



The Staff Scoop

June 2011

Next Meeting: June 3rd at 10:00am (Community Room)

Editor: Judy Ford

STAFF SERVICE AWARDS



Congratulations to staff members that were recognized May 18th at a dessert reception for their dedicated service to Indiana University East. Milestone awards presented to support staff

members included:

Five Years

Duretta Callahan, Human Resources
Robyn Coblentz, Area 9 Agency
Stephanie Heineman, Student Support Service
Connie Levering, Physical Facilities
Karla Stevenson, School of Business
Cindy Turner, Physical Facilities

Ten Years

Tim Fienning, Financial Aid
Tim Swift, Campus Police

Fifteen Years

Rena Dilworth, Chancellor's Office
Margie Santner, Business Office

Thirty-Five Years

Tammy Williamson, Information Technology

NEW GRANDPARENTS

Jeff and Angela Locke (Campus Police, Asst. Registrar) became first-time grandparents on May 18th. Molly Marie Locke was born to Sam and Kara Locke in Floyd Memorial Hospital. Molly weighed 7 lbs. 9 oz. and was 20 inches tall. Congratulations to the Locke Family on their beautiful new addition!



Take risks: If you win, you will be happy; if you lose, you will be wise. -Anonymous

IMPROVE YOUR DICTION WITH THIS EXERCISE



Do friends and co-workers frequently ask you to repeat yourself? Maybe your pronunciation needs

some work. Would-be radio and TV announcers frequently use this test to improve their diction and memory:

One hen

Two ducks

Three squawking geese

Four Limerick oysters

Five corpulent porpoises

Six pairs of Don Alverzo's tweezers

Seven thousand Macedonians in full battle array

Eight brass monkeys from the ancient, sacred crypts of Egypt

Nine apathetic, sympathetic, diabetic old men on roller skates with a marked propensity towards procrastination and sloth

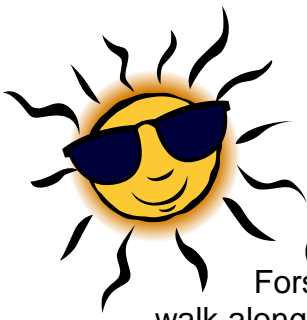
Ten lyrical, spherical, diabolical denizens of the deep who haul stall around the corner of the quo of the quay of the quivery, all at the same time

Start by saying "One hen," and then add each phrase until you reach ten: "One hen, two ducks, three squawking geese..." and so forth. Your clarity will improve and more people will understand your words.

JUNE BIRTHDAYS

- 2 Ann Routson
- 8 Connie Levering
- 9 Tim Fienning
- 18 Alvin Ferguson





SUMMER DAZE AND DREAMS

Some days, the best thing to do is dream about being somewhere else...far away...no work...no deadlines...no responsibilities. Michelle King's dreams (HSS) are filled with the old southern charm of Savannah, Georgia. "I would go to Forsyth Park (where my fiancée proposed), enjoy the shopping at the City Market, walk along the beach at Tybee Island, eat at the Elizabeth on 37th and enjoy the house wine of the south...sweet tea!"

"The mountains are my getaway," shares Judy Ford (Area 9). "The majestic views soothe your soul and the fresh mountain air clears any cobwebs from the mind. Reliving the life of Appalachian settlers brings simple joy away from today's hectic, fast-paced life and provides a new perspective to the world around me."

With summer officially beginning June 21st, these dreams (and yours!) could soon become a reality. Summer's almost here and that usually means it's time to hit the road for a vacation. Whether your idea of relaxation involves rock climbing or lounging by the pool, you can enjoy a stress-free trip (or at least minimize the hassles) with some basic planning:

STRESS-FREE FAMILY VACATION

- **Involve your children.** Whether you're traveling with toddlers or teenagers, get them engaged in the preparations. Asking them what they want to see and do, and incorporating their wishes as much as possible, will lead to a smoother experience.
- **Pick your time.** Flight delays and crowded airplanes rarely improve the quality of your trip. When flying, your best bet is to travel Monday through Wednesday, early in the day. Fly direct if possible to cut the chances of your luggage getting lost (or having to drag your carry-ons from one end of the airport to the other).
- **Pack some snacks.** Kids *and* adults get cranky when they're hungry. Carry along something healthy to eat: granola bars, raisins, dried fruit, peanut butter crackers, and treats for when you or your kids need something special.
- **Schedule some downtime.** Don't try to cram too many activities into the day. Rushing through one museum to get to the next one, and the one after that, will quickly grow exhausting. Allow some time to relax, watch TV, read, or take a leisurely stroll.
- **Keep some routine.** For small children, maintaining some elements of a regular routine will keep things running smoothly. Bedtimes, regular meals, and normal rules of behavior provide a comforting sense of structure.
- **Be flexible.** Expect delays so they don't stress you out. Break the schedule when something more interesting comes up. If you want to spend more time in a museum that intrigues you, do it. You may not have the chance again.

TAKE CARE IN THE SUN

- **Choose your times.** When possible, limit your exposure to the sun between 10am and 4pm when the sun's rays are strongest.
- **Dress appropriately.** Wear loose, light clothing covering your body as much as possible, along with a broad-brimmed hat to protect your face and neck.
- **Check your medications.** Antibiotics and other medications can increase your sensitivity to sunlight. Talk to your doctor about how best to take care of yourself on bright days.
- **Drink lots of water.** Avoid overheating by staying hydrated during hot weather.
- **Use sunscreen liberally.** Your best line of defense is a broad-spectrum sunscreen that blocks both UVA and UVB rays. Reapply every four hours, or more often if you go swimming or sweat a lot.

BEAT THE POST-VACATION BLUES

Your vacation should have relaxed and recharged you—so why is going back to work so hard? Here's how to diminish the seemingly inevitable post-trip letdown:

- **Pace yourself.** Don't try to plan every minute of your vacation for maximum activity. Build in sufficient time to relax so you don't return to work exhausted from your "fun."
- **Schedule your return a couple of days early.** Give yourself a day or so between vacation and going back to work; it can help ease the transition to your duties.
- **Let others know your plans.** Let clients and co-workers know you're away and provide them with alternative contacts. You'll reduce the number of messages waiting for you at the office when you return.
- **Ease in to it.** If you can arrange it, make your first day back a half-day. You can take care of the most pressing issues before diving back in.