Spots

To recall and celebrate the positive contributions to our nation made by people of African descent, Carter Woodson, American historian, established Black History Week beginning on Feb. 12, 1926. As a part of the nation's bicentennial in 1976, the week was expanded into Black History Month.

[Release/www/releases/archives/facts_for_features_special_editions/003721.html](http://www.releases/archives/facts_for_features_special_editions/003721.html).

This thought-provoking Web site from Indiana University professor Paul Pietsch presents a number of well-written (and sometimes out-there) articles from scientists who wonder about, and experiment on, the nature of intelligence, perception, and how the brain stores the mind. <http://www.indiana.edu/~pietsch/home.html>.

Hitoshi Doi loves his anime, and has apparently poured his heart and soul into this database of character guides, inside facts and a hefty section of seiyuu. Did you know that Misuishi Kotonno, voice of Sailor Moon, is blood-type A and wears size 23.5 cm shoes? http://www.haleokala.com/doi_hitoshi/main.htm.

“New Voices” is America's only national magazine written by and for Jewish college students. <http://www.newvoices.org/>.

“Toldot,” a Hebrew word which translates to “generations” and “life stories,” is a springboard for exploring Jewish identity and culture through art and multimedia exhibits. <http://www.toldot.org/main/main.html>.

Plot a course to one of the Web's best sources of digitized maps at University of California – Berkeley's Earth Sciences and Map Libraries site. The digital maps are organized into areas such as nautical charts, topographic maps, transportation and communication maps, facsimile maps and reproductions, and aerial photography. <http://www.lib.berkeley.edu/EART/>.

Like the music it covers, Jazz Online is exceedingly smooth. <http://www.jazzonln.com/>.

If you understand the following, this site is for you: “All pseudogenes of the ANT gene family seem to lack introns.” This highly technical catalog is a goldmine on how genetic differences cause illnesses, deformities and changes among species.

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=OMIM>.

Northwestern People

Student Spotlight: Mia Calhan, T1 Massage Therapy Student

Where are you from originally?

I was born in Portland, Ore. Now my family lives in Appleton, Wis.

Did you go to high school in Appleton?

I did for two years. I was home schooled senior year and studied abroad in Venezuela during my junior year. Once I graduated from high school, I immediately left for Spain. I lived there for two more years.

What hobbies do you enjoy?

My mother is a musician, so I gained a love of music from her. I play the violin, viola, accordion and the didgeridoo. I also have been doing street performance and circus performance for several years now.

Really!

I guess that my interest started when I was in Venezuela and continued during my stay in Spain. You know, performance art is really popular outside of the United States.

What type of performance art are we talking about here?

Dance theater, physical performance, acro-balance, juggling and music.

I keep picturing those performers who dip themselves in silver paint and stay perfectly still for hours.

I have never done that, but yeah, they exist.

Those guys are very frightening.

Well...the ones who are good are really cool.

What type of juggling do you do?

I juggle lights and fire.

Have you ever lit something on fire by accident?

No. I have suffered from minor burns now and then, but nothing serious.

What is your most dangerous stunt?

Anything to do with fire involves risk. Perhaps fire juggling or fire breathing.

Have you ever played the didgeridoo and breathed fire simultaneously?

No. You would need two mouths and two sets of lungs to do that.

If you tell me the craziest thing that ever happened to you as a street performer, I'll tell you the craziest thing that ever happened to me as a non-street performer!

OK.

You first.

It happened during the high point in my show. I was standing on the shoulders of my partner who was breathing fire. I was playing the violin...

What were you playing on the violin?

A composition of my own creation. Anyways, there was this marching band that was very frustrated because we were blocking their path. Just as we were trying to wrap it up, the band marched through our crowd. I almost fell off my partner and got lit on fire.

Wow.

What is the craziest thing that ever happened to you?

Once at Bed Bath and Beyond I had this coupon for 25 percent off my purchase and ...actually, never mind.

So what is your dream job?

It has to be artistic. Perhaps I would work as a performer in the circus, or behind the scenes. I can also see myself doing physical therapy and traveling with circus performers.

That is so interesting. Massage therapy in the circus profession is really an untapped market.

Indeed.

Employee Spotlight: Patricia Casello, DC, Assistant Professor

How long have you been working at Northwestern?

I started in January.

What were you doing prior to then?

I am an alumni of Northwestern. I graduated in 1998. Since then I have run my own chiropractic clinic and taught basic sciences for several universities.

And before you were a chiropractor?

I was a software development manager with Control Data and with Northwest Airlines.

Talk about a change in career paths!

Project management and being a chiropractic physician both require analysis skill and careful monitoring. It was a natural transition for me.

What do you enjoy outside of work?

Gardening, cooking, improvisation and performance art.

Improvisation and performance art?

I am a student at the Brave New Workshop in Minneapolis, Minn. I also do my own interactive seminars. It's just a lot of fun. It is so different from the structured sequences of teaching so it taps into another part of me.

So you are a comedian?

Sometimes I am. Improvisation is not necessarily comedic. In fact there are two different types. Short improvisation is what you see on television, like with Drew Carey for

instance. It is the type of improvisation in which you are given a topic, or a bunch of ideas to throw together, and in a matter of seconds, you are asked to create a skit.

On the other hand, long improvisation is like storytelling. Think of Garrison Keillor's "A Prairie Home Companion." You are given ideas from an audience and you create a longer, collaborative skit. You develop characters and a storyline that you may often return to during a performance.

What is the difference between improvisation and performance art?

Performance art is often scripted. Both are collaborative efforts, but improvisation requires full trust of being in the moment with your fellow performers.

How long have you been doing this?

It has been two years now. During the last nine months I have been focusing on preparing stage auditions.

Where are you planning to audition?

I am interested in participating in local or regional theater. I wouldn't mind being an actress in a murder mystery dinner theater show.

Did you study drama and performance art as an undergrad?

No, I studied psychology. I received a master's degree in business administration for organizational psychology.

So, besides database managing, gardening, cooking, organizational psychology, short and long improvisation, performance art, and auditions for the stage, what do you do?

I enjoy dance and I also travel.

What type of dance?

Cajun dance, ballroom and clogging.

Clogging, really?

It is a lot like tap dancing.

And where have you traveled?

I have been to Thailand, Hong Kong, Japan, Europe and most of North America.

What was your favorite destination?

Probably Thailand. It is an amazing place.

What was your worst travel experience?

I was in Hong Kong during Tiananmen Square. I had no idea, of course, what was happening. The next morning, as I went on a jog through the city, I found myself in the middle of a two-million people protest march in Mandarin. I passed a television shop and stopped jogging to watch CNN report on the events. I found out that we were stranded due to the airports being shut down.

Hong Kong was a fascinating place. I was disappointed that I had to cancel my trip to the Chinese New Territories due to travel advisories for Americans and closed borders.

Practice Management

How Do I Feel About My Fee?

Submitted by Dale Healey, DC, dean of the School of Massage Therapy

Money is a funny thing. Many say that money is power. It can have a powerful effect on our psyche and can stir strong emotions in the areas of greed and envy; compassion and generosity.

One of the most difficult questions that a massage therapist must answer related to money is “how much should I charge?” There are perhaps dozens, if not hundreds, of factors to consider when searching for the answer to this question.

Here are a few factors that a good massage therapy business class will advise students to consider when answering this question:

- What is your overhead: Can you physically do enough massages at the price you want to charge to cover your overhead and still make a decent profit?
- What are the socioeconomic dynamics of the clientele you will serve?
- What are other therapists charging?
- Do you want to try to influence the prevailing fee structure in your area through your fee?
- Do you want to be known at the least expensive therapist in town? The most expensive?

These are all very important questions and need to be addressed. However, the most important question that a therapist must answer is “how do I **feel** about the fee I have set for my services?” The comfort level you have with your fee will come in part as a result of researching the answers to the above logistical questions. Even if all the above “research” questions point without question to a fee of \$60 for an hour massage, I would submit that the therapist will be unsuccessful in practice if they are uncomfortable with that \$60 fee.

There must be agreement between the value the therapist places on the service they are providing and the fee they are charging. If the therapist truly believes the value of the service is \$40 for an hour massage, but charges \$60, this can create a significant problem. Therapists who charge more than their perceived value of the service typically experience very real problems in practice. They have a tendency to pass on their discomfort with their fee structure to clients. This may happen consciously and overtly through verbal apologies for the high fee and frequent discounts, or subconsciously through extended

sessions and a sheepish attitude about the fee. These actions and feelings will repel clients and significantly reduce the chances for success in practice.

Conversely, if the therapist perceives the value to be \$60 for an hour massage but the fee is set at \$40, this can also create a very real problem. In this case, the therapist often feels cheated and may develop a sense of resentment toward clients and the profession. Therapists may begin to expect tips to account for the difference between price and value; and the resenting clients who don't tip. Therapists who set a fee below their sense of value will have difficulty appropriately valuing clients, and have a tendency to pass their resentment on to them.

Massage therapists' comfort level with their fee structure will greatly determine their level of satisfaction in the profession and therefore affect their willingness to remain in practice. Clients are sensitive to the level of comfort you have with your fee structure and will reject your service if they sense incongruence. Clients who sense that the value of the service does not match the fee will not refer and typically will not return. Ironically this is true even if the fee is less than the value. Clients will sense your discomfort and begin to question the value of the service themselves.

The take home message is: The degree to which the fee matches the therapist's perceived value of service will be proportional to his or her level of success, both financially and otherwise.

Poll Question

What do you do to get out of the winter "blahs"?

- (a) I turn my thermostat to 85 degrees and lounge in my private paradise.
- (b) I work out (inside).
- (c) I enjoy it. I don't care if its 15 degrees below zero outside.
- (d) When it's winter here, it's summer in Australia. I'll see you in three months.
- (e) Enough of your whining! When I was your age, we didn't have cars. I had to walk to school, uphill, against the wind, and in the bitter cold. Could we stop and warm up at Starbucks? Forget it.

Menu

Monday:

- Raspberry chicken salad, roll \$5
- Garden vegetable soup

Tuesday:

- Spaghetti with marinara sauce, breadstick, salad \$5
- Minestrone soup

Wednesday:

- Quiche, American fries, mini muffins \$5
- Beef barley soup

Thursday:

- Baked salmon, garlic mashed potatoes, salad, roll \$5.25
- Tomato Florentine soup

Friday:

- BLT croissant, potato salad, fruit cup \$5
- Beef barley soup

Basket special: veggie burger on whole wheat bun, bowl of soup, pop