



INFORMATION. TIPS. EVENTS.

UC MATTERS

# THE SOURCE

FEBRUARY 2015

## UC PEOPLE

Sarah Elleman – Head Field Hockey Coach

*By Colleen Blerstine '15, PR Intern*

**Q: You are from New Jersey. What brought you here to Utica?**

**A:** I served as an assistant coach of field hockey in Indiana, but my real dream was to be a head coach so I could pass my passion and expertise on to others. When I was offered the opportunity at UC, I seized it! I wound up falling in love with the Utica area.

**Q: How has your background in playing team sports helped you in your position here at UC?**

**A:** I have learned what it is like to really push myself, and that it is okay to take on things that challenge you. I teach my athletes that you can push through discomfort and come out even stronger.

**Q: What does being a Pioneer mean to you?**

**A:** Being a Pioneer means having heart. We exhibit the definition of teamwork and give each other endless support. This can be seen in how we attend other teams' games and events. On my team, there is such a strong sense of community and that is not something you would necessarily see elsewhere. The Pioneer spirit is very unique.

*continued on page 3*

**Q: Why field hockey?**

**A:** Growing up, I played every sport I could, but by high school, field hockey just stood out for me. In my senior year of college, I decided I wanted to be a collegiate coach. I went straight to my athletic director and asked what I needed to do to get there.

*"I have learned what it is like to really push myself, and that it is okay to take on things that challenge you."*

*-Sarah Elleman*



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Around Campus  
and Beyond



**BACK COVER**  
Events & Training  
Health and  
Wellness



*Physics majors Brittany Vanderhoof (right) and Hope Murphy (left), along with physics professor Linda Dake, attended the American Physical Society Conference for Undergraduate Women in Physics at Rutgers University in January. Murphy presented a poster on her research on the models to predict cancer tumor growth. (see PHYSICS, page 3)*

**UTICA**  
COLLEGE

*Never stand still*

# HR NOTES

## New Hires

Kenneth White, *Campus Safety Sergeant*

Mary Murphy, *Recruitment Marketing and Online Engagement Manager*

## TAX TIME: HEALTH INSURANCE QUESTIONS

As tax time rolls around, you may come across conflicting or confusing information on what you will receive (or won't receive) from Utica College in regard to your health insurance coverage. The IRS has delayed mandated reporting of health insurance enrollments from large group employers (like Utica College) until the end of the 2015 tax year. Therefore, you will not receive a 1095-C from Utica College for the tax year ending December 31, 2014.

You are encouraged to visit [www.irs.gov/Affordable-Care-Act](http://www.irs.gov/Affordable-Care-Act) for more information.



## RELAY FOR LIFE COMES TO UC

The newest student organization on campus is our own chapter of the American Cancer Society's Colleges Against Cancer. CAC groups raise funds for the American Cancer Society, this includes Relay for Life.

Utica College will host its very first Relay for Life from 6 p.m. on April 17 until 6 a.m. on April 18.

For more information on fundraising events, contact club president Olivia Deck at [ohdeck@utica.edu](mailto:ohdeck@utica.edu) or Relay for Life Chair Gerald Testa at [gdstesta@utica.edu](mailto:gdstesta@utica.edu). You can also make a donation or join the fight by visiting [relayforlife.org/uticacollegeNY](http://relayforlife.org/uticacollegeNY).

## Team UC prepares for America's Greatest Heart Run and Walk

Team UC is gearing up for America's Greatest Heart Run and Walk again this year. The walk is set for Saturday, March 7, but planning is well under way. Honorary captains for the 2015 team are Ralph Petronella of Facilities Management and Suzanne Storms from Admissions and Enrollment Management.

Numerous fundraisers are in the works including the sale of t-shirts, wristbands and hearts. The "Pie Your Coach" event will also be back this year. Team UC is always collecting cans and bottles toward the team's fundraising goal. Bottles and cans can be dropped off at the Office of Student Employment in White Hall 250.



Watch your email for upcoming events. For more information on how to donate or participate, contact any of the co-captains: Rebecca Sullivan, student employment coordinator; Sarah Elleman, head coach- field hockey; Fran Lucia, activities advisor/events coordinator; and Betsy Caraco, coordinator of circulation services. Debbie McQueary, senior coordinator of conference and meeting services, acts as liaison with the American Heart Association.

The College community is encouraged to donate or better yet, walk with Team UC on March 7. Together, we can help find a cure for heart disease ... one step at a time.

**Hossein Behforooz**, professor of mathematics, presented a talk on Conic Sections at the Joint Mathematics Meeting held in San Antonio last month.

**Dana Brooks Hart**, associate professor of health care administration and director of the Leadership Institute, was appointed to the New York State Board of Examiners of Nursing Home Administrators. He will serve on the board until June 30, 2017.

**Theodore Orlin**, Harold T. Clark Professor of Human Rights Scholarship and Advocacy 2005-2010, wrote a chapter "The Death of Languages; the Death of Minority Cultures; the Death of a People's Culture," in the book "Cultural and Linguistic Minorities in the Russian Federation and the European Union," Heiko F. Marten, Michael Rieker, Janne Saarikivi, Reetta Toivanen, (Editors), Springer International, Switzerland, (Heidelberg, New York, Dordrecht, London), 2015 (ISBN 978-3-319-10455-3).

**Christopher Riddle**, assistant professor and chair of philosophy, gave a keynote lecture as part of the 'Global Bioethics-Human Rights and Disability' research project at the University of Seigen in Germany last month. His lecture was titled "Grounding Disability and Human Rights with the Capabilities Approach." He also led a roundtable discussion with his talk, "Why Disability and Health are of Special Importance for Human Rights Considerations."

UC's online **MS in Health Administration** program ranked #13 in the United States in an article titled "The 25 Best Online Master of Healthcare Administration Degree Programs" by TheBestSchools.org, a prime resource for prospective students seeking a college or university degree. UC's program was selected based on a number of factors including course offerings, academic excellence, faculty accomplishments and reputation.

*Please send information and photos for KUDOS to [source@utica.edu](mailto:source@utica.edu).*

## IN THE NEWS...

- **Donald Rebovich**, professor of criminal justice and executive director of the Center for Identity Management and Information Protection (CIMIP) at UC, spoke with *Observer-Dispatch* reporter Phil Vanno about the prevalence of identity theft, and tips for protecting oneself. *1/11*
- **Austen Givens**, professor of practice in cybersecurity, spoke with WIBX's Bill Keeler about the CENTCOM hack of military social media. *1/13*
- *La Repubblica*, the largest daily newspaper in Italy, interviewed **Givens**, professor of practice in cybersecurity, about the business and huge financial impact of counterterrorism. *1/26*
- **Ray Philo**, professor of practice in cybersecurity and director of the Economic Crime and Cybersecurity Institute of UC, spoke with WIBX's Jim Rondinelli about a specialized training seminar at UC conducted by the National White Collar Crime Center. *1/14*
- **Philo** also spoke with *OD* reporter Phil Vanno about the possible use of drones by law enforcement. *1/15*
- **Laura Bedford**, executive director of Student Financial Services, spoke with *WUTR Eyewitness News* reporter Ana Rivera about financial planning for your children college, FAFSA and other financial aid forms. *1/15*
- **Luke Perry**, associate professor and chair of government and politics, spoke with *WUTR Eyewitness News* reporter Ana Rivera about the significance of the State of the Union address. *1/20*
- **Perry** also wrote a letter to the editor, published on *The New York Times*, on Mitt Romney, Mormonism, and how it has influenced his political career. *1/29*

## Physics *continued*

Vanderhoof and Murphy also participated in The University Physics Competition in November. Of the 131 teams, UC's submission ranked in the top 20% and earned them silver medal status. They ranked equivalent to Harvard and Yale, and above Duke and Syracuse.

## Elleman *continued*

**Q: How does the Pioneer spirit extend beyond the field?**

**A:** We are always deeply involved in the community and one of the best examples of that is the Heart Run and Walk, in which UC takes an active leadership role. No matter what it is, we bring our Pioneer spirit to the table – ice hockey games, the Boilermaker, you name it. There is such camaraderie and closeness. The women on my team do everything together, and they even call each other sisters.

**Q: Tell us a little about yourself.**

**A:** I earned my bachelor's degree in sociology with a minor in psychology from Drew University, and I earned my master's in athletics and academic achievement from the University of California at Berkeley.

I'm a runner; it's in my blood because my father is a runner too. I love to do races because they are a way to stay competitive. My proudest moment as a runner was qualifying for the Boston Marathon, which I ran in 2010.



**A.** Brendan Krol, a “wish” kid who has benefited from the services Make-A-Wish provides, talks with Utica College Hockey players before a press conference kicking off the Central New York Chapter’s 30th Anniversary. Krol and his mother, Meghan, participated in the press conference. **B.** From left, Mariann Munson, Fran Lucia, Joe Gutowski and Joanne Hathaway **C.** Men’s Hockey Coach Gary Heenan participated in the press conference along with several of his players. **D.** Diane Kuppermann, President and CEO of Make-A-Wish CNY speaks during press conference. **E.** Members of the UC community presented a check for more than \$800 to Make-A-Wish from proceeds raised at the student holiday dinner and staff holiday party. 01/21



**F.** Law enforcement from throughout the Northeast participate in a course on data recovery and analysis presented on by the National White Collar Crime Center. **G.** Pennsylvania Trooper John Powis works on an exercise during a NW3C training. 1/14

# AND BEYOND



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K

**H.** Adirondack Bank President/CEO and UC parent Rocco Arcuri Sr. drops the puck before the men's game. 01/17

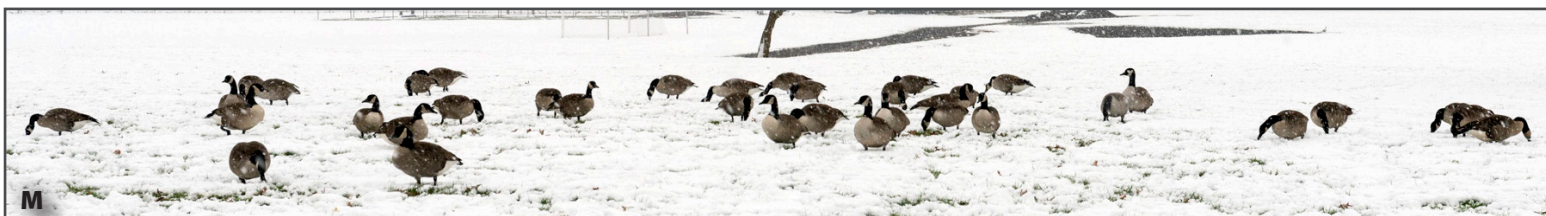
**I-K.** A peek inside the exclusive Zepplin Room, Utica Auditorium at Faculty/Staff Donor Appreciation Night at UC Hockey. 01/17

**L.** The Asa Gray Biological Society and the Pre-Med Club helped collect food, hats, mittens, socks and other items for the Foothills Rural Community Christmas Basket Project. More than 255 baskets were distributed, helping to make the holidays a little brighter for some 1018 people. 12/14

**M.** Geese take a break in their journey on the quad. 01/30



L



M

## UPCOMING EVENTS/TRAINING

Please visit [utica.edu/hr/training](http://utica.edu/hr/training) for updates and to register.

### February/March

**02/05, 02/12, 2/19, 2/26, 3**

**Chair Yoga (7 sessions).** 12:45-1:45 p.m.;  
Boehlert Conference Room

**02/11/15 Implementing "Clickers" in Your Presentations (Windows).** 10:00 a.m.; L121

**02/11/15 Grad Fair.** 12:00 - 2:00 p.m.; Ellen Knowler Clarke Lounge,  
Strebel Student Center

**02/11/15 Implementing "Clickers" in Your Presentations (Mac).**  
3:00 a.m.; L121

**02/12/15 TIAA-CREF Individual Client Consultant on Campus**

**02/13/15 What's the Big Deal with Smartphones anyway?**  
3:00 p.m.; Webinar

**02/18/15 Google Document (Word Processor).** 1 Hour  
10:00 a.m.; L121

**02/20/15 Adding Media To Power Point (Download YouTube Video)** 15 minutes. 3:00 pm.; Webinar

**02/23/15 How and Why to Clear Your Browser Cache.** 15 Minutes.  
10:00 a.m., 3:00 pm.; Webinar

**02/25/15 Data Privacy.** 45 minutes. 10:00 a.m., 3:00 pm.; L121

**02/27/15 Online Surveys.** 30-45 minutes. 3:00 pm.; L121

**03/04/15 Information Security 101.** 1 Hour. 10:00 a.m., 3:00 pm.;  
L121

**03/06/15 Word Table of Contents.** 15 minutes. 3:00 p.m.; Webinar

**03/06/15 America's Greatest Heart Run and Walk Pre-registration, WIBX Radiothon, WKTV Heart Telethon, My Heart/My Life Expo with Health, Wellness Assessments,** 9:00 a.m. to 9:00 p.m. Cark Athletic Center

**03/07/15 America's Greatest Heart Run & Walk,**  
6:00 a.m.-1:00 p.m., UC campus

**03/11/15 Care to Grow a Garden?** 12:30 p.m. - 01:30 p.m.;  
Boehlert Conference Room

## CHAIR MESSAGES AT UC



Stressed? Aching? Just want a treat?

**Take advantage of a revitalizing chair massage right here on campus!**

Massage therapists from A Personal Touch Spa in New Hartford are in room 105C Strebel Student Center the **3rd Friday of every month** throughout the academic year.

One of UC Health & Wellness's many offerings, the chair massage program depends on your participation. Sarah and Jodi have agreed to bring their talents to campus and we have agreed to keep them busy while here!

Ten to 15 minute appointments can be scheduled between 10 a.m. and 3 p.m. and cost just \$1/minute. Longer 20 minute massages are also available at an additional cost.

Save your favorite spot by visiting the H & W website: [utica.edu/hr/wellness](http://utica.edu/hr/wellness). Gift certificates are available from HR.

**Questions? Contact Caren at [cbsummers@utica.edu](mailto:cbsummers@utica.edu)**

## UC COUCH-TO-5K PROGRAM

### Have you registered?

There is still time to join Utica College's Couch-to-5K program!

Honor your new year's resolution to get in shape by training for the Utica College Medical Society 5K road race on April 25. The training program is designed to guide you safely and effectively into running. All proceeds will be donated to the Thea Bowman House, a Utica-based charity that serves low-income, at-risk children and families in and around the city of Utica.

The Couch-to-5K program involves weekly group training sessions and exercise plans developed by running expert and Utica College cross-country coach Jason Rose. Group training runs will be held Monday nights at 5:30. Participants will meet in

Room 166 of the Gordon Science Center; each will receive expert training plans, a moisture-wicking technical shirt and a training program pint glass. The cost is \$35 for the Couch-to-5K, or \$45 for both the Couch-to-5K and the 5K race.

Register online at [www.active.com/event\\_detail.cfm?event\\_id=2135649](http://www.active.com/event_detail.cfm?event_id=2135649) or contact **Sarah Spaulding** at [slspauld@utica.edu](mailto:slspauld@utica.edu) for more information.

Be on the lookout for more information about the 5K road race as spring draws near!