UCOL AROUND THE HALL

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Want to recognize a fellow colleague for his or her help? Have you seen someone exhibiting accountability or helpfulness in some way? SHOUT THEM OUT!!! You can thank them for their help in E-Staff News.

Contact Julie Stutzman for more information at weirichj@iupui.edu.
There can be new beginnings in every area of life and at every stage of life. For Jeremy Williams, University College Technical Support Services Coordinator, and his wife Suzanne, the new academic year was extra special as they welcomed their first child, Elizabeth Elaine.

Pre-birth Experience

Jeremy and Suzanne decided to find out the sex of their baby before birth so they could start calling the baby by name. “We both had a strong feeling from the very beginning that we were going to have a girl,” Jeremy said. They chose Elizabeth because it is Suzanne’s confirmation name and Elaine because it was Suzanne’s late godmother’s name.

The couple took three classes at St. Francis regarding various areas of pregnancy, birth, and caring for the baby. The first was a four-week class that covered all of the things they needed to know to get through labor. The second class was the expectant parent class which covered how to care for the newborn, and the third class was a breast-feeding class.

For Jeremy, the best class sections were the ones on pain management and what to expect during labor. “It focused on a lot of one-on-one interaction between my wife and me,” Jeremy said.

The ultrasound was also a big highlight for Jeremy and Suzanne because they were able to see Elizabeth very clearly.

As far as being a father goes, Jeremy was most excited about seeing his daughter for the first time and seeing her reaction to his voice. “Throughout the entire pregnancy, I have constantly been talking to her, and we believe she is going to be a ‘daddy’s girl’ based on her reactions to my voice,” Jeremy said. For example, one evening Suzanne was almost in tears because Elizabeth was pressing on her ribs, so Jeremy started talking to Elizabeth and she stopped.

Overall, Jeremy and his wife are both excited and are constantly in the nursery folding clothes or rearranging furniture. “Sometimes we just sit in the nursery and look around in amazement,” Jeremy said.

Post-birth Experience

Regarding the birthing experience, Jeremy had this to say. “For me the whole process was amazing. I had one hour of sleep in…30 hours, but the adrenaline did a great job keeping me awake.”

The hardest part of adjusting to having a newborn is getting into a day and night schedule. “Another thing that is hard was getting used to driving with her in the car,” Jeremy said. “It makes me even more alert and the first couple of times I felt a little nervous going somewhere.” The couple also has forgotten to eat meals just because they are so focused on Elizabeth. “We finally decided to set an alarm on our phones to remind us to stop and eat,” Jeremy said.

Overall, Elizabeth seems to be a content baby and rarely cries. One of her favorite things to do is look around while she’s being held. While at first Elizabeth looked very much like her mother, some of Jeremy’s characteristics are emerging such as eye color, eye brows, and chin.

Name: Elizabeth Elaine Williams
Born: September 11, 2010 at 2:32 p.m.
Weight: 6 lbs., 11 oz.
Length: 20.25”
IUPUI’s Student Support Services program was approved by the U.S. Department of Education, and effective September 1, 2010, was funded again for the next five years.

A TRIO program federally funded by the Department of Education, Student Support Services (SSS) is a program that provides financial and career support to select groups of IUPUI students. Due to acceptable scoring, the program will continue to provide its services to disadvantaged students.

This year Student Support Services received an additional three percent financial funding. Barbara Browning, program director, believes the additional funding to be quite an achievement since receiving funding at all can be difficult at times.

The program also obtained an additional year to continue its services, Browning said. "Because we scored so high, we had an extra year of funding." Typically, the program is funded for up to four years, but because the program performed well another year was granted.

The Student Support Services program provides a number of services to eligible IUPUI students. Some of these services include peer mentoring, tutoring, advising, financial aid support, career advising, scholarships, and grants.

Students eligible to take advantage of the Student Support Service program are first-generation students, students from low-income families, and those with disabilities. According to Browning, the students respond very well to the program and there is a long waiting list of students wanting to participate in the program.

The SSS program puts together department events each year for the students. Some examples are cultural events held each month, beginning- and end-of-the-year celebrations, and a cultural trip each year as well as helping to fund some of the students’ study abroad experiences.

IUPUI’s Student Support Services program has been operating since 1997, and students should be excited to know that the program will be staying around for at least another five years.
WHAT IS NEW AT UCOL

Rick Ward, University College Interim Dean

By Christina Stubbs

Richard E. Ward, newly appointed interim dean for University College, is very enthusiastic about his new position at IUPUI. As interim dean, he hopes to contribute to the continuing success of University College and its programs that have been on-going for ten years.

Growing up in Colorado, and spending some time in Nebraska as well, Ward grew comfortable with the scenery of the mountain terrain. “I still miss the mountains and skiing. It was a fun place to grow up with lots to do outdoors,” he said, commenting on his childhood memories.

One of Ward’s goals as a college student was to be a writer, but once he was introduced to the field of anthropology, he wanted to be a professor and teach the subject that fascinated him. Ward graduated from the University of Northern Colorado with an undergraduate degree in anthropology.

Ward’s first job out of college was as a meter reader. “Every backyard had a dog,” he said laughing. Ward said that if people think mail carriers have it bad, then they have no idea what meter readers have to deal with. This job experience prompted him to make his next life-changing step – to go to graduate school.

Ward went on to receive his master’s degree and Ph.D. from the University of Colorado at Boulder. During his graduate studies, teaching had become Ward’s new mission, and he landed his first teaching job in 1981 at Franklin and Marshall College in Lancaster, Pennsylvania, the heart of Amish country.

In 1983 Ward moved to Indianapolis when he received a three-year post-doctoral fellowship in medical genetics at IUPUI’s School of Medicine. Ward then joined the faculty at IUPUI where he has been teaching anthropology for 25 years. During this time, Ward has also worked with research teams within IUPUI’s School of Dentistry in cranial facial development.

College students today are faced with a lot of stress and obstacles as they strive for future success. Having gone through a long college experience, Ward has plenty of advice for students. Ward believes that “these are…not the best years,” countering the all-too-familiar thinking that college is the best four years of a person’s life. In his opinion, college is the beginning of many more “best” years to come.

Ward adds this advice to students: “Take advantage of opportunities, particularly on this campus.” He believes that many students do not take advantage of the many programs and services available to them, nor are they aware of them. He thinks it is crucial that students get involved, allowing not only for a richer college experience, but to allow themselves access to even greater experiences in the future.

Although Ward has only been working as interim dean since September 1, already he has enjoyed much about being part of University College. “I’ve enjoyed every minute of it. College professors always say you should encourage life-long learning, but we sometimes forget to [pursue it] ourselves. I’ve enjoyed learning new things every day,” he said.

Along with enjoying his new position, Ward is also looking forward to the exciting year ahead with University College. “I’m looking forward to working with the teams of people at University College that are so strongly committed to student success,” he said. “I want to help extend the success that we have had in University College with first-year [students] beyond that – into their second, third, and fourth years as students.”
A new academic year brings with it the tradition of setting new goals.

What do you want to accomplish? What do you want to see happen?

Every year gives us the opportunity to make positive changes and motivate each other!

Here are some goals a few of your colleagues have set at the beginning of this new academic year:

Christina Nelson— “One of my goals is to clean out my electronic files!”

Erica Eisenhut— “I plan on running my first mini marathon on October 16.”

Jen Schott— “I plan to finish reading a book for pleasure and to continue taking lunchtime yoga in the Campus Center!”

Missy Cooper— “To lose the ‘Summer 5’. To develop a syllabus for the CDF certifications course that Jen Schott and I plan to offer early next year. To finish an online album of vintage family pictures.”

Rick Ward— “My goal for the year is to support all of my colleagues in University College to assure that the great work we do prospers even through difficult transitions.”

Samantha Walters— “My personal goal is to finish the Indianapolis half-marathon (13.1 miles) in under two hours on October 16.”

Lisa Saunders— “One my goals here at work is to get ALL the student files purged out and into Onbase.”
University College is proud to recognize Charlie Johnson, Director of Scholar Support Programs, for his recent publication. Johnson wrote one of the chapters in a book published this year: *Invisibility Factor: Administrators and Faculty Reach Out to First Generation College Students*. The chapter, “The Nine Needs of Lower-Income, First-Generation College Students,” draws from Johnson’s interdisciplinary study of the unique needs of students who come from lower-income backgrounds and students who are the first in their family to attend college.

In the chapter, Johnson introduces social, cultural, and psychological factors that contribute to the challenges these students face that often confound traditional approaches to student support. Johnson focuses on the “nine needs” vital to helping students in the Scholar Support Program at University College on the IUPUI campus. He directs his attention to closing the gap between students with few resources and students with great resources in order to promote success, retention, and graduation within this student group.

With the help of Johnson and all of University College, the retention rate and grade point averages have increased within the Scholar Support Program over the past several years. The program now boasts an overall grade point average of 3.0, a 94 percent retention rate, and a 77 percent graduation rate. Congratulations to Charlie Johnson and the Scholar Support Program!

Nine Needs of Lower-Income, First-Generation College Students:

1. A road map for success
2. A life-coach/mentor/advocate who serves as a guide
3. Someone to be “there” at attrition/persistence points
4. To be assertively plugged into campus and community resources as needs arise
5. Help exploring their strengths, values, passions, and purpose
6. To use strengths and gain insights that lead to greater resiliency, emotional intelligence, and positive coping skills
7. Support and encouragement to participate in transformative experiences such as integrated learning, undergraduate research, service-learning, and study abroad
8. Opportunities to develop critical thinking and intellectual curiosity
9. Guidance and instruction for developing college and professional success networks

By Kayci Voegerl
NO IMPACT WEEK

October 4-8, 2010

No Impact Week is a chance to explore the impact that your daily actions have on the environment. Each day will build on the day before with the goal of being impact free by Friday. Whether you are new to the green movement and just want to explore it further or you are ready to push your green lifestyle to the next level, there is a place for you. You can join the University College Green Team or participate as an individual. Either way, get ready to Go Green!

There are two ways to get involved in No Impact Week. Light Green - The first way is by participating in Light Green activities, which are drop-in events ranging from a Free Swap Market on campus to movie screenings. If you are a Light Green participant, you do not need to sign up and can simply show up for activities you are interested in.

Dark Green - The second way is by making more of a commitment to decrease your environmental impact by signing up as a Dark Green participant. University College will have its own Dark Green team, and all faculty, staff, and students are welcome to get involved. If you are interested, please do the following:

To join the University College Dark Green Team sign up at www.iupui.edu/common_theme/forms/no_impact_week.html, and email Laura Masterson at lcknapp@iupui.edu to let her know you have signed up.

The next University College Green Team is meeting Monday, October 4 at 1:30 p.m.
For more information visit www.iupui.edu/common_theme.

The Common Theme Project

Spanning from 2009-2011, the Common Theme project promotes campus unity, conversation, and collaboration regarding timely issues that connect IUPUI to central Indiana and the world.

Common Themes will change every two years, but each year IUPUI will choose one book as the common reader for the entire campus.

Everyone at IUPUI and in central Indiana is encouraged to join in reading this year’s book, Colin Beavan’s No Impact Man, and to participate in campus and community events to become informed and get engaged.

Event:
Wednesday, November 10, 2010 Colin Beavan will be speaking in the Campus Center, CE 450 from 1:00-2:15 p.m. The event is free and open to the public.
Light Green Activities

Monday, October 4: Trash/Consumption Day
- Free Swap Market – They always say that one man’s trash is another man’s treasure, so come see what treasures you can find at the Free Swap Market! UC Courtyard, 11 a.m. - 1 p.m.
- “The Story of Stuff” screening and discussion. Democracy Plaza, 12 p.m. - 1 p.m.

Tuesday, October 5: Transportation Day
- “Demystifying Indy’s Public Transportation System” – Learn how to utilize your S-Pass with IndyGo. Campus Center 309, 12:15-1:15 p.m.
- “Free Bicycle Maintenance and Repair” with the Bike Line in Broad Ripple. Bring your bicycle by for a free check up! Democracy Plaza, 10 a.m.-2 p.m.

Wednesday, October 6: Food Day
- Take the Red Line to City Market to support a local farmers market.
- “Smoothies Demonstration” Learn how to prepare fruit and vegetable smoothies. Free samples and recipes will be offered. Campus Center 305, 12-1:30 p.m.

Thursday, October 7: Energy Day
- Tour the Eco-Ready shelter on IUPUI’s campus. UC Courtyard, Tour times, TBD.

Friday, October 8: Water Day
- “Addicted to Plastic” Lilly Auditorium, 1-3 p.m.

Dark Green Activities

Monday, October 4: Trash/Consumption Day
On your own:
- Make and bring your lunch in reusable containers.
- Limit printing and copying; use electronic communication.
- Limit new purchases to food and essentials.
- Create a common trash can in your living space or work; wait to empty it until Friday.
On-campus involvement:
- Participate in the IUPUI Free Swap Market by providing goods or services to give away (e.g., music lessons, tutoring, etc.)

Tuesday, October 5: Transportation Day
On your own:
- Do the activities from Trash/Consumption Day PLUS
- Bike or walk to campus.
On-campus involvement:
- Meet/Eat at Mo’Joe Coffeehouse located at 222 W. Michigan St. to bike or walk en masse to campus at 7:30 a.m. or 8:30 a.m. Participants will receive a 20 percent off coupon to Mo’Joes. RSVP by emailing katykaes@iupui.edu.

Wednesday, October 6: Food Day
On your own:
- Do the activities from Trash/Consumption and Transportation Days PLUS
- Make your lunch using local ingredients.
On-campus involvement:
- Volunteers will be going to the IUPUI Campus Garden between 9 a.m.-4 p.m. You can sign up for hour-long shifts.

Thursday, October 7: Energy Day
On your own:
- Do the activities from Trash/Consumption, Transportation, and Food Days PLUS
- Unplug all of your unused appliances.
- Use natural light; turn off artificial lights as much as possible.
On-campus involvement:
- Engage in an IUPUI community Earth Hour from 12:00 – 1:00 p.m. in the Campus Center, Room 308. Listen to Campus Facility Services representative John Kamman regarding responsible energy use on IUPUI’s campus.

Friday, October 8: Water Day
On your own:
- Do the activities from Trash/Consumption, Transportation, Food, and Energy Days PLUS
- Limit personal water use (e.g., take a shorter shower).
- Use a reusable beverage container or thermos.
On-campus involvement:
- Take part in a water-related service project with other NIW friends and the IUPUI community.
- rECOgnition Reception (Time and place TBD)

Check website for updates: www.iupui.edu/common_theme.
You can’t avoid every cold going around, but you may be able to minimize your family’s risk. When cold and flu seasons hit this year, be prepared with some preventative action.

By following some of the following health tips, maybe you can make it through the flu season unscathed. Some tips are common sense, and some might take some effort, but the payoff of a healthy family is definitely worth it.

REMEMBER: Prevention is always cheaper than the cure.

1. Wash your hands frequently, especially when returning home from a public place. Stay away from “antibacterial” soaps with triclosan.
2. Change your hand towels often. Using a common towel may pass germs from one person to another.
3. Clean the places that harbor the most germs in your house.
4. Get plenty of sleep. Not getting enough sleep will negatively affect your immune system, leaving you more vulnerable to cold and flu viruses. Be aware of what your body needs (8 hours may not be enough for some people), and supplement it with quick cat naps of 15 to 30 minutes if you can.

5. Stay hydrated. Living and working inside with the heat on really dries you out, and it's harder to remember to drink water when it isn't hot outside.

6. Take your vitamins. Find a good whole food-based multivitamin for you and your family, especially if you aren't eating as healthy as you should.

7. Get some sunshine. Exposing yourself to the sun every day boosts vitamin D production and helps to lift your mood, which affects your immune response.

8. Stay active. Regular exercise, especially vigorous exercise, keeps your body healthy and offsets our modern sedentary lifestyle.

9. Be positive. Having a positive outlook may be one of the most important things you can do for your health.

10. Vitamin C. Try Emergen-C. Just mix with water for a fizzy, energizing drink.

11. Eat more fruits and veggies. Vegetables and fruits are nutritional powerhouses, and with citrus coming into season in the winter, eating lots of oranges is a cheap way to support your immune system.

12. Use herbs for healing. Astragalus, osha root, echinacea, and elderberry extract are widely used and easily found in health food stores and co-ops.

13. Get a massage. A massage will help to support your lymphatic system and flush toxins from your body.

14. Take it easy on the coffee and alcohol. At the first sign of illness, try taking a break from coffee and alcohol to give your liver less to deal with.

15. Just say no. When feeling less than optimal, do less, stay home from work if you can, and don't over-commit. Make your health the highest priority.

16. Avoid taking over-the-counter medications. Suppressing the symptoms through medication may make you feel temporarily better, but it's usually best to let your body heal itself.
Even with rising food prices, it’s possible to shop for healthy foods without spending a lot.

1. Apples
   Great for: Snacks, green salads, main dish salads, and fruit salads.
   What’s a serving? 1 large apple.
   Price per serving: About $1.
   Nutrition info per serving: 117 calories, 5 grams fiber, 17% daily value of vitamin C, and 7% daily value of potassium.

2. Bananas
   Great for: Snacks and fruit salads, yogurt parfaits, and smoothies.
   What’s a serving? 1 banana.
   Price per serving: About 45 cents.
   Nutrition Info per serving: 121 calories, 3.5 grams fiber, 14% daily value of potassium (487 mg), 20% daily value of vitamin C.

3. Baby Carrots (in bags)
   Great for: Snacks, casseroles, stews, veggie platters, and side dishes.
   What’s a serving? About 1/2 cup or 2 ounces raw.
   Price per serving: 19 cents.
   Nutrition Info per serving: 27 calories, 2 grams of fiber, 200% daily value of vitamin A, and 7% daily value of vitamin C.

4. Canned Beans
   Great for: Green salads, casseroles, stews, and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo beans.
   What’s a serving? Each can contains about 3.5 (1/2-cup) servings.
   Price per serving: About 28 cents.
   Nutrition Info per serving: About 120 calories (for kidney beans), 7 grams protein, 6 grams fiber, and 6% daily value of calcium, and 10% daily value of iron.

5. Canned Tomatoes
   Great for: Italian and Mexican recipes, chili, stew, and casseroles. Flavor options range from no-salt-added, sliced, stewed tomatoes to diced tomatoes with garlic and olive oil.
   What’s a serving? One can contains about 3.5 (1/2-cup) servings.
   Price per serving: About 28 cents.
   Nutrition Info per serving: About 25 calories, 1 gram fiber, 10% daily value of vitamin A, and 15% daily value of vitamin C.
6. Oranges (extra large navel oranges)
Great for: Snacks, green salads, and fruit salads.
What’s a serving? 1 large or extra large orange.
Price per serving: 40 cents for a large orange and 79 cents for an extra large orange.
Nutrition Info per serving: (for an 8 ounce orange): 106 calories, 5.5 grams fiber, 10% daily value of vitamin A, 200% daily value of vitamin C, 17% daily value of folate, 9% daily value of calcium, and 12% of potassium.

7. Pears
Great for: Snacks, as an appetizer with cheese, green salads, and fruit salads.
What’s a serving? 1 large pear
Price per serving: about 45 cents for a large pear. Pears sell for about $0.90 per pound, and a large pear weighs about 1/2 pound.
Nutrition Info per serving: 133 calories, 7 grams of fiber, 16% daily value of vitamin C, and 8% of potassium.

8. Lentils (dry)
Great for: Soups and stews, cold bean salads, and casseroles.
What’s a serving? 2 ounces (dry)
Price per serving: 14 cents. A 16 ounce bag sells for $1.12 (on sale) and contains eight servings.
Nutrition Info per serving: 195 calories, 14 grams protein, 6 grams fiber, 24% daily value of iron, 10% daily value of magnesium and potassium.

9. Pearl Barley (dry)
Great for: Soups and stews, cold salads, and casseroles.
What’s a serving? 2 ounces (dry)
Price per serving: About 12 cents. A 16 ounce bag of dry pearl barley sells for about $0.94 and contains about 8 servings.
Nutrition Info per serving: 199 calories, 9 grams fiber, 2.5 grams soluble fiber, 6 grams protein, 8% daily value of iron, and 11% daily value of magnesium.

10. Yogurt (plain, lowfat, or fat-free)
Great for: Smoothies, yogurt parfait, dips, and dressings.
What’s a serving? An 8-ounce or 6-ounce container is usually a serving.
Price per serving: 60 cents.
Nutrition Info per serving: (for 8 ounces of fat-free plain yogurt): 130 calories, 13 grams of protein, 45% daily value of calcium, plus active cultures such as acidophilus and bifidus.