

NEWS FROM YOUR WOU STAFF SENATE

December 2008

Volume 3 issue 2

STAFF SENATE UPCOMING EVENTS

Student Health & Counseling
With Luis Rosa 1/15

OHSU Nursing Program with Hilary Holman-Kidd and Michael LeMaster 2/19

ROTC with LTC Michael Daniels 3/19

Library Services With Allen McKiel 4/16

Health & Wellness With Craig Wimmer 4/16

New WOU in Salem with Dave McDonald 5/21

New housing project With Tina Fuchs 5/21

UNIVERSITY COMPUTING SERVICES

Michael Ellis

Computing Services has several functions which range from the hard behind the scenes work required to maintain our network to the Service Request Desk. The Service Request Desk can be reached at (503)838-8925 and can assist with a wide range of computer or network issues.

WOU has centralized purchasing of computers and related accessories. This is great news for departments because centralized purchasing allows for significant price discount, obtaining the best technology for your needs, better warranties on purchased equipment, and perhaps best of all, UCS will manage all inventory.

Telecommunications and the WOU TV studio are now under UCS. This merger of departments will better streamline these services and allow things like streaming video and, in general, for services to be faster, cheaper, and better.

WOU essentially has full wireless access (except in some residence halls). Currently, there are 250 wireless access points on campus. Faculty and staff can purchase wireless access for \$20 per month. Students are assessed a fee of \$5 per term.

INTERNATIONAL STUDENTS AND SCHOLARS

Neng Yang

WOU houses the fourth largest international program in Oregon and has the second largest population of undergraduate international students. There are currently 330 international students, representing nearly twenty countries, enrolled at WOU, reflecting an upward growth trend set during the first two years of the program, during which enrollment doubled.

Currently, WOU is developing the Salem Center Project, a satellite campus of WOU. The Salem Center Project will be home to a language development center for incoming international students, teacher education, and nursing. The bulk of this space will be dedicated to International Programs for the Language Development Center.

The International office offers a variety of programming including the WOU Ambassadors program and monthly Coffee Hours, where students, faculty, and staff can converse with international students to assist in language development skills and mutual cultural education.

CAMPUS PUBLIC SAFETY

Jay Carey

As one of the many contributions to the WOU campus community, Campus Public Safety has created “Violence At Workplace” program that focuses on maintenance of a safe workplace environment and prevention of violence. The program includes a presentation that shows how to identify, prevent and react to violence in a workplace, video “When Lightning Strikes: Shots Fired” which educates on the appropriate actions when faced with violence and hostage situations, and annual Campus Community Safety Guide that includes Emergency Response Guide and general information on personal safety at WOU campus.

“Violence At Workplace” program presentation can be scheduled with Campus Public Safety office at (503) 838-8481. Campus Community Safety Guide is available on the WOU web page.

INTRODUCTION TO THE PROVOST

Dr. Kent Neely

The basic function of the Provost Office is to serve as a substitute if the president is absent. The responsibility is shared between Dr. Kent Neely and Mark Weiss. Some of the areas of the Provost responsibilities are:

- Professional development
- Recruitment of students
- Graduate studies
- Infrastructure
- Teaching Research Institute
- Office of the Institute of Research and Sponsored Projects

So far, the Provost Office has been very successful in the above listed areas. Also, WOU offers many opportunities among which two of the biggest ones are marketing and diversification.

WOU’S HOLIDAY TREE LIGHTING AND PARADE

December 3, 2008 saw the 41st annual Holiday Tree Lighting. The program included a holiday greeting from Provost Neely, performances from the WOU Brass Ensemble and Chamber Singers, Christ Church’s Joy Bell Choir, Santa and more. 668 programs were printed and all were handed out. The attendance was great!

The 14th annual parade was organized by the Student Activities Board. There were 15 floats in the parade assembled and presented by WOU Students. After the parade the Giant Sequoia was lit by the Essay Contest Winner Brett Meader from Monmouth Elementary.

After the tree lighting, Santa was available in the Werner University Center. The Student Activities Board took pictures and emailed them if requested. During the picture taking the Student Activities Board also had a craft area available. During all of this Ash Creek Elementary, Central High School Main Street Singers, Central High School Symphonic Choir and Monmouth Elementary School Choir performed in the Pacific Room.

Thank you Student Activities Board for a well organized Holiday Tree Lighting Program. Congratulations to Brett Meader the essay contest winner and Elizabeth Sass the coloring contest winner.

TIPS ON HAVING A SAFE AND STRESS FREE HOLIDAY SEASON

There is enough stress throughout the year. During the holiday season try and put differences aside. Accept those as they are and relax. There is a tendency to assume higher expectations during the season which in turn creates an enormous amount of pressure. The following are some ways to achieve a little “woo-saaa” this season.

“Stress is when you wake up screaming and realize you haven’t fallen asleep yet.”

Focus on your connections ~ Reflect on the meaning and closeness of your relationships. It’s not the amount of money you spend, but how much love and joy you share that will create the quality of the season.

Keep it simple ~ Food doesn’t have to be fancy, easy on the amount spent on decorations. A fireplace and fresh greens or flowers set the mood. Remember, people make the party.

Involve the whole family ~ Children love to be involved in the decorating and making goodies. Don’t worry about perfection.....let go and have fun!

Perform a small act of kindness ~Without expecting anything in return. A smile goes along way.

Set the mood ~ Take in a parade, put on some holiday music, cut a tree, see some lights.

“Safety is everyone’s responsibility.”

Hidden dangers ~ This time of year the weather can play havoc with all of us. Remember, the road may appear wet but lurking beneath can be black ice.

Create distance ~ Give plenty of room when your on the road this winter. Remember, additional breaking distance is needed during wet or icy driving conditions. Reaction time is reduced.

Take a deep breath ~ When things get stressful on the road, take a deep breath and relax. Heart attacks increase during the holiday season. A national report indicated a 5% + rise in heart attacks during this time of year.

Designate ~ When attending holiday parties, designate a driver if you should choose to consume alcohol.

Happy Holidays.....Joe Hutchinson

New Years Treat : All-Star Pork Meatballs *makes 6 servings*

Fun for kids to make—and eat, too! These meatballs are oversized and cook easily in the oven. Scalloped potatoes and buttered green beans make the meal complete!

| | | |
|------------------------|---|-----------------------------|
| 1 pound ground pork | 1 tablespoon onion flakes | 3/4 cup crushed corn flakes |
| 1/2 teaspoon salt | 1/8 teaspoon ground black pepper | 1 large egg, lightly beaten |
| 1/2 cup tomato ketchup | 3 tablespoons firmly packed brown sugar | 1 teaspoon dry mustard |

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, combine ground pork, onion, corn flakes, salt, pepper, and egg. In a small bowl, stir together ketchup, brown sugar, and dry mustard. Spoon 2 tablespoons of ketchup mixture into pork and mix well.
3. Spray muffin tin with vegetable cooking spray.
4. Form 6 meatballs and place in muffin tin. Coat top of each meatball with a spoonful of remaining ketchup mixture.
5. Bake for 30 minutes or until done.

Nutrition Facts:

230 calories 16g protein 12g fat 410mg sodium 85mg cholesterol 4g saturated fat 14g carbohydrates 0g fiber

Recipe provided courtesy of Pork, The Other White Meat

MESSAGE FROM STAFF SENATE

2008-2009
Staff Senate

Jennifer Hansen
Amanda Rodino
Jerrie-Lee
Parpart
Joe Hutchinson
Lauren Smith
Lori Davidson
LouAnn Vickers
Mark Lane
Rhawn Krogh
Tina Palmer

I came to WOU just in time for fall 2007, and was impressed with how warm and welcoming the community was. The Staff Senate, a component of WOU's system of shared governance, extended the feeling with the New Staff Welcome Reception. I hope the new staff members who attended the recent Welcome Reception in November benefited from their event, and recent hires can look forward to their Reception in the spring.

This academic year, a focus of the Staff Senate has been to provide opportunities to learn more about the operations, programs, organizations, and other facets of the University. The Staff Senate previously hosted presentations on the Critical Incident Response Team (Tina Fuchs and Dr. Gary Dukes) and the Alternative Break program (Tina Trinh).

As you'll read in this edition of the newsletter, the Staff Senate recently hosted presentations on Computing Services (Michael Ellis), the International Program (Neng Yang), Building & Personal Safety (Jay Carey), and the Provost & VP for Academic Affairs (Dr. Kent Neely).

The Staff Senate meets on the 3rd Thursday of every month in Hamersly Library, room 205, from 8:30am through 10:30am. The meetings are open for guests to attend. Consider joining us on January 15th as we host presentations on the Student Health & Counseling Center (Luis Rosa). Please contact a member of the Staff Senate if there is an area of interest you would like to see addressed in an upcoming meeting.

As 2008 draws to a close, we wish you a safe and stress-free holiday season, with all the best for the upcoming year. ~ Mark Lane, Staff Senate

HEALTH & WELLNESS TIPS

Eat THIS  **NOT that**

McDonalds

Quarter Pounder WITHOUT Cheese

Calories 410
Fat 19 g
Saturated Fat 7 g
Sodium 730 mg

Sans cheese, the Quarter Pounder has a good balance of fat, protein, and carbohydrates. Pair it with a side salad and an iced tea and you've got a reasonable meal.

Premium Grilled Chicken Club

Calories 570
Fat 21 g
Saturated Fat 7 g
Sodium 1,720 mg

Chicken doesn't always trump beef in the health department, especially when it comes robed in bacon, mayo, and liquid margarine.

Burger King

Small Onion Rings

Calories 140
Fat 7 g
Saturated Fat 1.5 g
Sodium 210 mg

Small French Fries

Calories 230
Fat 13 g
Saturated Fat 3 g
Sodium 380 mg

KFC

Crispy Strips with Green Beans and 3" Corn on the Cob

Calories 470
Fat 22 g
Saturated Fat 4 g
Sodium 1,775 mg

Order a side of green beans for a good source of vitamins K, A, and C—key vitamins in maintaining strong bones and reducing cancer-causing free radicals.

KFC Famous Bowl™ with Mashed Potato with Gravy

Calories 740
Fat 35 g
Saturated Fat 9 g
Sodium 2,350 mg

Beyond the sky-high sodium, the starchy mound within contains 80 grams of carbohydrates.