

# the vine

What's Growing On...

## A ROSE BY ANY OTHER NAME

Luc Laframboise, 3<sup>rd</sup>-year Student

As Saint Valentine's Day is now upon us, one might expect a botanically-themed article to focus on the occasion's superstar: the majestic rose (*Rosa spp.*). Surely the rose, with its beautiful bloom and thorny stem, is a perfect representation of the successes and difficulties that come with maintaining a loving relationship. However, it occurred to me one day that we have long ignored an unsung hero when it comes to metaphors for love and relationships.

She loves me. She loves me not. That iconic ritual of pulling petals from a daisy has marked the memory of many a childhood daydreamer, myself included. Accurate divining tool or not, we have all, for a fleeting moment, felt the rush of excitement upon pulling the final petal with love literally in the palm of your hands. Of course, there were also times where the final petal sealed the crushing realization that dreams of the future were not to be. The daisy has thus been forever associated with love and loss. Though it has been pointed out to me many times since



first year, I only made the connection well into my 3<sup>rd</sup> year at CCNM that the daisy's latin binomial is *Bellis perennis*, the oft-useful homeopathic remedy.

The daisy, funnily enough, is among the best remedies for healing trauma and injury to internal organs, and what could be more traumatic than a broken heart? This is the

"she loves me not" state, in a sense. Bell-p is known as the "Arnica of the internal organs", and is a fantastic remedy to help speed healing in areas deemed sensitive by the patient, such as the genitals. Paired with Arnica, Bell-p is an excellent remedy to consider for post-surgery healing, in particular for procedures in the trunk or abdomen, which can cause deep tissue injury. The general mental state of Bell-p is that of being repeatedly beaten down, but springing back every time. Botanically, the daisy has been used topically for its astringent properties to heal wounds.

With quiet work and simplistic determination, *Bellis perennis* may be considered as a remedy to help us feel whole again, both topically and internally. Likewise, a strong and loving relationship can help us feel whole, supported, and perhaps even push us to greater heights than we had ever imagined. Such is the loving goal of the unassuming daisy, dutifully toiling away in the shadow of its more renowned counterparts.



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Kaylee Alton  
VP Internal  
Communications

# LETTER FROM THE EDITOR

*“Instinctively we know that joy comes from the many ways in which we live together and the pain of life comes from the many ways we fail to do that well.” ~ Anonymous*

More often than not, if you have been my patient in the clinic long enough, I will ask you what your reason for waking up every day is, or essentially, what is your reason for being. Big stuff, I know, but it is helpful to come to some conclusion on these perspectives every now and again. For me, my sole purpose for continuing is to wake up and feel completely refreshed in the knowledge that I am incredibly loved, for all of me, and then to live out my life that day encouraging others to feel the same. This doesn't always happen, but I would like it to and it is my strongest intention, even though stress, problems and other priorities get in the way. The art of it I haven't mastered, but I have begun the process.

Being February, we've asked some people to share their thoughts on love and curated them here. There are many kinds of love; the Greeks, the Chinese, the ancient Romans, and all others who spoke Latin, had it figured out. There is familial love, benevolent love, erotic love which society has put a lot of money into, there is hospitality love, loyalty love, interestingly, only since modern definitions, self-love, and my favourite, a love for purity or a deep love of a soul. I find it remarkable that in English, one four letter word can mean so much. Thankfully, to avoid confusion and misinterpretation of the language, actions are clearer. The word love doesn't always have to be used when we are expressing it, does it?

I hope you can understand how living out love, to yourself or others, can better your health, without me having to explain it. So for this month, think about how you define love and how you can live it out. I invite you to encourage each other today, out of an act of benevolent love or the like, and allow it to make you smile.

With Love,  
Kaylee

*“When you look back on your life and think about the legacy you're leaving behind, no one will remember what you say; they probably won't remember what you do; but they will always remember how you made them feel.” ~ My mom, Marie Alton*



It's all about falling in love with yourself and sharing that love with someone who appreciates you, rather than looking for love to compensate for a self love deficit.  
-Eartha Kitt



## WRITE FOR THE VINE

If you have an issue close to your heart or something you've learnt about that the CCNM community can benefit from, we're inviting you to share it within 500 words!

In order for a piece to be published in the March issue of The Vine it must go to [ccnmthevine@gmail.com](mailto:ccnmthevine@gmail.com) by Thursday, February 28<sup>th</sup>.

## CONTRIBUTIONS

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Special thanks to everyone who contributed.

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# THE GREATEST LOVE STORY

Jasmine Hall, 3<sup>rd</sup>-year Student

When I heard the story of Eurydice and Orpheus, I felt that for the first time I understood the idea of love. In the story, the love shared between Orpheus and Eurydice was legendary and known throughout Greece by both gods and mortals. On their wedding day, Eurydice met an untimely demise and her soul was whisked away to the Underworld, leaving Orpheus in despair. Orpheus was so in love with Eurydice that he not only braved the perils of venturing into the Underworld, but he was also able to convince the cold-hearted Hades to let Eurydice return to the world of the living with him. Although Hades agreed, he had one condition: Orpheus could not turn to look upon his beloved's face until they were safely out of the Underworld and back amongst the living. And so, Orpheus walked from the Underworld with Eurydice following steps behind him. As he drew nearer and nearer to the Earth, the memories of her beauty crept into his mind, such that he could no longer stand it. Right before they stepped out into the



sunlight, he turned to glance at her. At that moment, her beauty was even more incredible than he remembered but suddenly, as Hades had promised, Eurydice died again, only this time it was forever.

Certainly, this is a great love story but it is not the greatest. In our modern times we often forget about the greatest love story; our own love



story with ourselves. Self-love is universal; it is available to everyone at any time and at absolutely no cost. Why then, do we so often ignore it? Self-care is not selfishness; if anything it is the most selfless act that we can perform. When we nourish ourselves in body, mind and spirit, we make ourselves more available to be of service to others. Simply lifting weights every day could help you rescue someone from an overturned vehicle. Allowing yourself your daily meditation can calm your mind enough to make you fully available and present to listen to a friend going through a crisis. The daily fostering of the activities that make your soul sing can inspire others to do the same, resulting in a spiritual symphony. Remember this the next time you are quick to refuse an act of self-love in favor of saving time or hassle: by loving ourselves we indirectly love one other. In the immortal words of Nelson Mandela, "As we let our own light shine, we unconsciously give other people permission to do the same."

## RECIPE: PALEO-NOLA

Andrew Krause, 3<sup>rd</sup>-year Student

### Dry Ingredients

2½ cups coconut flakes, unsweetened  
1 cup pumpkin seeds  
1 cup sunflower seeds (substitute or add other seeds as you wish)  
1 cup hemp seeds  
1½ cups hazelnuts (substitute or add other nuts as you wish)  
½ tsp salt  
1 tbsp cinnamon  
Optional: 1-2 tbsp cacao powder if you want it chocolaty!

### Wet Ingredients

½ cup coconut oil  
½ cup honey  
1 tsp vanilla

### Add-ins

1 cup dried cranberries  
1 cup goji berries

1 cup green raisins  
(Substitute/add in any other dried fruits if you want)

Preheat the oven to 350°F.



Mix all dry ingredients in an extra-large bowl or soup pot.

In a medium frying pan, melt the coconut oil, honey and vanilla until it start bubbling. Pour the wet ingre-

redients into the dry ingredients, and divide onto two baking sheets, into as thin a layer as you can.

Bake for 20-25 minutes, until golden brown. Remove the pans from the oven after 10 minutes and stir the granola so it cooks evenly (change positions of the pans if one was on top of the other one.). Continue baking until golden brown.

Remove the granola from the oven, and put it back in the extra-large bowl or soup pot. Mix in the add-ins, and then spread out the granola back on the baking sheets to let it cool.

Enjoy! It freezes well, so toss the extra amount into the freezer to keep for later!

# UNITY SUMMIT: A GUIDED STEP IN A LONG JOURNEY

Marie-Jasmine Parsi, 1<sup>st</sup>-year Student

It was an atypically warm January morning when I boarded the yellow school bus outside CCNM. It was the beginning of our trip to Unity Summit, and I was unsure of what to expect. A slew of questions raced through my mind at once. Is this the right place for me? Will I be capable of meeting new people? Will I be accepted? A couple of hours later, these queries were largely forgotten while I raced down the toboggan hill with my fellow Januaries. Snow ball fights, horseback riding, board games, an impromptu dance party, comedic skits, an Amazing Race: these were just some of the activities that had been planned for us over the two-day period. But most importantly, amidst all these activities, strong personal relationships were being formed. By the end of the first day, I realized how much we had enjoyed ourselves already and I smiled at how my original concerns were misplaced. I also realized it was much more than just a social get-together, it was a unique and enlightening experience that I knew we would never forget.

Before then, nothing in my academic experiences had quite measured up to the camaraderie that I experienced in this short time. As a student coming from a big university, you can get used to the feeling of being far removed from your classmates, instructors and school's community at large. While over time you begin to integrate into the large setting, find your niche



of friends and become more adept at navigating your surroundings, a feeling of separateness can persist even when class sizes become smaller. Unless you take the initiative to get involved (and sometimes even when you do), you can get lost in the crowd of tens of thousands.

While I have always been grate-

ful for the time I've spent at my university, I realized that here at CCNM I would be able to experience something completely different: a sense of comradeship and common purpose that only a specialized college could provide. Although I had already experienced the institutionalized teaching system, which excels in the quality of instruction, I might have become jaded because of the impersonal nature of that education. Now I thirst for a different setting, and Unity Summit was just the beginning. For the last activity of the retreat, we were asked to walk blindly together as a group through the snowy terrain of the campsite. This was the exclamation point of the trip. As our class shuffled along in a line with eyes closed, linked by arms on shoulders, and guided by upper year students, one couldn't help but notice the symbolism of it all. Life is not just about individual, impersonalized, high-quality achievement, but about trusting and relying on the guidance of others while stepping through the unknown along its slippery and narrow path.

## DON'T MISS THE 2013 NDO GRAD LUNCH!

The NDO Staff Team

For those of you graduating this year, once again NDO will be hosting the 4<sup>th</sup>-year CCNM Grad Lunch on March 4<sup>th</sup>. Join us in Classroom 4 from 12:00 to 2:00pm.

The annual luncheon is part of the Graduate Assistance Program (GAP) and is sponsored by Seroyal International. GAP was developed to assist new graduates in the transition from being a student of naturopathic medicine to becoming a licensed ND.

Don't miss out on the chance to gain important information on the many benefits of your NDO membership and how we can help you through your first year of practice. Join NDO staff and board members and receive a free Guide to Graduation to help you through the registration process to become a licensed ND. As well, you will

have the opportunity to learn about key strategies in starting your own business, the transition process, and meet the new CEO of NDO!

It is so important for new grads to stay connected to the profession and to have a support system, especially during the first years of practice. NDO



will support you every step of the way and will be offering new grads FREE membership between September 1<sup>st</sup> and December 31<sup>st</sup>, 2013. Take advantage of everything NDO has to offer by visiting our website at [www.ndontario.com](http://www.ndontario.com).

For students who are not graduating this year, be sure to check out our continuing education events calendar online at [www.ndontario.com/events](http://www.ndontario.com/events). This year we will be running nine webinars, most of which are FREE! Save the date for our Spring Conference and Annual General Meeting being held on April 6<sup>th</sup>. Register early as spots fill quickly and take advantage of these great continuing education opportunities.

Questions? Contact us at 416-233-2001 or [info@ndontario.com](mailto:info@ndontario.com). A reminder: NDO will continue to be at the CCNM the first Monday of each month. We will be joined by ProMedics & Rocky Mountain Analytical, sponsors of the NDO Student Membership Program for 2012-13. Come by, say hi, and have your questions answered.

# PEDIATRICS OPEN HOUSE 2013

Photo Credit: Karamjit Singh

This year's Pediatrics Open House was a huge success. It was even featured in *The Epoch Times* (visit <http://www.theepoch-times.com/n2/canada/naturopaths-lifelong-health-starts-in-childhood-342360.html>).

Congratulations to the organizers and participants!



## ZRT CUP

Ellen Wong, ND

Toss up question to both teams: *Kaposi's sarcoma and aggressive malignant lymphomas are associated with which disease?*

Bonus question: *Which constituent in Tanacetum vulgare is toxic and may cause clonic spasm and hepatotoxicity?*

Toss up question to both teams: *Which homeopathic remedy is appropriate for 1st degree burns with prickly feeling on skin and shellfish poisoning?*

Bonus question: *Which amino acid does NADP come from?*

If you knew the answers to the questions above and enjoy a healthy (mostly friendly) dose of competition, consider trying out for the CCNM ZRT Cup Team.

ZRT Cup is an annual trivia competition that began in 2008. Each summer, all seven naturopathic colleges send a team of five students to compete in this high-paced, action packed, two-day event. As you can see from above, the ZRT Cup covers a diverse range of naturopathic medical knowledge. Topics that are covered include the majority of what you will see on NPLEx: anatomy, physiology, microbiology, immunology, biochemis-

try, history and philosophy, pathology, lab diagnosis, hydrotherapy, physical medicine, botanical medicine, homeopathy, and nutrition. But not to worry; you do not need to be familiar with all these topics on your own. To ensure we have our bases covered, the CCNM team is carefully selected to include students from as many years as possible.



Perks for being on the team? Well, to start off with, you would represent the best naturopathic college in North America! And I'm being quite serious. Over the past several years, the CCNM team has built a wonderful reputation of being intellectual, speedy on the buzzer, friendly, confident, well-prepared, and the most fun-to-watch on the podium. Next perk: what better way to study for

NPLEx examinations than having frequent guided review sessions? To train for the competition, the CCNM team meets weekly/bi-weekly and gradually covers all the topics you will need for NPLEx in an environment that is relaxed, great for learning and filled with gut-wrenching laughter. Another perk is the glory of bringing home the ZRT trophy and prize money. ZRT Laboratories generously donates \$7500 to the winning team and \$2500 to the team in second place. Last year, CCNM performed the best it ever has, bringing home a trophy and \$2500. The money has been donated to improve our gym facilities and to purchase electro-stimulation machines for the Brampton Civic Naturopathic Clinic.

Last year, CCNM was only a few questions away from "de-throning" the reigning Bridgeport champions. This year, I'm aiming to assemble the best team ever so that we can take down the competition. The ZRT Cup will be taking place mid-August in Toronto (on our home turf!). Try-outs will begin soon after midterms. Stay tuned for details! If you have any questions in the meantime, please e-mail me at [ewong@ccnm.edu](mailto:ewong@ccnm.edu).

Go CCNM STORM!

# COMMUNITY MEETS DEAN DE GROOT'S CHALLENGE

Frances Makdessian, Advancement Department

The goal of the 2013 Staff Giving Campaign was to give all staff and faculty an opportunity to count themselves "in" as supporters of CCNM students and the profession. The entry level was a \$3 raffle ticket from Suri at the Front Desk. In return, supporters received a 'Count me In!' sticker and, over the course of the month, the stickers started appearing throughout the campus.

There was a special role for students in this year's campaign. One Friday, January 18<sup>th</sup>, while staff and faculty wore the "Count me In" sticker, many students responded to their generosity by wearing a "Thank You" sticker.

Proceeds from the raffle will be directed to student bursaries. The campaign goal was to reach \$1,500 from the four weekly raffles. When it became clear in late January that the target would be reached, Dean Nick de Groot raised the bar by issuing a personal challenge: "I will match dollar-



for-dollar to a maximum of \$250, any monies raised above \$1,500 in raffle sales," he wrote in a campus-wide e-mail.



The community rallied to his challenge ("Make Nick pay!" was whispered repeatedly in the corridors). Ticket sales soared in the last few days of the campaign and with Dean de Groot's generous contribution, the eventual grand total was \$2,263. This will mean a \$1,000 bursary will be issued for not one, but two deserving students.

The campaign took a life of its own when faculty sprang into action over health concerns related to Suri's arm. For \$20, ticket buyers purchased an arm's length of tickets; during the last week of the campaign, Suri's arm had "stretched" from 14 to 16 tickets (See attached story.)

While the raffle sales were the most visible part of the campaign, payroll deductions and one-time gifts from staff and faculty members reflected an exceedingly high level of commitment. Total funds raised during the 2013 campaign exceeded \$24,000!

## SURI'S ARM

Frances Makdessian, Advancement Department

During the 2013 Staff Giving Campaign, Suri had diligently used his right arm to measure 14 tickets -- representing an arm's length -- for \$20.

On January 24, he brought to our attention that repeated use for measurement has, in fact, stretched the length of his arm from 14 to 16 tickets. An increase of two ticket lengths!

But first, clinical validation was required.

Intern Natalie Muligan was buying lunch in Hearty and she agreed to help. Natalie carefully measured his arm in raffle ticket units (RTu/s).

Three measurements were taken.

She verified that Suri's arm had lengthened. Stretched from 14 to 16 RTu/s.

"But how? Why? What does it really mean? OMG, Suri!"

Puzzled, Advancement asked the experts at CCNM. Dr. Cooley re-prioritized his research agenda and re-assigned Dr. Kennedy. Dr. Phil hypothesized that a nutritional intervention was the remedy. Dr. Bakir is investigating a homeopathic remedy. And fourth year interns are still squabbling over who will treat Suri at the RSNC.

Suri was unwavering. "The raffle must go on", he said. "Raising money for bursaries is paramount", he continued, pointing solemnly with a hint of a smile to the thermometer on the white board in the main reception area.

In the absence of evidence-based answers, an arm's length measured 16 tickets, an increase of two, for the remainder of the campaign.



# THE GOODS: BRUNCH!

Anthony Gucciardi, 3<sup>rd</sup>-year Student

Slowing down is incredible, whether for a few days, a few hours, or just a few moments; our perception of time truly does contribute to our mental health.

When I think of slowing down, I think of Sundays; and when I think of Sundays, I think of one of one of my favourite things to do: brunch!! I really love brunch. I love the energy around brunch, I even love saying brunch, and I think I'm correct in assuming there is a lot of you out there just like me. So, I've decided to make brunch the topic for this month. These are three establishments that, in my experience, cook up some of the best brunch the city has to offer.

**Fire on the East Side** (6 Gloucester St.): On Saturday and Sundays, Fire on the East Side pulls in crowds for their very special weekend brunch menu. A reservation is not required, but if you don't make one, you'll likely wait for 15-20 minutes; but trust me, it's totally worth it. The menu is unique, the Bellinis are delicious, and their take on crab cakes eggs benedict has kept me going back time and time again. The environment is perfect for a Sunday afternoon, and don't be afraid to have a coffee at the bar. Usually they even offer some banana bread on the house; a nice surprise before your food is ready.

**Three-Speed** (1163 Bloor St.): Three-Speed is quite subtle, so

if you have arrived at the above address and it doesn't look like anything, just open the door and you'll find a wonderful little treat. Throughout the week, Three-Speed is a typical local watering hole, drawing in a very hip crowd. However, come Saturdays and Sundays, this place turns into a brunch mecca. With new features every week, it's hard to keep track of my favorites. Some plates from the past have featured eggs with smoked trout, striploin steak and eggs, pulled pork eggs benedict, and many more. I also had a life changing experience with the Caesars here. This is the only place I've found that uses freshly shaved horseradish for Caesars, which has turned me into a fresh horseradish fiend!!

**The Lakeview** (1132 Dundas St.): Lakeview has been around forever, and has seen many changes over time. The menu is quite diverse, with tons of options for everyone., The best part is that they have a 24-hour breakfast menu!! Basically, they are always open, so you have no excuse not to go. The prices here are very reasonable, the staff is super friendly, and the food is awesome. The Lakeview feels like it's straight out of old Toronto, and is such a good representation of what an old-school diner probably felt like. To keep with the theme of each establishment, you must try the Philly cheesesteak eggs benedict; so original and so pleasing to the belly. Enjoy!

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# CCNM TALKS ABOUT LOVE

*Thanks to all who contributed*

*Love is that warm, sweet feeling at the bottom of your belly, which aches from unrestrained laughter. Your face is sore from the smile you wear, stretched widely across hot cheeks. In the comfort of another, you sit, hip to hip, free and open in their presence, as if of one skin. You put up your feet and relax your soul. You can see, hear and understand. You are seen, heard, understood. You are loved, and so, you are alive.*

~ Talia Marcheggiani, 3<sup>rd</sup>-year Student

*Love is allowing yourself to be truly seen and known. Love is vulnerability. Love is cultivating connection- with someone else or with yourself. Love is a breath of fresh air. Love is the home of my joy. Love is messy. Love is uncertain and has no guarantees. Love is not always magic. Love is sometimes where the hurt lives. But can you imagine not loving or being loved? I can't. Because love is worth it.*

~ Jennifer Hupe, 2<sup>nd</sup>-year Student

*Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.*

~ Lao Tzu (we wish he was a CCNM student)



*I am in love*

*And forever will be  
With the red that is fire,  
The aqua that is the sea,  
And lastly the blue  
Where the birds fly free.*

~ Anne Hussain, 3<sup>rd</sup>-year Student

*Love is like a horse. So majestic, and elegant. It may be what you've been longing for all of your life. You feel so free and powerful on its back, like you don't have a care in the world; And in that moment, you truly don't. But you must keep your wits about you. To forget even for just one moment the power that lies within such a beast would be a foolish mistake. For there is no face less prepared for a hoof than one staring at the sky.*

~ Anonymous Student

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It honours others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.*

(1 Corinthians 13)

~ Kayzee Sutton, 2<sup>nd</sup>-year Student

*Life without love is unimaginable to me.*

~ Anonymous Student

*There is always some madeness in love. But there is also always some reason in madness.*

~ Friedrich Nietzsche (it would be interesting to have him as a CCNM student)

## ANNOUNCEMENTS

### THE VINE EDITOR - UPCOMING VACANCY

Are you interested in contributing to the spirit at CCNM? Do you have experience with content editing? Do you have a passion for news and media? If you have any of these attributes, you could be the next editor of The Vine! If you're interested in joining our dynamic team, send your resume and short description (500 words max.) about why you would make a good editor to [ccnmthevine@gmail.com](mailto:ccnmthevine@gmail.com) by March 1<sup>st</sup>. If you have any questions about the responsibilities, commitment or anything else regarding this position, please send us an email at [ccnmthevine@gmail.com](mailto:ccnmthevine@gmail.com).

### I <3 NDS VALENTINE'S SHIRTS!

During common time on February 11<sup>th</sup> and 13<sup>th</sup>, the NSA will be selling "I <3 NDS" t-shirts and candy grams in light of the lovely Valentine's Day. Come out and support the love!

### TWIST AND SHOUT!

It's finally here! The NSA presents our annual formal! Get ready to twist, slide and shimmy the night away!

**When?**

Saturday March 9<sup>th</sup>

Cocktails begin at 6pm, dinner is served at 7:30pm

**Where?**

Borgata (Vaughan)

**Cost?**

Only \$40 for students and \$60 for faculty

**What does this include?**

Cocktails, appetizers, 3 course meal, OPEN BAR, late night snack, transportation to and from the venue and memories that won't be forgotten!

Tickets on sale at common time on February 4<sup>th</sup>, February 6<sup>th</sup>, February 11<sup>th</sup>, February 13<sup>th</sup>. Any questions please e-mail Melanie or Darcy at [nsa\\_social@ndnet.ccnm.edu](mailto:nsa_social@ndnet.ccnm.edu).