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Sent: Thursday, January 26, 2012 10:23 AM
To: Craig Dekshenieks
Subject: LIFE News, January 19, 2012



LIFE News

...your LIFE on campus

Issue No. 192

January 26, 2012

HEADLINES

LIFE Office of Sustainability offers "green" guidance



The LIFE Office of Sustainability produced A Sustainable Life, the Life University "green guide" for anyone who wants to know more about issues affecting our shared environment and LIFE's journey toward climate neutrality. It's an unbiased source of user-friendly information for personal and organizational sustainability and resource conversation.

Ever hear terms that you wish you knew more about? How to recycle? WHAT to recycle? This blog is for you. Several times each week we send out tips, hints, facts, photos: most of it all about LIFE. As we expand our information into the Life University community via the website and Facebook, we invite you to join our readers:

- Visit lifeusustainability.wordpress.com
- Enter your email address in the top left corner of the page
- Expect an email confirmation in your inbox and respond
- Read the posts and join the conversation!

Please contact the Office of Sustainability at Shannan.George@LIFE.edu for questions and to learn more.

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Events

FEATURED EVENT

**2nd Annual LIFE Ball
"A Walk in the Clouds"
Saturday, Jan. 28, 7-11 p.m.
Upper Gym**

"Healthy people live with



*A Walk
in the Clouds*
2nd Annual LIFE Ball

Saturday, January 28, 2012
Upper Gym ~ 7:00 p.m.–11:00 p.m.

Hors d'oeuvres will be served as well as wine, beer and water.
Must be 21 years of age and show valid ID to consume alcoholic beverages.

There will be photographer on hand to take portraits. Attire: Formal, Black Tie Optional

All LIFE students, faculty, staff, alumni and friends are invited to attend.

LIFE UNIVERSITY

Tickets will be \$10 until Friday January 20, \$20 thereafter.

Legacy Music Returns!

Join us for evening of merriment!

All LIFE students, faculty, staff, alumni and friends are invited to attend
"A Walk in the Clouds," the 2nd Annual LIFE Ball, held Saturday, Jan. 28 from 7-11 p.m. in the Upper Gym.

This is a formal affair (black tie optional) featuring music, dancing, mixing and mingling. Professional portraits will be available and light refreshments, wine and beer will be served (must have valid ID).

Tickets are \$20 per person.

Please contact Robert Love at RLove@Student.LIFE.edu to purchase.

Cocoa & Chiro, TODAY Jan. 26

ADU sorority sponsors a warm and welcoming break from the gloomy winter weather. Join them and your peers for hot cocoa and chiropractic fellowship today, Thursday, Jan. 26, from 11 a.m. to 1 p.m. in the CUS lobby.

LIFE Basketball Home Game, TODAY Jan. 26

The Running Eagles will play Oakwood University tonight, Thursday, Jan. 26, at 7:30 p.m. on our home turf. FREE with your LIFE ID.

Learning Community Events, TODAY Jan. 26

The Department of Nutrition and the Department of Psychology invite new and current students in these programs to participate in a Learning Community event:

Nutrition Learning Community
Thursday, January 26, 11 a.m.-1 p.m.
CUS, Room 139 - Culinary Demonstration Amphitheater

This session will allow the new students to meet the current students, discuss any changes to the curriculum, learn about Kappa Omicron Nu (nutrition honor society), study groups, the Nutrition Club and discuss requirements for the Dietetic Internship Program and M.S. in Clinical Nutrition Program. The Department of Nutrition will provide lunch for attending students.

Psychology Learning Community
Thursday, January 26, 5 p.m.
CUS, Room 140

This session will allow new students to meet current students, discuss requirements for graduate school admissions, and learn about other departmental organizations, study groups and clubs.

Faculty & Staff: You're Invited! Work Order Workshop, Jan. 27

Do you use the online Work Order and/or Facilities Request systems? Ever encounter challenges when using it? This work order workshop (WOW) is for you! We'll go step-by-step through both systems, describing how to best input information, answering questions, providing some tips, and exchanging helpful hints with each other.

The workshop will be held in CUS112 at 1:30 p.m.-3 p.m. on Friday, January 27. There will be light refreshments, so please RSVP to Cynthia.Lund@LIFE.edu with your last name and WOW in the subject line.

their world."

~ Anne Wilson Schaef

Student Links

[Order business cards here](#)

[Wellness Center](#)

[I.T. Requests](#)

[License Plate](#)

[Marketing Requests](#)

[Master Calendar](#)

[Scholarships](#)

Employee Links

[Employee Web Page](#)

[Order Business Cards](#)

[Employment](#)

[I.T. Requests](#)

[Life University License Plate](#)

[Marketing Requests](#)

[Master Calendar](#)

:) hAVe You LAuGHed ToDaY? (:

Patient: "Doctor, doctor, you've got to help my brother! He thinks he's a dog!"

Doctor: "How long has this been going on?"

Patient: "Ever since he was a pup!"

Faculty & Staff Resources

Practice Success Seminar, Jan. 28

The Practice Success seminar will be held on Saturday, January 28, from 8 a.m.-12:30 p.m. in room C117. The seminar will teach you about how to create a booming first week in your office, as well as the finer points of how to look at a lease, how to decide between associating, buying a practice, and independent contracting, what steps you need to take to get your doors ready for opening (sole proprietor vs. incorporating vs. LLC, fire marshal inspection and business license, what do you really need to buy? etc.).

The cost will be \$25 per student. Please contact Dr. Drew Rubin at DRubin@LIFE.edu to register.

Clutter Cleanse Clothing Swap, Feb. 1

9 a.m.-8 p.m. at the Treehouse
FREE Clothing Swap!!!
Clean out your closet & get a fresh wardrobe

Accepting CLEAN & FOLDED clothes; men's, women's & children's clothing

Drop off clothes at the treehouse Sundays after NOON from now until Jan. 29, 2012

Please donate even if you won't be able to come shop, please come shop even if you don't donate!

All clothes not swapped will be donated to Goodwill.

Contact: Carly Swift at swifty85c@gmail.com

Free LIFE Roller Hockey Game, Feb. 7

Join the Life University Roller Hockey Club at the Northeast Cobb YMCA for a FREE one-hour game on Tuesday, February 7, from 9-10 p.m. All are welcome, but you must have your own gear to play.

Roller Hockey games will take place two to four times per month - games only, no practices! The goal is to eventually play against local colleges like Kennesaw and Georgia Tech. New Officers will be elected. Please arrive at least half an hour before the game to get ready. Contact DRubin@LIFE.edu if interested, or if you want more information.

More info:
YMCA website: www.ymcapass.com/ncy.shtml
YMCA address and phone: 3010 Johnson Ferry Road, Marietta, GA 30062; 678-569-9622.

Wellness & Life Balance Workshops, Through Mar. 7

This Winter, Life University's Wellness Coach, Melody Mayo, is presenting some great workshops on various wellness and life balance topics. Each workshop is 30 minutes long and is open to any LIFE student, employee, patient or community member.

WHERE - Center for Health and Optimum Performance - Community Education Room

WHEN - These Wednesdays at 11 a.m.:

February 8, Topic: "Living True to Yourself"

February 22, Topic: "Creating Healthy Boundaries"

March 7, Topic: "Communication Skills"

For more information about the classes, or to sign up for a complimentary consultation with Melody, please contact her at 770-426-2622 or Melody.Mayo@LIFE.edu.

Announcements

HEARD AROUND CAMPUS

Get Your Valentine's Day Grams from ADU!

Surprise your sweet with a treat! Budget-friendly Valentine's Day Candy Gram Packages will be available from Feb. 1 through Feb. 14. Choose from three packages at \$1, \$3 and \$5 each. Candy Grams can be purchased in the lobbies of CUS and CCE from 11 a.m. to 1 p.m., or by emailing ADU members at ms_candi01@yahoo.com.

Click here to view [Valentine's Day Packages](#).

Study Hall Hours

(all times are p.m., unless otherwise specified)

Tuesday 11 a.m.-12:30 111B

Monthly Drug-Free Employee Newsletter

[English Version](#)

[Spanish Version](#)

[Center for Excellence in Teaching & Learning \(CETL\)](#)

Library Links

[Drs. Sid E. & Nell K. Williams Library](#)

[Library Resources](#)



Connect with LIFE Online!



"Turning Backwards"

Q: What is always turning backwards, but never moving?

	3-9	119B
Wednesday	11 a.m.-1	140B
	3-5	131B
	7-9	136B
Thursday	9-11a.m.	136B
	11 a.m.-12:30	111B
	1-5	140B
	3-5	129B
	5-9	136B
Friday	9-1	131B
	2-5	108C
	3-9	129B
Saturday	4-9	129B
	4-9	131B
	4-9	136B
Sunday	12-9	129B
	12-9	131B
	12-9	136B

Changes with Socrates Cafe

Administrative Services has assumed responsibility for the operation of both dining and catering in Socrates Cafe and Plato II Go. This is an opportunity to review programs and processes, focusing on providing quality product, experience and service. Although there are challenges, both Dr. Tim Gross, Vice President of Administrative Services, and Michael Aquaro, District Manager of Bon Appétit, are optimistic and encouraged about moving forward in this partnership that holds a common bond: sustainability and a vitalistic viewpoint.

Please share your ideas, comments, requests and, yes, issues, about the Cafe and catering so they can be used in the review of systems. Send your thoughts to Cafe@LIFE.edu. If you have any other questions, please contact Cynthia.Lund@LIFE.edu.

College of Chiropractic Practice Area Available Beginning Jan. 24

Have you and your colleagues been looking for a place to practice your clinical skills (orthopedics, neurodiagnosis, physical exam, case history) and technique set-ups?

Well, look no further! The College of Chiropractic has created a practice area for students to utilize to practice their skills in a supervised environment.

The practice area is located in Mod 7 and will be available for use starting Weeks 3 (January 24) through 10 (March 15) on Tuesday, Wednesday, and Thursday afternoons from 11 a.m.-12:50 p.m.

The area will be closed Week 4, Tuesday and Wednesday (January 31 and February 1) due to OSCE.

No more pushing cushions together in Socrates!
No more lying on the benches in CCE building!
No more lying on the concrete seats in the Celebration Plaza or Lyceum Park!

Come by and bring a colleague or a group of colleagues to take advantage of practicing your skills in a chiropractic-friendly environment.

If you have any questions or would like further information in reference to the practice area, contact Dr. Leslie King, Dean of Instruction, at LeslieK@LIFE.edu or by phone, 770-426-2757.

Notice of Landscape Maintenance Activities Saturday, January 28

Last year, the University notified the LIFE community that practices would be put in place regarding certain landscape activities. Following those practices, this is notice to the community that early in the morning on Saturday, January 28, Valley Crest will be spraying certain areas of the campus for weeds, but will not spray within the confines or surrounding area of the BrightLIFE center.

The products used by Valley Crest are far below anything considered toxic by the EPA, but if you are sensitive to these types of products, you may wish to be elsewhere during and immediately following the spraying.

Academic Record Review Appointments now available!

ATTENTION PROSPECTIVE GRADUATES!

Scheduled Appointments for Academic Record Reviews will begin January 23, 2012 and will end on February 3, 2012.

Appointments are available for online scheduling NOW at sherry-casey.lattiss.com.

For further information regarding Academic Record Reviews please refer to page 31 of the Academic Quarterly.

Answer to Last Week's Riddle:

"Missing Letter"

Q: Which letter is missing? How do you know?

E, P, V, C, B, D, Z, G

A: "T" - it is the only rhyming letter omitted from the list.

Congratulations to:

Mark Amos
Dan Carlton
Marki Clarke
&
Christi McRae!

Email your guesses for this week's riddle (please put "Riddle" in the subject line) to LIFENews@LIFE.edu



**SUPPORT YOUR
Running Eagles!**

**LIFE Running Eagles
Basketball**

Get in the Zone!
2011-2012 Season
Home games in bold - don't miss 'em!

**1/26 7:30p vs. OAKWOOD
UNIVERSITY**
1/31 7p @ Univ. of the Cumberland, KY

**LIFE Running Eagles Rugby
Super League (RSL) &
College Premier Division
(Varsity, CPD, &
Jr. Varsity, JV)**

www.LifeRunningEagles.com

Open Auditions for National Anthem Singers

Auditions are open for students interested in performing the National Anthem at Athletic events.

Email Jennifer.Bennett@LIFE.edu for more information or call (770) 426-2616.

Research Participants Needed!

The study will measure the effects of a chiropractic technique on anxiety in college students over a three-week period.

Participants must:

- Be a Life University student
- Be 18-25 years old
- Have never been adjusted using Network Spinal Analysis

Please fill out a Request Form for more information in the Student Success Center in the CCE Building to begin.

Questions? Contact Michael Schmidt: MSchmidt1832@Student.LIFE.edu, (516)428-8253

Winter 2012 Nutrition Seminar Topics

Week 4 Monday, January 30, 2012 @ 11:00 a.m.

CUS, Rm. 102

Sara Berzofsky:	"Hemodialysis & Diet"
Iris Briand:	"Trans Fat"
Lisa Ferrone:	"Cystic Fibrosis"

Week 7 Monday, February 20, 2012 @11:00 a.m.

CUS, Rm. 102

Alaina Garrett:	"Sarcopenia"
Katie Hooper:	"Type 1 Diabetes"
Colleen McCarthy:	"Celiac Disease (Signs, Symptoms, Treatment)"

Week 9 Monday, March 5, 2012 @ 11:00 a.m.

CUS, Rm. 102

Beverly Mooney:	"The Benefits of Coconut Oil"
Samaye Oluwatoyin:	"The Effect of Mercury in Children"
Shaneeta Dickens:	"The Brewer Diet in Pregnancy Emphasized by Homebirth Midwives"

Week 10 Monday, March 12, 2012 @ 11:00 a.m.

CUS, Rm. 102

Melyana Melyana:	"Role of Fruits and Vegetables in Reducing the Risk of Cancer"
Mary Rob Murfee:	"Child Hunger Programs in School"
Crystal Pass:	"Bariatric Surgery as a Cure for Type 2 Diabetes"

Attn: Faculty & Staff - Mandatory Disability Services Training

A Mandatory Disability Services Online Training for all faculty and staff will take place January 9, 2012 through March 5, 2012.

Please click here to [access and complete the training](#).

Mandatory On-Line Disability Services Training has been created by the Pennsylvania State University at Altoona. A program called "In Their Shoes" utilizes a hands-on, interactive format so you may catch a glimpse of what it's really like to have functional limitations that substantially alter a major life activity, such as learning, seeing, hearing or social function.

"In Their Shoes" is a mandatory training exercise for ALL Faculty & Staff at Life University. There will be a PRE/POST test with this training and a Certificate of Completion must be delivered to Student Success Center by no later than Monday, March 5, 2012 by 3 p.m.

Turn your troubles into triumphs with the Life Coaching interns

Being a student can be tough. When you've got work or family commitments to juggle too, it can be a blessing to have reliable outside support. By partnering with the Life Coach interns here at Life University, you'll discover how to change something that stresses you into something that no longer gets you down.

Life coaches help people get results. At LIFE, our interns are well-trained, passionate, caring, and ready to cheer you on. [Meet some of them right now!](#)

In fact, some of the top U.S. universities are starting to make life coaching available to their students. Life university is ahead of the curve by already offering you this cutting-edge support.

Are you ready to see results in your life? Come and try out Life Coaching for yourself.

Just bring an open mind and \$1 as payment (which the club will donate to charity) to receive a 30-minute life coaching session. You can find us:

Tuesdays - 5:30 p.m. - 6:30 p.m. in room CUS 111

Standardized Testing Dates & Locations

Saturday, January 28 SAT - CUS Building
Castle Worldwide Certification Testing - CUS Building

Saturday, February 11 LSAT - CUS Building
Castle Worldwide Certification Testing - CUS Building
ACT - CCE Building

Saturday, March 10 SAT - CUS Building
Castle Worldwide Certification Testing - CUS Building
PRAXIS - CCE Building

Saturday, March 17 MPRE - CUS Building

YOUR Event or Announcement HERE!

Do you want your next on-campus happening, achievement or community service project to appear in LIFE News?

Simply e-mail the announcement as well as any appropriate images, to LIFENews@LIFE.edu

Student organization announcements and events must be approved through Student Services before being submitted to LIFE News. Please contact Jennifer Valtos; JValtos@LIFE.edu, director of student involvement and leadership, for approval.

We must receive your information no later than **5 p.m. on the Tuesday before your event** in order to insure proper placement in the next issue

Ongoing



Every Week at the Tree House:

The Tree House has lots of quiet corners for studying. Come see for yourself! You can also stop by and enjoy movies, use the pool table, relax, play games on the Wii and much more.

If you want another place to study other than the Tree House or Library, come check out the Café. Relax and read on the couches or hit the books at one of at the tables. Monitors will be wearing red and are available during operation hours to help you, if you need something.

Hours of operation for the Tree House:
Monday thru Friday 5:00 p.m. to 10:00 p.m.
Saturday and Sunday 12:00 p.m. to 12:00 a.m.

Hours of operation for the Café:
Monday thru Friday 7:00 p.m. to 12:00 p.m.
Saturday and Sunday 12:00 p.m. to 12:00 a.m.

[Life University's Annual Crime Statistic Report](#)

[Printable Parking Map](#)

[Instructions for locating Campus Events Calendar](#)

[Instructions for Everything LIFE Course on BlackBoard - UPDATED!](#)



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