

Wellness Pointers

Volume 23 Issue 14

March 9, 2012



"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results."



EMPLOYEE WELLNESS
Southern Adventist University

OCCUPATIONAL

Life without God

“Generations come and generations go, but the earth remains forever.” (v. 4)

For reading & meditation -- Ecclesiastes 1:3-7

Francis Schaeffer wrote that there are times “when a negative message is needed before anything positive can begin.” That sums up the Book of Ecclesiastes. It seeks first to silence us with the utter futility of life before turning our gaze to the one and only reality -- God. In the passage before us today the author begins the task of dragging us through the undeniable facts manifesting the pointlessness and the emptiness of life in order to show us that we must look elsewhere than the world around us for the water that our souls so deeply crave.

Three things are said about life without God -- it is boring, fleeting, and repetitive. “What does man gain from all his labor...?” asks Solomon. Some people enjoy working for a living, but most don’t. They watch the clock, fantasize, make up mental games -- all designed to fill the time until the workday is over. If we do not see our work as imitating the creativity of God, then it can become exceedingly boring. “Generations come and generations go,” says Solomon. Life is so fleeting. How small and insignificant it makes us feel. Then think about this, continues Solomon. Every morning the sun rises, sets, then the next day the same thing happens... and the next... and the next. Life is so repetitive. The same with the wind. Where does it come from and where does it go?



Life on this planet is not all gloom, of course, but who can escape the conclusion that there is something about earth that just does not satisfy?

Gracious and loving heavenly Father, drive this truth deeply into my spirit that I am made by You, made for You, and my heart will never be content until it is filled with You. Indwell every empty space that is within me. In Jesus' Name. Amen.

Qualities of Remarkable Employees

by Jeff Haden

Great employees are reliable, dependable, proactive, diligent, great leaders and great followers... they possess a wide range of easily-defined—but hard to find—qualities.

A few hit the next level. Some employees are remarkable, possessing qualities that may not appear on performance appraisals but nonetheless make a major impact on performance.

They're eccentric... The best employees are often a little different: quirky, sometimes irreverent, even delighted to be unusual. They seem slightly odd, but in a really good way. Unusual personalities shake things up, make work more fun, and transform a plain-vanilla group into a team with flair and flavor.

People who aren't afraid to be different naturally stretch boundaries and challenge the status quo, and they often come up with the best ideas.

But they know when to dial it back. An unusual personality is a lot of fun... until it isn't. When a major challenge pops up or a situation gets stressful, the best employees stop expressing their individuality and fit seamlessly into the team.

Remarkable employees know when to play and when to be serious; when to be irreverent and when to conform; and when to challenge and when to back off. It's a tough balance to strike, but a rare few can walk that fine line with ease.

They publicly praise... Praise from a boss feels good. Praise from a peer feels awesome, especially when you look up to that person.

Remarkable employees recognize the contributions of others, especially in group settings where the impact of their words is even greater.

They like to prove others wrong. Self-motivation often springs from a desire to show that doubters are wrong. The kid without a college degree or the woman who was told she didn't have leadership potential often possess a burning desire to prove other people wrong.

Education, intelligence, talent, and skill are important, but drive is critical. Remarkable employees are driven by something deeper and more personal than just the desire to do a good job.



Southern Adventist University Employee Wellness Committee

Phil Garver, Director

Jeff Erhard

Clarice Esquilla

Leslie Evenson

Betty Garver

Harold Mayer

Carlos Parra

Dennis Schreiner

Merlin Wittenberg, Retired Rep.

Employee Physician

Dennis Thompson, DO

welldr32@live.com

Wellness Pointers Editor

Holly Hargus

Cover Art Photographer

Holly Hargus

On The Cover

Melodie Lopez & Brenda Flores

Please send comments/suggestions to:

wellness@southern.edu

Southwestern Stuffed Acorn Squash

by Food Blogger Jenna Weber

For this, I cooked the bulgur with vegetable broth, spicy diced tomatoes and ground cumin for extra flavor. Then, I just tossed some black beans in it before stuffing into the roasted acorn squash halves. The result is a deliciously simply vegetarian meal that tastes even better when reheated the next day. You're going to love it!



Ingredients

2 acorn squash (about 2-3 lbs each)
½ cup bulgur wheat
¾ cup vegetable stock
¼ tsp salt
1 ½ tsp cumin
½ cup diced tomatoes with green chilies
½ cup black beans
½ cup grated cheddar cheese
fresh minced cilantro for serving
hot sauce (optional)
salsa (optional)

Directions

Preheat your oven to 375 degrees.

Slice the tops off each acorn squash and scoop out the seeds with a spoon.

Toss seeds in the garbage and lay the squashes, cut side down, on a greased foil lined sheet tray.

Roast for about 30-40 minutes until very tender when pricked with a fork.

While the squashes are roasting, prepare the filling.

Bring the vegetable stock to a boil in a medium sized saucepot.

Once boiling, add the bulgur, salt, cumin and tomatoes and reduce heat to low.

Simmer for about 13 minutes until liquid has been absorbed. Add black beans and hot sauce to taste.

Fill the inside of the squashes with the bulgur mixture and top with cheddar cheese.

Broil on high for about 3-4 minutes until cheese melts.

Top squashes with fresh cilantro, more hot sauce and salsa if desired.

Yield: 2 servings

Health Claims Clarified

The Food and Drug Administration has strict guidelines on how to use food label terms.

Low calorie: Less than 40 calories

Low cholesterol: Less than 20 mg of cholesterol and 2 grams or less of saturated fat per serving

Reduced: 25% less of the specified nutrient, such as fat, sodium, or calories than the usual product

Fat free/sugar free: Less than 1/2 gram of fat or sugar per serving

High in: Provides 20% or more of the Daily Value of a specified nutrient per serving

High Fiber: 5 or more grams of fiber per serving

Light: 1/3 fewer calories or 1/2 the fat of the usual food

taken from Hope Health Letter, Vol. 32, No. 3, March 2012, p. 8

6 Signs You May Be Taking Exercise To Extremes

Being active is important for your health. If taken to extremes or done for the wrong reasons, though, exercise can be a problem. Have a healthy relationship with your workout regimen, just as you do with food you eat.

- 1.) You work out to try to escape your own body, emotions, or life situations.
- 2.) Your anxiety increases when you can't exercise because of sickness or outside circumstances.
- 3.) You can't honor your body's limits.
- 4.) It takes up more of your life than it should, overriding social activities and basic responsibilities.
- 5.) You feel you need to hide it or lie about it.
- 6.) Your body starts to suffer, which may include heart issues, dizziness during exercise, stress fractures, stopping your menstrual cycle, or fainting.



taken from Hope Health Letter, Vol. 32, No. 3, March 2012, p. 3