

HR Headlines

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Please click [here](#) to view the HR website.



Please join us in extending a warm welcome to the new folks at Roosevelt:

Kevin Fitzpatrick Auditorium Theater	Carl Lewis DOIT	Stephanie Gray Office of the Provost	David Briggs Human & Community Renewal
Lawauna Green Student Accounts	Deborah Yates College of Business	Craig Wymer Student Activities	Brian Walker Institutional Advancement



Recent REWARD NOW Recipients

The following individuals have recently been recognized by students and staff for their enthusiasm and special efforts.

Roxanne Harris	Administrative Services
Cynthia Harris	Admission
Clem Rollins	College of Education
Chris Brein	Campus Safety
Jimmy O'Connor	Physical Resources
Jackie Shearod	Transportation
Darryl Jefferson	Administrative Services
Jennifer Wonderly	Advising
Teryl ann Rosch	College of Education
LaVonne Downey	Arts & Sciences



Please plan to attend
the Employee
Recognition
Ceremony on
Friday, March 30 in
Ganz Hall.



Just as there are 51 contestants in the Miss America Pageant and only one Miss USA, we have many nominees for awards presented at our Employee Recognition Ceremony and only a limited number of prizes to award. Each of these individuals deserves special recognition for being nominated. Each deserves a Congeniality Award.....

Excellence in Teaching

Barbara Beth Abrams	Lisa Amoroso	Jim Benes	Mary Boland
Carol Brown	Dana Brown	Regina Buccola	Stephen Burnett
Jennifer Clark	Roberto Clemente	Jeanie Crosby	LaVonne Downey
Ann Epstein	Alonza Everage	Kennan Ferrell	Sandra Frink
Erik Gellman	Judith Gouwens	Chuck Hamburg	Suzanne Harrison

Brad Hunt	Mike Helford	Joanne Howard		
Arthur Lubin	John Jurowicz	William Katz	Bruce Kraig	Richard Levy
Steve O'Connor	Jason Martin	Elizabeth Meadows	Michelle Nielsen	Ellen O'Brien
Edward Rossini	Luke Papademas	Katherine Papademas	Charlene Pierce	Teryl ann Rosch
Jackie Shearod	Margaret Rowley	Diane Schael	Mary Ann Schiller	David Schrader
Henry Velarde	Donald Swanton	David Szpunar	Muhie Tabbara	Joseph Tucci
	Merlin Warren	Kelly Wentz-Hunter		

Outstanding Service - Staff

Jocelyn Ashford-Yarbrough	Maureen Barsocchi	Chris Brien
Chris Chulos	Mary Denwiddie	Andrea Egel
Joy Falzarano	Janice Gilmore	Patrick Green
Christy Harper	Jeff Helgeson	Karlene Henninger
Florentino Herrera	Steven Hoselton	Dawn Houglan
Renita Johnson	Rod Meyer	Carolyn Nelson
Debra Outlaw	Carol Pyron	Rose Sanchez
Carina Santoyo	Eric Tammes	Keshar Tamrakar
Marge Tauber	Daisy Tow	Tanya Woltmann
Jennifer Wonderly		

Outstanding Service - Faculty

Albert Bennett	Mary Boland	Ann Brigham	Dana Brown
Catherine Campbell	Shelia Coffin	Judith Dygdon	Cara Edwards
Alonza Everage	Chuck Hamburg	Thomas Head	Phyllis Hill
D. Bradford Hunt	Steven Kvaal	Rudy Marcozzi	Tom Marnell
Ellen O'Brien	Teryl ann Rosch	Samuel Rosenberg	Yao Wang
Cornelius Watson	Paul Wellen	Connie Wells	

Student Employee of the Year

Nestor Avila	Amit Babhulkar	Christine Bird	Melanie Brown
Sarah Cawsey	Narendra Gebhardt	Ellyse Griffith	Adrienne Henze
Kim Hohf	Darryl Jefferson	Ashley Kehoe	Jon Schroeder
John Summers	Tariq Syed	Mary Beth Thede	

Come on in. The water's fine.

By: Susan Rohde

We are one month into the new pre-employment testing program for clerical union employees and results to date have been as expected.

- Four external candidates have tested and four have passed.
- Current clerical employees have been requesting Custom Guide usernames and passwords and several individuals are practicing. I'm interested in the feedback. How is online learning working for you? Are you finding that you can apply the skills learned in your work?
- Now, it's time to start testing. It is not necessary to test for your current position. However, it is absolutely necessary to test if you plan on transferring to a new position or if your current position is upgraded.



Important points to remember:

You may test a few chapters at a time. It is not necessary to wait until you feel ready in each of the Microsoft software programs. Start with the one you are most comfortable with. Check the testing schedule, call to reserve a spot, and give it a try.

As you successfully complete each test, we will put the results in your file, and you can start preparing for the next round. Please call me with your questions. I am glad to help.

Retirement Account Webinars

The Department of Human Resources is pleased to present a new format for learning about and planning for retirement. The Knowledge Center at CUPA (College and University Personnel Association) and TIAA-CREF are offering the following Webinars.

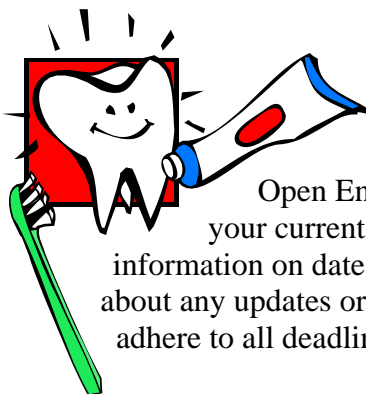
- Starting Out
- Investment Check Up, Are You on Target?
- A Tax Smart Way to Save for Retirement
- Ready, Set, Retire – 5-10 Years from Retirement
- Choosing Income: One Year from Retirement.

[Click here](#) to view these online, narrated courses. It is not necessary to be a TIAA-CREF client to take advantage of these.



As a reminder, when hiring part-time hourly employees, please follow the process as described on [our website](#).

Following this process helps assure that part-time employees are paid in a timely manner and the University is meeting its legal requirements.

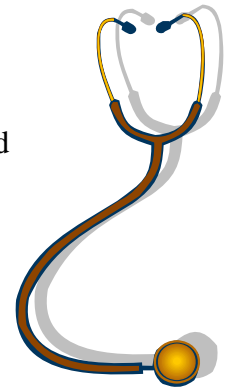


Benefits Corner

Open Enrollment starts soon! Open Enrollment is your opportunity to make changes to your current health and/or dental plans. Watch the Broadcast News and your mail for further information on dates, times, and locations. Please plan to attend one of the sessions in order to learn about any updates or changes to our current plans. Benefit changes become effective May 1st – please adhere to all deadlines for getting your forms turned in.

Here's a great website to help you make the most of your health! Everyday Health www.everydayhealth.com. will send you frequent newsletters by e-mail with useful information for you and your family members. Recent features include:

- Personalized health information
- Condition-specific Health Centers
- Health Guides from A – Z
- Expert Q&A's from leading doctors
- Interactive tools and calculators
- Message boards
- Breaking medical news and features
- Nutritious and delicious recipes



~ Food Trivia ~

It's no wonder that so many of us are gaining weight! Below is a comparison of portion sizes and calories of a few of our favorite restaurant items from 20 years ago and today:

	20 Years Ago		Today	
Cup of coffee (cream & sugar)	8 oz.	45 calories	16 oz. (mocha)	350 calories
Muffin	1.5 oz.	210 calories	4 oz.	500 calories
Pepperoni Pizza (2 slices)		500 calories		850 calories
Chicken Ceasar Salad	1 ½ cups	390 calories	3 ½ cups	790 calories
Chocolate Chip Cookie	1 ½ inches	55 calories	3 ½ inches	275 calories
Popcorn at the movies!	5 cups	270 calories	11 cups	630 calories

Portion Control is a tool to help you monitor how many calories you are taking in. Below are a few samples of one serving sizes:

- 1 cup of salad greens = the size of a baseball
- 1 pancake = the size of a compact disk
- 3 oz. meat, fish, poultry = the size of a deck of cards
- ½ cup of ice cream = the size of ½ a baseball



The Safety Corner



Safety First When You Spring Clean

Spring is here and for many people that means its time chore, but it can also be hazardous to your health if not done correctly. Many products you have on hand can be used for safe cleaning options. For example, water and vinegar make an inexpensive and safe window cleaning solution. Vinegar or lemon juice can clean chrome fixtures, remove rust and remove hard water spots. Limit the use of aerosol products where possible. These tend to release more chemicals into the air because they disperse the product into very tiny, airborne droplets. Instead, use products in pump spray form--it's easier to direct the product toward its intended use and also releases fewer chemicals into the air. No matter what the household chemical, never mix household products or chemicals together, unless specifically instructed. This can create and release additional toxic chemicals into the air. A common example is ammonia and chlorine bleach. When mixed, they react to form a toxic gas. Read the manufacturer's product warning labels and instructions! Always clearly label storage containers with their contents and mixing instructions. Use up the product completely. Discard toxic and flammable materials you no longer need. Applying safe, practical cleaning strategies will help prevent injury with your household chores.

*Reprinted courtesy of University of Missouri Extension:
<https://muextension.missouri.edu/silverthreads/05/spring%20cleaning%20safety.htm>*



Spring Cleaning and Child Safety

Each year, approximately 2.4 million people - more than half under age six - swallow or have contact with a poisonous substance, according to the American Academy of Pediatrics. In fact, U.S. poison control centers handle an average of one poison exposure every 15 seconds, according to the Centers for Disease Control and Prevention (CDC).

Dr. Vera Frumin, chairperson of Pediatrics at Holy Redeemer Hospital and Medical Center, says that while parents are spring cleaning, it's the perfect time to discard old medications and to double-check that all harmful household products are out of children's reach, because 90 percent of poison exposures occur in the home. "Young children frequently put things in their mouths. This is part of learning. It only takes a few minutes to check that your child is as safe as possible from poisoning by double-checking your home and other caregivers homes (including grandparents) for reachable, poisonous products. Many products are poisonous, including detergents, medicines and insect or plant killers. These products are harmful if they are swallowed, come in contact with the skin or eyes, or if they are inhaled." Common examples of poisons that harm children include aspirin, acetaminophen, tranquilizers, sleeping pills, iron pills, moth balls, furniture polish, drain cleaners, weed killers, insect or rat poisons, lye, paint thinners, dishwasher detergent, antifreeze, windshield washer fluid, gasoline, kerosene, and lamp oil.

Reprinted courtesy of About: Pediatrics: http://pediatrics.about.com/od/safety/a/05_spring_clng.htm