



INFORMATION. TIPS. EVENTS.

UC MATTERS

THE SOURCE

JANUARY 2016

UC PEOPLE

Julie Murawski - Director Student Health Center

By Marissa Filletti '18, PR Intern

Q: Tell me about what is new in health and wellness at UC.

A: I am so excited about this new club I am advising on campus called UC EMS. We started the process in the Fall of 2014 and as of Nov. 30 we received our agency code, officially making us a Basic Life Support (BLS) agency. We currently have eight Utica College

any and all emergencies during the academic year when classes are in session. This is a really big deal for the College and great experience for the students.

Q: I understand the Student Health and Counseling centers recently combined. How are the two offices collaborating to provide student services?

A: We work very closely with the counseling center to provide health education on campus. Additionally, we are sharing a waiting room and administrative staff. I think this will make it easier for students to seek help for any illness they have. Before, the Counseling Center didn't have a waiting room, so now students can have that privacy no matter what type of help they are seeking. Whether students are sick, or are struggling with depression or anxiety, we can

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students who are certified EMTs and, along with Campus Safety, they will be responding to emergencies on campus. Say, for instance, a faculty member or student passes out in class, both the EMTs and Campus Safety will be dispatched. This will only occur for

"We work very closely with the counseling center to provide health education on campus."

-Julie Murawski



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In the News



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Around Campus



BACK COVER

Events & Training
Holiday Party
Photos



For the first time in the 11-year history of the event, the New York Sash Teddy Bear Toss goal was scored on a penalty shot, as the Utica College men's hockey team earned a 4-1 victory over visiting Salve Regina University in front of a sold-out crowd at the Utica Memorial Auditorium. The stuffed animals were collected and given to local charities for distribution to children throughout the holiday season. Over the course of the last 11 seasons, the Pioneers and New York Sash have collected nearly 30,000 stuffed animals through the event.

12/12

UTICA
COLLEGE

Never stand still

HR NOTES

New Hires

Bethany Samuels, *Academic Advisor, HPE*
 Dan Bollana, *Executive Director of Facilities Planning & Operations*

New Titles

Lauryn Davis, *Assistant Director for New Student Programs*
 Sara Caraher, *Assistant Director of Admissions*

Retirements

Janice Huss
 Jan DeAmicis
 Larry Pacilio



WEATHER DELAYS?

Don't Be The Last to Know!

Ready for another Utica winter?

Be the first to know about any UC delays or cancellations by registering for text message and email alerts at www.getrave.com/login/utica. You simply enter your Utica College credentials to log in, and check or add your mobile phone number and email address under the appropriate tabs. After you confirm your information, you can send a "test text" to ensure that the registration process is complete.

Don't get stuck out in the cold this winter!

CONGRATULATIONS!



The Kudos Card program monthly drawing winner is...

Mariann Munson

Congratulations, Mariann, and enjoy your \$50 gift certificate to Symeon's Restaurant!

You can access the link below at any time to recognize a colleague for his/her great work:

utica.edu/kudos

2016 FACULTY/EXEMPT PAYROLL CALENDAR

Payroll #	Pay Date	Payroll #	Pay Date	Payroll #	Pay Date
1	01/12/16	9	05/11/16	17	09/12/16
2	01/27/16	10	05/25/16	18	09/27/16
3	02/10/16	11	06/10/16	19	10/12/16
4	02/26/16	12	06/27/16	20	10/26/16
5	03/10/16	13	07/12/16	21	11/10/16
6	03/28/16	14	07/27/16	22	11/25/16
7	04/12/16	15	08/10/16	23	12/12/16
8	04/27/16	16	08/26/16	24	12/28/16

2016 - NON-EXEMPT PAY SCHEDULE

Pay #	Pay Period Begins	Pay Period Ends	Submit Timesheet By Monday 10AM Approve by 12 PM	Pay Date
1	12/27/15	01/09/16	01/11/16	01/15/16
2	1/10/16	1/23/16	1/25/16	1/29/16
3	1/24/16	2/6/16	2/8/16	2/12/16
4	2/7/16	2/20/16	2/22/16	2/26/16
5	2/21/16	3/5/16	3/7/16	3/11/16
6	3/6/16	3/19/16	3/21/16	3/25/16
7	3/20/16	4/2/16	4/4/16	4/8/16
8	4/3/16	4/16/16	4/18/16	4/22/16
9	4/17/16	4/30/16	5/2/16	5/6/16
10	5/1/16	5/14/16	5/16/16	5/20/16
11	5/15/16	5/28/16	5/30/16	6/3/16
12	5/29/15	6/11/16	6/13/16	6/17/16
13	6/12/16	6/25/16	6/27/16	7/1/16
14	6/26/16	7/9/16	7/11/16	7/15/16
15	7/10/16	7/23/16	7/25/16	7/29/16
16	7/24/16	8/6/16	8/8/16	8/12/16
17	8/7/16	8/20/16	8/22/16	8/26/16
18	8/21/16	9/3/16	9/5/16	9/9/16
19	9/4/16	9/17/16	9/19/16	9/23/16
20	9/18/16	10/1/16	10/3/16	10/7/16
21	10/2/16	10/15/16	10/17/16	10/21/16
22	10/16/16	10/29/16	10/31/16	11/4/16
23	10/30/16	11/12/16	11/14/16	11/18/16
24	11/13/16	11/26/16	11/28/16	12/2/16
25	11/27/16	12/10/16	12/12/16	12/16/16
26	12/11/16	12/24/16	12/26/16	12/30/16

2016 SPRING SEMESTER STUDENT PAY DATES

Pay Cycle	Pay Period Begins	Pay Period Ends	Submit Timesheet for Approval by 11:59 PM.	Pay Date
1	12/17/15	12/30/15	12/31/15	01/08/16
2	12/31/15	01/13/16	01/14/16	01/22/16
3	01/14/16	01/27/16	01/28/16	02/05/16
4	01/28/16	02/10/16	02/11/16	02/19/16
5	02/11/16	02/24/16	02/25/16	03/04/16
6	02/25/16	03/09/16	03/10/16	03/18/16
7	03/10/16	03/23/16	03/24/16	04/01/16
8	03/24/16	04/06/16	04/07/16	04/15/16
9	04/07/16	04/20/16	04/21/16	04/29/16
10	04/21/16	05/04/16	05/05/16	05/13/16
11	05/05/16	05/08/16	05/19/16	05/27/16

Summer Employment begins on May 9th



SLOCUM-DICKSON FOUNDATION PROVIDES GRANT FUNDING FOR NURSING EQUIPMENT

Each year, medication errors injure 1.5 million Americans. Preventable medication errors present a critical issue for nursing educators to address and the Utica College Department of Nursing is working to better prepare tomorrow's nurses to prevent these errors. This past year, the Slocum-Dickson Foundation provided the College with a \$10,000 grant, enabling our Nursing Department to purchase the meds2GROW simulated medication administration system, which mimics the systems and procedures used in hospitals today. Hands-on learning provides UC undergraduate nursing students with an opportunity to practice and improve their skills by using these realistic simulators.

Shown using the new equipment are Katie Hoke '17, left, and Gina Owens '17.

MURAWSKI *continued*

help them. Every day, we provide students with regular office visits. Any services that a doctor's office provides, we can do here for the students, even prescribing medication and ordering x-rays. The first week of the semester we did a "Welcome to Wellness" event to help everyone learn more about the two offices and how we are now working together. It's important to get the word out to faculty and staff so if a student in their class or a work study in their office is sick, they know there is a place to send them.

Q: Do you see more students falling ill during peak stressful times, like finals week?

A: I do. I see an increase in illness simply because during the last two weeks of classes, students are not sleeping and not taking good care of themselves. They get run down and get sick. Stress definitely plays a role in illness and there is definitely a cyclical nature to our visits. We see similar problems each year from freshman the first month that they're on campus and seniors during their last semester; it's very interesting. For example, we see that communal living puts students at a much higher risk of getting sick. For example, the entire third floor of North Hall will come in sick because they are all living in such close quarters.

Q: Why do you think it is so important for people to get their flu shot?

A: The science is out there to support that flu shots protect you from the flu. You may still get the flu, but a very mild version of it. You will not get nearly as ill as those who didn't get vaccinated. There is also science to support that getting the flu shot protects you from other viruses. So if you were to get a regular cold, you might be sick for a shorter duration than someone who was not vaccinated. About five years ago, I advocated for money from the health and safety fee to

offer the flu shot for free to our students. We used to charge students \$10 and we didn't even see half of the 500 students that get their flu shot now getting it back then. If it's free students are much more likely to get it. If students don't like the idea of a shot, we also offer a nasal spray.

Q: What are some ways that everyone on campus can work to stay healthy this winter?

A: The number one thing is to wash your hands frequently with soap and water. The alcohol-based washes are good, however, soap and water is the best. Second, sleep. Get an adequate amount of sleep. Third, exercise. Your immune system is going to be in fantastic shape if you sleep well, exercise and eat a balanced diet. Just doing those three simple things, in addition to washing your hands, will cut your chances of getting sick in half or more. There's only so much you can do to limit your exposure to illness, but if you are exposed and you are in good health, you won't get as sick as someone who is run down and has a weakened immune system.

Q: Tell me a little about yourself and how you got to UC.

A: I am a certified adult nurse practitioner and am married with two adult children. We have a summer camp at Kayuta Lake and we love snowmobiling. When my children were young, I wanted a job with the summers off. One Sunday about 17 years ago, I opened the paper and found an ad for Director of the Student Health Center at Utica College with summers off. I became a part of the UC family about one month later and have enjoyed the challenges of providing medical care in a college health setting ever since.

Jamie Callari, graphic designer and photographer in the Office of Marketing and Communications, is a Les Mills certified fitness instructor who received the opportunity to travel to Stockholm, Sweden, this past fall as part of her passion for fitness. Callari, whose image is featured in the company's international promotional posters, social media and website, has been teaching BODYFLOW™ (BODYBALANCE™), BODYCOMBAT™, CXWORX™ and dancing aerobics in SH'BAM™ for more than 7 years.

Robert Lee, adjunct lecturer in Cybersecurity, was named to Forbes Top 30 under 30 in Enterprise Technology. Lee is the co-founder of Dragos Security, an industrial cybersecurity firm. He previously worked in Cyber Warfare Operations for the United States Air Force and is a Ph.D. candidate at Kings College in London. 1/5

Paul J. MacArthur, associate professor of Public Relations and Journalism, co-authored the presentation, "The Dwindling Winter Olympic Divide Between Male and Female Athletes: NBC Broadcast's Primetime Coverage of the 2014 Sochi Olympic Games." He presented it at the 101st Annual National Communication Association Convention, on Nov. 22 in Las Vegas.

David J. Roberts, adjunct professor of psychology, gave the keynote address at UC's Relay For Life Kickoff. He spoke about how cancer has changed his entire outlook on life as he motivated UC students and faculty to join the fight and take part in Relay on April 8. 12/2

Please send information and photos for KUDOS to source@utica.edu.

IN THE NEWS...

- **Jeffery Gates**, vice president of student affairs and enrollment management, spoke with Phil Vanno of the *Observer-Dispatch* about the value of a college education. The reporter also spoke with George Archundia '17. 12/6
- **Austen Givens**, assistant professor of cybersecurity, wrote a guest editorial for the *Observer-Dispatch* in favor of allowing Syrian refugees to settle in the U.S. 12/6
- **Dave Roberts**, adjunct professor of psychology, was a guest on *WKTV News Channel 2's* "NewsTalk" to discuss the worldwide Candle Lighting Ceremony on Dec. 13. **Roberts**, a bereaved parent himself, is an author, expert in grief counseling, national speaker, and founder of several support groups for bereaved parents, called "The Compassionate Friends." 12/7
- Rachel Murphy '11, reporter for *WKTV News Channel 2*, spoke with **Nate Richmond**, professor of government and politics, about presidential hopeful Donald Trump's call to ban Muslims from entering the U.S. 12/8
- **Pamela Matt**, executive director of the Young Scholars LPP, spoke with *WKTV News Channel 2's* Kristen Copeland about the YSS "Grow Big Dreams" fundraiser, set for Jan. 26. Pam was a guest on "NewsTalk." 12/11
- The dedication of the new Todd and Jen Hutton Sports and Recreation Center was covered by Melissa Krull of *Time Warner Cable News* and Gary Liberatore and Kevin Montano '18 *WKTV News Channel 2*. 12/12
- **President Todd Hutton** and Vice President for Student Affairs and Enrollment Management **Jeffery Gates** were interviewed by reporter Matt Krupnick for *The Hechinger Report* and *Money.com* about the College's tuition reset. 12/15
- **President Todd Hutton** was a guest on *WUTQ's* "Talk of the Town" morning radio show. Hosts Dave Coombs and Jay Aiello asked President Hutton about the new Todd and Jen Hutton Sports and Recreation Dome, and about his plans for retirement. 12/17
- **Christopher Riddle**, assistant professor and chair of philosophy and director of the Applied Ethics Institute, spoke with *Time Warner Cable News* reporter Cara Thomas about ethics concerning a woman's right to breastfeed in public. 12/17
- **Alane Varga**, dean of diversity and student development, spoke Zak Cheney-Rice, senior staff writer at *Mic.com*, about the popularity of Yik Yak on campus since the College's decision to ban the app on its wireless networks. 12/17
- **Wayne Sullivan**, director of Campus Safety, spoke with *Observer-Dispatch* reporter Rebecca Landcastle about the College's Rave Guardian system to help keep students safe on campus. 12/20
- **David Roberts**, adjunct professor of psychology, published a blog post in the *Huffington Post's* "GPS For The Soul." **Roberts'** article, "How Memories Promote Transformation After Loss," likened his own journey with grief to that of Neil Peart, retiring drummer for the rock band Rush. 12/28

AROUND CAMPUS



Scenes from last month's dedication ceremony of the Todd and Jen Hutton Sports and Recreation Center, and first event in the new space, the Jen and Todd Hutton Track and Field Invitational. 12/12



GIVING BACK



The Inter-Greek Council's Holiday Service Project "Adopt-A-Classroom"

Utica College's Inter-Greek Council (IGC) raised over \$1440 for its holiday service project, "adopt-a-classroom" at Kernan Elementary School. The IGC exceeded its original goal to provide a class with winter essentials and school supplies and was able to give a hat, scarf and pair of gloves to more than 100 first graders over four classrooms at Kernan. In addition, they were able to provide the teachers with school supplies such as pencils, notebooks and folders. Special thanks to adviser Fran Lucia and congratulations to the eight fraternities and sororities that make up the IGC at UC including Theta Phi Alpha, Chi Beta Sigma, Sigma Lota Alpha, Omega Phi Beta, Alpha Chi Rho, Phi Beta Sigma, Lambda Sigma Upsilon and Alpha Phi Delta for embracing what the holiday season is all about and giving to those in need. 12/16

“THANK YOU”

Board of Trustees Employee Holiday Party

Members of the Holiday Party Planning Committee send a big THANK YOU to members of the College community, who once again have shown tremendous generosity toward local residents who are in need.

During Holiday Party, which took place on Wednesday, December 16, 10 full boxes of “wish list items,” as well as monetary donations totaling \$900, were collected and were delivered to Mother Marianne’s Westside Kitchen in Utica.

In addition, the 50/50 raffle raised a total of \$546. Thanks to winner Lisa Rogers, Reference Librarian in the Frank E. Gannett Memorial Library, who donated back half of her winnings, and also thanks to faculty, staff, and trustees who made additional monetary donations, we are sending the Rescue Mission of Rome a total of \$600.

We are overwhelmed, both by the attendance at yesterday’s event and by the generous donations. Thank you VERY much for your support. We would also like to thank members of the Utica College Board of Trustees for sponsoring this wonderful annual party. We wish everyone safe and happy holidays!

Holiday Party Planning Committee are:

Mariann Munson
Andrea Lawrence
Joanne Hathaway
Brandi Dodge
Dan O’Toole
Liz Zylka

BELOW:

A. FROM LEFT: Mariann Munson, Donna from the Rescue Mission of Rome, and Andrea Lawrence.

B. FROM LEFT: Mariann Munson, Vickie Montabano from Mother Marianne’s Westside Kitchen, and Andrea Lawrence.

C. Dennis Waszkiewicz and Keith Linsay from Facilities who assisted with the drop off for Mother Marianne’s Westside Kitchen.



BUILDING OUR BELOVED COMMUNITY:

UC CELEBRATES THE LIFE AND LEGACY OF DR. MARTIN LUTHER KING JR.

Celebrate the life and legacy of Dr. Martin Luther King Jr. with the Utica College community through a variety of programs beginning on Monday, Jan. 18, the national observance of Dr. King’s birthday. This year’s commemoration of Dr. King and the civil rights movement he led extends into the week of Jan. 25, and will include discussions, lectures, films, exhibits, and artistic performances, all designed to inspire reflection on Dr. King’s legacy and its meaning for us in 2016.

Our hope is that the variety of programs planned, and the breadth of focus, will reach across disciplines and constituencies. We look forward to bringing our community together around issues

of equality and creating opportunities for us to connect with, learn from, and better understand each other.

These events are made possible through the collaborative efforts of the Offices of the President, Provost, Student Affairs, Educator Preparation and Psychology Child-Life, Student Success, the School of Health Studies and Education, the Diversity Committee, the Dr. Martin Luther King, Jr. program planning group, and the Campus Theme Committee.

Visit utica.edu/mlk for full listing of events, or email diversity@utica.edu for more information.

UPCOMING EVENTS/TRAINING

Please visit utica.edu/hr/training for updates and to register.

For Health and Wellness events, visit utica.edu/hr/wellness

January

01/12/16 TIAA-CREF Representative on Campus

Strebel Student Center, Room 105C

01/15/16 Winter Session (Ground) ends

01/15/16 January Transfer Orientation

01/15/16 H&W: Chair Massages

01/18/16 On-ground, Online and Hybrid Spring Classes Begin

01/18/- "Building Our Beloved Community | UC Celebrates The

01/25/16 Life and Legacy of Dr. Martin Luther King Jr."

utica.edu/mlk

01/26/16 Grow Big Dreams Celebration Dinner 5:30 -8:30 p.m.

Frank E. Gannett Memorial Library Concourse

February

02/03/16 TIAA-CREF Representative on Campus.

Strebel Student Center, Room 105C

02/05/- H&W: Pilates Classes

03/11/16

AROUND CAMPUS

Snapshots from this year's
UC Board of Trustees
Holiday Party. 12/16



SAVE THE DATE



UC To Host 2016 America's Greatest Heart Run/Walk

Sunday, March 5, 2016

UC will once again host America's Greatest Heart Run/Walk on Saturday, March 5. New this year will be a half marathon, beginning at 8 a.m. As in years past, the College will also host the Health Expo on Friday, March 4.

Look for TEAM UC's various fundraising events to take place in the coming weeks!

Contact Rebecca Sullivan at x3353 for more information.