



## TIP OF THE HAT

~ Ramona Hartweg, Human Resource Representative

### WELCOME TO ISU – AUGUST 2011

- Christina Bray, Dean of Graduate School (July)
- Catherine McDonald, Chemistry (July)
- Robert Seymour, Foundation Administrative (July)
- Amber Bostwick, Curriculum & Instruction
- Derek Boughey, School of Music
- Kayla Carroll, International Studies
- Shikira Chavers, Politics and Government
- Michele Cheever, Health Services
- Sarah Evans, Human Resources
- Kevin Hand, Jr., Administrative Technologies
- Judy Minton, Health Services
- Sally Rowan, Finance, Insurance and Law
- Krista Smith, Health Services



### PROMOTIONS/RECLASSIFICATIONS – AUGUST 2011

- David Ambrose, Collection Specialist V, Comptroller's Office
- Phyllis Bond, Collection Specialist V, Comptroller's Office
- Sabrina Fairchild, Benefits Representative, Human Resources
- Mark Gramley, Industrial Hygienist, Hazardous Waste Disposal
- Lesley Sauder, Administrative Clerk, College of Business
- Dan Thames, IT Technical Associate, Telecommunications
- Jodi Zimmerman, Office Manager, Research and Sponsored Programs

### RESIGNATIONS – AUGUST 2011

- Briana Hankins, Media Relations (July)
- Tiffany McGowan, Illinois Special Olympics (July)
- Heather Cermak, Dining Services
- Jenna Kyle-O'Brien, Curriculum and Instruction
- Lauren Marcet, Office of the Dean of Education
- Marco Quiroz, Dining Services
- Susan Van West, Transportation-Physical Plant
- Tracy Young, Office of General Counsel

### RETIREMENTS – AUGUST 2011

NONE

## FALL MEMBERSHIPS ON SALE NOW

~ Andy Read, Assistant Director, Marketing, Campus Recreation

Memberships to the Student Fitness Center are on sale now. Fall semester memberships are available for faculty/staff for just \$120, or can be purchased through the convenience of payroll deduction for \$26.67 per month. Spouses/domestic partners can be added to any membership with proof of address. More information about membership categories and fees can be found on the facility website at <http://sfc.illinoisstate.edu/membership/fees.shtml>.

“Campus Recreation prides itself in providing a wealth of opportunities for our faculty and staff to maintain healthy lifestyles,” said Dawn Sanner, Executive Director of Campus Recreation and the Student Fitness Center. “The goal for this facility is to serve as a valuable fitness resource to the campus community.”



Memberships include use of all equipment, group fitness classes, swimming, rock climbing and more. Memberships may be purchased at the Bob and Julie Dobski Welcome Center in the lobby of the Student Fitness Center. For more details, call 309-438-7529.

## POTPOURRI

~ Sarita Cox

### SYMPATHY – OUR SINCERE SYMPATHIES TO:

- Scott Cummings, Lead Cook at Southside Dining Center, on the loss of his mother-in-law, Bernadine Etter, who passed away on July 29, 2011.
- Gary Alcorn, BSW, on the loss of his wife, Joyce Ann Smock Alcorn, who passed away on July 30, 2011.
- The family of Edmund Heinz, retired BSW. Edmund passed away August 15, 2011.
- The family of Thelma Wickenhauser, retired – College of Business, who passed away on August 18, 2011.
- Kristie Kowall, Director of Administrative Services, on the loss of her grandmother, Donna Mae Leshner, who passed away on August 20, 2011.
- The family of Gordon Brady, retired assistant superintendent of Building Services, who passed away on August 28, 2011.



### BIRTHS – CONGRATULATIONS GOING OUT TO:



- Cheryl Cope, Student Counseling Services, on the arrival of grandson, Dylan Thomas Wiemelt, on July 18, 2011. Dylan weighed 7 lbs 9 ozs and was 20 inches long.
- Mary Hospelhorn, Student Accounts Office, on the arrival of her granddaughter, Riley Alexis Niewold, on August 23, 2011. Riley weighed 8 lbs. and 6 oz. and was 19 inches long.

*Your help in providing Potpourri information is needed and appreciated. Feel free to voluntarily provide Potpourri information, taking note of the article deadlines printed in each issue. Report births, marriages, or deaths of immediate family members via email to [cscopenline@ilstu.edu](mailto:cscopenline@ilstu.edu). Notifications are not verified by birth, marriage, or death certificates.*

## SERVICE AWARDS

~ David Schaafsma, Human Resources Asst. Director

### 30 YEARS

- James Lavern Knell, 9100 Campus Services/Grounds, 9/10/1981
- Debbie Ann Mason, 8900 Milner Library, 9/9/1981

### 25 YEARS

- Peter M. Embry, 9100 Campus Services/Grounds, 9/30/1986
- Janice C. Leuchtenberg, 2202 University Registrar, 9/2/1986

### 20 YEARS

- Timothy Dale Baker, 9100 Campus Services/Grounds, 9/23/1991
- John Edwin Caplinger, 9100 Campus Services/Grounds, 9/23/1991
- Lucile Graham, 9100 Campus Services/Grounds, 9/30/1991
- Michael Edward James, 9100 Campus Services/Grounds, 9/23/1991
- Kevin Patrick Kelley, 0580 Payroll, 9/30/1991

### 15 YEARS

- Thomas Francis Brouillette, 9175 Heating Plant, 9/2/1996
- Martha R. Frieberg, 4240 English, 9/3/1996
- Marcia B. Strum, 3200 University Advancement, 9/23/1996

### 10 YEARS

- Barbara J. Brandt, 9000 Facilities Management, 9/17/2001
- Ryan Jacob Peters, 8900 Milner Library, 9/10/2001



## 2011 HOMECOMING CAMPUS DECORATING

~ Juliana Duncan, Alumni Relations

### WHAT IS HOMECOMING CAMPUS DECORATING CONTEST?

It's an opportunity for your office or department to promote Redbird pride and show Homecoming Spirit! The tradition of decorating the campus for Homecoming dates back to 1927 and was renewed by the Illinois State University Alumni Association as a way to "Spread the Red" across campus. All campus offices are eligible and encouraged to participate and GET IN THE GAME!



### WHEN SHOULD YOU DECORATE?

Decorations must be complete and ready for judging by 10 a.m. on **Friday, October 7**. Contact will be made with entrants by Wednesday, October 5th regarding the schedule for judging.

### WHAT DO YOU WIN?

First and second place prizes will be awarded *traveling trophies* and \$50 or \$25 respectively to two types of entries:

- Building/multi-office entries
- Single office/individual workspace entries.

Additionally, entrants from offices of all sizes will be eligible for special decorating awards:

- Best newcomer to the contest
- Most original use of the Homecoming theme
- Most humorous
- Best use of Reggie
- Campus favorite – voted on by the campus community through text-to-vote.

All participants, whether entering just for fun or competition, will be recognized on <http://illinoisstatehomecoming.com>

## WELLNESS ACTIVITIES

~ Nikki Brauer, Director, Health Promotion and Wellness

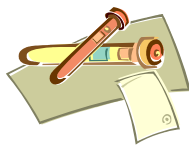
Health Promotion and Wellness is located in Suite 187 McCormick of the Student Fitness Center and McCormick Hall. Our main number is 438-WELL (9355).

Registration information is found at [wellness.IllinoisState.edu](http://wellness.IllinoisState.edu) under Register Here. Online registration is available as well as forms for Lifestyle Enhancement classes. Forms are available at class location and Health Promotion and Wellness in McCormick 187.

### Cholesterol and Blood Chemistry Screening

Friday, Oct. 21 between 7:30 – 9 a.m. in the Student Services Building.

Fees: Lipid Profile + Chem 30 — \$42 and PSA — \$53. Payment is expected at the time of service.



Appointments are required, reserve no later than Monday, Oct. 17. Register online or contact 309-438-8845.

## ...Wellness Activities Continued

### Guided Relaxation and Meditation

Thursday, Sept. 22 from Noon to 1 p.m.

McCormick Room 159

Techniques used to increase mindfulness and promote a greater state of relaxation require guidance and practice. Please join Tona Schenck, MA, MFA, as she leads the group through these practical exercises. This session is held while seated in chairs and will not require special apparel.

### Lifestyle Enhancement Classes

Location: 3<sup>rd</sup> W Lounge, BSC

Noon Yoga – MWF – Noon to 1p.m.

Balanced Bellies and Backs – TR – 12:15 to 1p.m.

Yoga 8:30 to 9:30 a.m. Saturdays

Yoga with Props – Thursdays – 5:15 to 6:15 p.m. (Held in Metcalf 139)



### Targeted Yoga Series

Location: Metcalf 139

Tuesdays from 5:15 to 6:15 pm

- Yoga for Sleep – Oct. 4, 11, 18 and 25 (Fee: \$15)
- Yoga Stress for Management – Nov. 29, Dec. 6 and 13 (Fee: \$10)

### Menu of Healthy Living Presentations:

Contact 309-438-WELL (9355) or Nikki Brauer at

[nbgegel@ilstu.edu](mailto:nbgegel@ilstu.edu) to schedule one of the following sessions for your department.

- Setting Health Goals
- Ergonomics 101
- Meditation and Guided Relaxation
- Campus Health Behaviors
- Yoga at Your Desk

### Nutrition Guidance

Health Promotion and Wellness offers individual diet analysis and guidance for those striving to improve their lifestyle. If you are interested in scheduling this service contact Molly Dungan at <http://wellnessnutrition.illinosstate.edu> or 309-438-WELL.

### Family Swims

Family Swims are held in Metcalf pool from 1:30 to 3:30 p.m. and lifeguards are on duty. All parents/guardians must remain in the pool area. Families are encouraged to bring their own flotation devices. Registration is required.

Dates: Sept. 25, Oct. 15 and 30

Register online.



### Massage

Health Promotion and Wellness partners with Aches Away Massage Specialists to offer on campus massage. Fees are \$15/15 minute appointments and payment is expected at the time of service.

Registration is required.

Dates: Sept. 28, Oct. 11 and 27

Register online.

**NEXT OPENLINE ARTICLE DEADLINE**

The next deadline to submit articles to the *OpenLine* newsletter will be **Wednesday, September 28**. Items pertinent to civil service employees can be sent to [cscopenline@ilstu.edu](mailto:cscopenline@ilstu.edu)

**CLASSIFIED ADVERTISEMENTS**

**For Sale:**

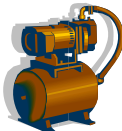
- Have a large collection of dolls and old comics. Call (309) 261-9912.



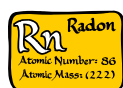
- KILN (Knight) octagon; instructions and accessories. Pourer and pump included. Many nice molds; cleaned, fired greenware. Works fine. \$450 complete. Call (309) 663-2616.

- Goat milk soap made in Kentucky. Fragrances: Rose garden, patchouli, honeysuckle, wintergreen, and rosemary. \$2.50 per bar. Call Linda at 825-3140.

- Air compressor—5.5 hp twin cylinder roofing type. \$350. Call Kathy 846-2455.



**Personal Service:**



- Illinois #1 radon mitigation company for quality & customer satisfaction! Licensed over 10 years. David Smith Radon Remedies. Call 309-473-2955.

**NOTE: The Civil Service Council does not endorse any of the product(s) or service(s) included in the Classified Ads section of the OpenLine newsletter.**

**OpenLine Classified Ad Submission Form**

*All information must be printed clearly.*

First and Last name: \_\_\_\_\_

Employment status: Full time / part time / retired / \_\_\_\_\_

Home phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

ISU phone: \_\_\_\_\_ - \_\_\_\_\_

Best time to reach you at your home phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Campus Box/Dept: \_\_\_\_\_

Check one category:

- Free Items (\$2)
- For Sale-Auto (\$5)
- For Sale-Other (\$2)
- Personal Service (\$5)
- Wanted (\$2)

**ONE word per box. 20 words or less.**


Make checks payable to: Civil Service Council - *OpenLine*.  
 Send this completed form and payment  
 by the published classified ad deadline (Sept 28) to:

**Maureen Peel, 1100 VP Finance & Planning, 438-5152**

For more information about advertising in the *OpenLine*  
 visit [www.cscouncil.illinoisstate.edu/openline/](http://www.cscouncil.illinoisstate.edu/openline/)

