Volunteers Needed for 2015 Palmer Cup

Rich Harvest Farms in Sugar Grove is looking for volunteers for the 2015 Palmer Cup, June 12-14. Possible volunteer duties include live scoring, shuttle driving, and hospitality.

The annual ten-man team golf competition features a battle between top American-born and European-born collegiate golfers. This event is played in a three-day, Ryder Cup format with the future of the PGA Tour.

Additional information is available online. Please contact Rich Harvest Farms Tournament Director Vicky McGowan at (630) 466-7610 or vmcgowan@richharvestfarms.com with any questions regarding this opportunity.

In addition to hosting the Palmer Cup, Rich Harvest Farms, home of the NIU men's and women's golf programs, was recently selected as the site of the 2017 NCAA Division I Men's and Women's Golf Championships, hosted by NIU. Among America’s 100 Greatest Golf Courses according to Golf Digest, Rich Harvest Farms is also home to the International Crown and the Western Amateur. The course is owned by NIU alumnus Jerry Rich.

The NIU Experience – A Journey of Discovery into Affirmative Action, Diversity, and Equal Opportunity

On Wednesday, March 25, 2015, from 8:00 a.m. to 4:30 p.m., The Center for Affirmative Action and Diversity Resources (AADR) and The Office of the Executive Vice President and Provost will host a Spring 2015 Conference in the Holmes Student Center entitled “The NIU Experience – A Journey of Discovery into Affirmative Action, Diversity, and Equal Opportunity.” This is a free program designed to showcase the diverse talent, and academic and professional excellence at NIU.

The conference is designed to provide a platform for NIU students, faculty, supportive professional staff, civil service staff, and alumni to present their work, passion, and/or professional interests regarding affirmative action, diversity, and equal opportunity. There will be a wide range of programming in a variety of formats, including but not limited to, speaker presentations and workshops, visual and performing artistry (art exhibits, music, theatrical presentations, etc.), and interactive sessions (round table discussions, informal networking, and activities). It will be an educational experience that will challenge perceptions and traditional concepts of how we view our community and the world. It will encourage exploration into new facts, ideas, and viewpoints. It will also further value the knowledge, academic excellence, and contributions of our students, faculty, staff, and alumni.

The entire campus community is invited to join in this Journey of Discovery and is encouraged to submit a proposal and attend the conference. To submit a proposal and for more information, visit www.niu.edu/AADRConference, or contact Roselyn Snell, Director, AADR at 815.753.6038 or AADR_Conference@niu.edu.
Gotta Keep ’em Hydrated: H₂O 2Go Works Toward Water Sustainability

In an effort for NIU and its students to become more environmentally friendly – and to promote sustainability – attention should be brought to the use of disposable water bottles.

By focusing on giving people alternatives for carrying water while highlighting the negative impacts of disposable water bottles, there is an opportunity to make noticeable changes to how we think of sustainable lifestyle choices.

H₂O 2Go is a campaign with goals of passing out reusable water bottles to students, installing water bottle refill stations (hydration stations) and reducing the reliance on disposable plastic water bottles.

To motivate students to rely on personal water bottles, free NIU-branded reusable water bottles are provided at events this initiative supports.

Through years of support from the Division of Marketing and Communications, this initiative will have passed out 4,500 water bottles by the end of fall 2014.

In addition to reducing disposable water bottles on campus, this project’s objective is also to install water bottle refill stations. These stations give access to cold, filtered water to easily reusable water bottles, and are a practical alternative to standard tap water.

At the start of this initiative, there were five hydration stations installed across campus. Now there are more than 25, thanks to the Division of Operations and Community Relations. DuSable Hall will have a hydration station inside; H₂O 2Go proudly recommended this installation.

More stations are needed in academic buildings and H₂O 2Go is working to fulfill this need. The water bottles and hydration stations can work together when more students know about both and do not want to use disposable bottles.

This campaign is meant to show everyone a more sustainable lifestyle without making more work for individuals.

Cold Steel on Ice

The East Lagoon near Altgeld Hall is now open to all for ice skating.

Skaters should always check the sign to ensure the ice is safe for skating. The rink is not attended, and skating is at your own risk. The ice is checked by employees of the Grounds Department, which is in charge of the sign located on the south end of the lagoon. A green sign indicates it is safe to skate.

There is no charge to skate, and students, faculty, staff and the community can rent adult hockey and ice skates through the Adventure Center, located on the west side of the Student Recreation Center. The cost is $3 per day, $6 for the weekend and $15 for a week.

More information on gear rentals and pricing is available online.
Let’s Clear the Air

By Stacey Cooper, Graduate Intern, Health Enhancement

Governor Pat Quinn signed into law Public Act 098-0985, also known as the Smoke-Free Campus Act, in August 2014. This means that smoking is prohibited indoors and outdoors on the campuses of all state-supported institutions of higher education in Illinois. Although no one is being asked to quit smoking, compliance with the law is expected when it takes effect July 1.

Exposure to secondhand smoke can have serious consequences. According to the Surgeon General’s Report, there is no risk-free level of exposure to secondhand smoke (1). It is estimated that 3,000 nonsmokers die of lung cancer each year in the United States as a result of exposure to secondhand smoke (2). A nonsmoker’s risk of heart disease is increased 25-30 percent by being exposed to secondhand smoke (1). In order to protect all students, staff, faculty, and visitors from involuntary exposure to secondhand smoke, NIU will become a smoke-free campus on July 1, 2015.

Here are some helpful tips to aid you in quitting successfully:

1. Choose a Quit Smoking date
2. Throw away all smoking paraphernalia
3. Avoid places where there is the temptation to smoke
4. Consider using a nicotine replacement therapy (NRT) such as the patch, gum, or lozenge. If you choose an NRT, do not smoke.
5. Drink more water
6. Increase physical exercise
7. Make an appointment for a physical health examination

There are resources, both statewide and local, for members of the campus community who wish to quit smoking:

The Illinois Tobacco Quitline is a free telephone service that provides cessation counseling and information daily from 7 a.m.-11 p.m. In addition, the Quitline offers web-based services including general information, response to information requests about tobacco cessation, online interactive counseling, and email referrals. Nicotine replacement therapy is available for those who qualify, offering up to 6 weeks of free NRT patches. For more information about the Quitline, please call 1-866-QUITYES/1-866-784-8937 or contact the DeKalb County Health Department at 815-748-2435.

Locally, KishHealth System, offers Courage to Quit classes developed by the Respiratory Health Association. Courage to Quit is a comprehensive group tobacco treatment program for adults; classes cover addiction and withdrawal, managing cravings, avoiding triggers and health benefits of being smoke-free. Classes require a $25 payment and the payment is refundable as long as all sessions are attended. The next Courage to Quit class begins Monday, February 16th from 11:30 a.m. – 12:30 p.m. at the Kish Hospital Roberts Conference Center. Class continues every Monday, 11:30 p.m. – 12:30 p.m., through March 23rd. Courage to Quit will also be holding classes from 3:30 p.m. – 4:30 p.m. each Monday, April 6 – May 11, and on Wednesdays from 11:30 a.m. – 12:30 p.m. April 29 – June 3. You can register online at kishhealth.org or contact the Community Wellness Coordinator at 815-748-2435.

The NIU Employee Assistance Program provides consultation on smoking cessation to NIU faculty and staff, with referrals to community resources, and to smoking cessation programs covered by their health plans. The NIU EAP can be reached at 815-753-9191, and is located at the Holmes Student Center, Room 709.

For more information about the Smoke-Free Campus Act and NIU’s draft policy, go to www.niu.edu/smokefree.

References


Employment Changes

DECEMBER 2014

Welcome New Employees

Stephen Blood, Telephone Operator II—Customer Support Services
Sara Bosilovatz, Clerical Assistant—Outreach & Engagement Administration
Joyce Chesko, Account Technician II—Intercollegiate Athletics
Benjamin Coan, Mailing Equipment Operator/Expediter I—Materials Management
William Davison, Route Driver—Materials Management
Nicholas Maentanis, Intramural & Recreational Coordinator—Campus Recreation
Elizabeth Toure, Program Adviser—International Student & Faculty Office
Taylor Wallin, Admissions/Records Representative—Graduate School

Changes

Tamara Cochran to Human Resource Assistant—Human Resource Services
Greer Davis to Publicity Promotion Specialist—Engineering and Engineering Technology
Jennifer Dooley to Broadcast News Specialist—Northern Public Radio
David Holliday to Assistant Grounds Superintendent—Grounds
Vickie Hueramo to Benefits Officer—Human Resource Services
Taesam Kim to Research Technologist Manager—Chemistry & Biochemistry
Katie Mayberry to Human Resource Officer—Human Resource Services
Rodney Neace to IT Technical Associate—University Libraries
Barbara Palmer to IT Support Associate—Center for Governmental Studies
Julie Ream to Senior Events Administrator—Convocation Center
Amber Shafer to Cooks Helper—Holmes Student Center
Marsha White to Grounds Worker—Grounds
Sandra Woodson to Human Resource Officer—Human Resource Services
Stefanie Zimmerman to Mailing Services Supervisor II—Materials Management

Department Changes

Barbara Coulter, Office Support Specialist to Center for Governmental Studies
Stephen Skal, IT Support Associate to Customer Support Services

Retirements

Frances Pugh, Housing Representative—Housing & Dining
Mark Wisdom, Steam & Power Plant III—Physical Plant

Separations

Anthony Beruben, IT Support Associate—Information Security & Operations
April Courtney, Residence Hall Attendant—Public Safety
Carly Golladay, Office Support Specialist—Philosophy
Satomi Ivey Johnson, Office Support Specialist—College of Education
Brandon Mathesius, Cooks Helper—Housing & Dining
Theresa Maynard, Purchasing Officer III—Procurement Services
Rebecca Soltes, Graphic Designer Associate—Student Affairs & Enrollment Management

January 2015 Welcome New Employees
Damien Cavazos, Cook—Housing & Dining
Lee Clark, Police Telecommunicator—Public Safety
Rodolfo Galindo, Food Service Administrator II—Housing & Dining
Thomas Handschuh, Building Service Worker—Building Services
Catherine Holtz, Building Service Worker—Building Services
James Lopez, Building Service Worker—Building Services
Michael Lyle, Building Service Worker—Building Services
Karen Marshall, Residence Hall Attendant—Public Safety
Thomas Martin, Motorcycle Safety Specialist—Motorcycle Safety
Scott Mohr, Electrician—Physical Plant
Samuel Morroone III, Business/Administrative Associate—Intercollegiate Athletics
Khaleelah Muhammad, Building Service Worker—Building Services
Kendrick Myles, Residence Hall Attendant—Public Safety
Jason O’Quin, Senior Events Administrator—Convocation Center
Alfredo Perales, Office Support Specialist—Health Enhancement
Neiche Rush, Residence Hall Attendant—Public Safety

Jeffrey Schmerbach, Brickmason—Physical Plant
Kristin Sorenson, Staff Nurse I—Health Services

Changes
Patricia Lee to Office Manager—Office of Student Engagement
Mary Schlagel to Safety Officer II—Environmental Health & Safety
Ellen Wilson to Staff Nurse II—Health Services

Department Changes
Donna Walker, Staff Clerk to Center for Governmental Studies

Retirements
Donald Butler, Jr., Manager of Photographic Laboratory—Media Services

Separations
Maria Barnes, IT Support Associate—Customer Support Services
William Davison, Route Driver—Materials Management
Alice Dechene, Program Adviser—School of Art and Design
Leon Halatek, Accountant I—Northern Public Radio
Karen Knappmeyer, Office Support Specialist—Chemistry & Biochemistry
Renee Meszaros, Admissions/Records Officer—Registration & Records
Khaleelah Muhammad, Building Service Worker—Building Services
Susan Oppenborn, Administrative Aide—Presidents Office

Service Awards December 2014
10 Years
Chad Glover—Human Resource Services

15 Years
Katharine Dempsey—Document Services
Marcy Kalvelage—Holmes Student Center
Jennifer Ridge—College of Health & Human Sciences

January 2015
5 Years
Kenton Clapsaddle—Procurement Services
Janice Devore—Psychology
Kurtis Lassard—Lorado Taft
Virginia Meo—Student Affairs & Enrollment Management

10 Years
Denis Franklin—Housing & Dining
Daksha Patel—Biological Sciences

15 Years
Susan Edwards—English
Stephanie Kruizenga—Human Resource Services
Beth Lemarr—Housing & Dining
Lawrence Nepodahl—Holmes Student Center
Charlotte Peel—Controller & Accounting
Brian Timms—Physical Plant
Donald Turk—Holmes Student Center

20 Years
Cathleen Finnman—Housing & Dining
Michale Renolds—College of Engineering & Engineering Technology
Marcus Roccaforte—Public Safety
Richard Twombly—Physical Plant

25 Years
Fran Bomar—Testing Services
Daniel Fischer—Building Services
James Murphy—Architecture & Engineering
Terry Slone—Learning Center
Thomas Wroblewski—Architecture & Engineering