

December
2008

KEISER MONTHLY



The Keiser University Orlando newsletter is created by you for you! It is our mission to make sure you have a place to share success, and stay informed.

From the Office of the President...

In <http://www.beneaththecover.com/2008/09/22/demonstrating-extraordinary-strength-of-character/> Paula Frazier wrote about an extraordinary college softball game that is worth mentioning. This particular game was between Central Washington and Western Oregon Colleges; it was the league championship game.

"Sarah" was a graduating senior with Western Oregon. It was her last game, and she had a game, season, and life-time goal.....to hit a homerun. "Sarah" was able to realize her goal that day. With the game still very much up for grabs, "Sarah" stepped up to her final at-bat and hit the ball over the fence with two of her team members on base!

Both teammates made it "home" safely. In her excitement, Sarah overran first base which meant she had to go back. When Sarah turned, the cleats on her shoes dug in and wouldn't allow her to turn her foot. She tore the tendons in her knee and fell to the ground. "Sarah" managed to crawl, inching her way back to first base.

"Sarah's" coach asked the umpire for a ruling regarding what could be done for "Sarah" and learned that no one on Sarah's team could help her or her "home-run" wouldn't be earned. Melony Holtman, who played for the opposite team that day, held the record for the most home runs in the league. Although she had more to lose than anyone, she asked the umpire if HER team could help "Sarah". They received approval and she and another player (from the opposing team) cradled Sarah in their arms, carried her from base to base and ensured one of her toes carefully touched base.

The message (and example) for all of us is a powerful one. The easy road isn't always the right one. The road that is best for us personally isn't necessarily the best or "morally correct" road. We live in the greatest, most powerful, wealthiest nation on earth. Although life isn't always easy and certainly the state of the economy represents a challenge for everyone and their families.

However, those of us that have or are earning an advanced degree, those of us that have opportunity to go as far as our intellect and drive will take us, often have many blessings. In a world where double digit percentages of the population starve to death, have no housing, have no healthcare, I am thankful for our country, the University, my staff and my wonderful students. My encouragement to you is that, if you are able, you help "carry" someone (literally or figuratively) through a rough spot. Whether a co-worker, another student, family member or acquaintance, we'll all be better off for your help and kindness.

David Hubbard

Canned food drive was a success!

Thank you to all students, faculty, and staff that donated food to our canned food drive. Keiser University was able to donate over 700 cans to the Bread of Life Fellowship. That equates to 603 pounds of food!!! The food that we collected will help to feed over 800 Central Florida families for Thanksgiving!



From the Student Services Office

Student Services is moving! Stop by and check out the new career center. The first 20 students that stop by will get a special gift!

From the RT department

Students in core and gen eds can subscribe to free RT related newsletters at the following website:

<http://www.radiologynewsletters.com/>

Modality of the month—MRI

MRI Safety

- Prior to allowing a patient or support staff member into the scan room, he or she is thoroughly screened for metal objects.
- Implants inside patients make it very dangerous for them to be in the presence of a strong magnetic field.
- **Metallic fragments in the eye** are very dangerous because moving those fragments could cause damage or blindness.
- People with **pacemakers** cannot be scanned or even go near the scanner because the magnet can cause the pacemaker to malfunction.
- **Aneurysm clips** in the brain can be very dangerous as the magnet can move them, causing them to tear the very artery they were placed on to repair.
- Each time we encounter patients with an implant or metallic object inside their body, we investigate thoroughly to make sure it is safe to scan them.
- Some patients are turned away because it is too dangerous.
- When this happens, there is usually an alternative method of imaging that can help them.

FAB BOMB

This commences a new section of the Keiser Monthly known as the FAB BOMB—Financial Aid Bits and Business Office Momentary Bits.

The Business office will get a new look by December break as the bookstore will relocate to the small classroom adjacent to the building lobby. With the additional space, our faithful bursars Mariaurora and Somolia, will be able to set up in the current business office location to function more efficiently.

Please welcome new financial aid members Jennifer Hickson, Andrea Woodfolk and Tabitha Newman.

Jennifer will be working with current student re-packing and Andrea and Tabitha will be new student financial officers.

Other financial aid staff members are listed as follows...

Diana Martinez, Wanda Saldano and Rachel Karmon work with current students on their re-packs.

Rounding off the staff is Jennifer Clarke, Teri Melendez, Sebrenia Baker and Pedro Melendez.

The financial aid offices will also have a new home in the near future. Please stay tuned for more updates and announcements!

Did you know...random facts and info

- The Rockefeller Center Christmas tree has more than 25,000 lights strung on more than five miles of electric wire.
- Dark green, leafy veggies such as spinach, bok choy, endive and dark green, leafy lettuce are excellent sources of magnesium and Omega-3 fats.
- The average price for terminating a cell phone contract early is \$175.
- Japanese Buddhist visit their temples on New Year's Eve and ring the temple bells 108 times to free people from the 108 earthly desires. They return on New Year's Day to pray for prosperity and goodness.
- In Los Angeles, there are fewer people than there are automobiles.
- Albert Einstein could not speak fluently at the age of nine.

Three ways to ease your anxiety this month

For many, the end-of-year wrap-up duties at work collide mightily with what should be pleasurable personal activities after hours, and pretty soon it all seems like work that will never get done. Here are three tips to help you navigate your personal obligations:

- 1. Aim for “good enough.”** Stop striving for perfection. You’ll only drive yourself—and anyone else in your orbit—nuts. You can’t make everything ideal. No tree is perfect; cookies don’t have to be made from scratch. Do your best, then move on.
- 2. Prioritize your socializing.** With all the parties and get-togethers going on during the holiday season, don’t feel obligated to attend every single function. Decide which events are most important both professionally and personally, and skip the nonessential ones.
- 3. Divide the labor.** Separate your to-do list into small, manageable chunks. Instead of exhausting yourself by trying to do everything at once, wrap one or two gifts every evening. Shop online during lunch breaks for 20 minutes at a time. Write five holiday cards each morning. Break down tasks however you can so they’re not daunting.

Add Mother Nature to your to-do list

It should come as no surprise that between Thanksgiving and New Year’s Day, Americans’ excessiveness hits an annual high, especially where waste is concerned: We throw out 25 percent more garbage than we do the rest of the year. That’s a million extra tons of garbage per week.

So this year consider some of the tidbits below provided by *The ULS Report* (that stands for *Use Less Stuff*). Use a few of the suggestions and Mother Nature will appreciate your thoughtfulness.

- If every family saved and reused just 2 feet of ribbon per year, enough ribbon would be saved to tie a bow around the entire planet. When unwrapping gifts, poke two holes in a paper plate and feed the ribbons through so they are easy to find and reuse later.
- The more than 2 billion holiday cards sold in the United States each year could fill a football field 10 stories high. If each family cut back by one card (not that *The ULS Report* advocates “Scrooginess”), they’d save 50,000 cubic yards of paper. At least try using recycled paper products and send e-cards when possible.
- If every American throws away just one tablespoon of mashed potatoes, it adds 16 million pounds of waste to landfills. If that’s unimaginable in your family, think of it this way: One discarded spoonful of cranberry sauce amounts to over 14 million pounds. Make only as much as you need and eat moderately.
- Reduce the number of bags thrown out by carrying your own, whether you’re shopping for gifts or groceries.

The ULS Report has more useful tips on its Web site at <http://use-less-stuff.com/>.

Get “real” or fake it?

Is the question of “real” or “fake” needling you when it comes to getting a tree? Let’s get down to the, ahem, root of the matter. If you’re concerned about the environment, it may be an easy choice.





“It’s pretty common knowledge that real trees are more environmentally sound,” says Rick Dungey of the National Christmas Tree Association. In fact, 85 percent of artificial trees are made in China from nonbiodegradable materials and must be shipped to the United States and distributed to stores. After about 10 years, these artificial trees end up where all artificial trees are headed: in landfills—where they could remain for centuries. Real trees, on the other hand, can be recycled into several useful products. Here are some additional benefits to going “live”:

- It takes an average of 5 to 16 years to grow the pine trees typically used for the holidays—and as they grow they absorb carbon dioxide and other gases.
- Every acre of trees gives off enough oxygen to meet the oxygen needs of 18 people a day. Today, there are enough Christmas trees growing in the United States to provide 18 million people with a full day’s oxygen supply.
- Christmas tree farms—often planted where other crops are unable to grow—stabilize soil, protect water supplies, provide refuge for wildlife, and create scenic views.
- When one Christmas tree is cut down, one to three seedlings are planted in its place—totaling an average of 56 million trees growing each year.

Keiser University participated in the American Diabetes Association "Step Out" - November 1st



December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>World AIDS Day</i>	2 <i>Tillis Family Christmas @ King Center</i> 8:00 PM	3	4 <i>Carlos Mencia @ DB Peabody Auditorium</i> 8:00 PM	5 <i>Magiv vs. Thunder @ Amway Arena</i> 7:00 PM	6 <i>The Nutcracker @ King Center</i> 2:00 PM
7 <i>Annie @ King Center</i> 2:00 PM	8	9 <i>National Pastry Day</i>	10	11	12 <i>Jeff Dunham @ Silver Spurs Arena</i> 7:00 PM	13
14 <i>Hove, Squire, and White of Yes @ HRL</i> 8:00 PM	15	16 <i>National Chocolate Covered Anything Day</i>	17 <i>National Maple Syrup Day</i>	18	19 <i>A John Lennon Christmas @ HRL</i> 8:30 PM	20 <i>Oliver! @ King Center</i> 7:30 PM
21 <i>TB Bucs vs Chargers @ Raymond James</i> 8:15 PM	22 <i>Happy Hanukkah (through 29th)</i> 	23	24 <i>National Egg Nog Day</i>	25 <i>Merry Christmas</i> 	26 <i>Happy Kwanzaa (through 1st)</i> 	27 <i>Last Comic Standing @ HRL</i> 8:00 PM
28 <i>National Chocolate Day</i>	29	30	31 <i>New Year's Eve</i> 			

Around Campus...

- Dec 2—MAPP and Basic English and math testing 1:00 and 5:00
- Dec 9—Graduate Exit seminar—Jan and Feb grads (computer lab)
- Dec 10—US Census Bureau testing
- Dec 11— College Days: Oakridge
- Dec 12—Share a Meal—Ronald McDonald House
- Dec 22—Jan 2—Winter break: no school

Words of Wisdom...

“When you’re safe at home you wish you were having an adventure; when you’re having an adventure you wish you were safe at home.

~Thornton Wilder

“When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there.”

~Zig Ziglar

“We can’t do everything for everyone everywhere, but we can do something for someone somewhere.”

~Richard L. Evans



What is Success?

To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

To appreciate beauty;

To find the best in others;

To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;

To know even one life has breathed easier because you have lived;

This is to have succeeded.

~Ralph Waldo Emerson

DECEMBER 2008

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holidays

family

elves

santaclaus

snow

mistletoe

eggnog

fireplace

sleighbells

lights

presents

candycane