

CULTURAL EVENTS for January and February 2007

January 23, 2007 8pm
The Bulgarian State Opera: "Aida"
Farthing Auditorium. Admission

January 25, 2007 8pm
Endowed Scholars Recital featuring the Hayes Young Artist and
White Wind Scholars
Rosen Concert Hall. Free Admission

February 1, 2007 8pm
Harmonia Baroque featuring Music of the Renaissance and
Baroque
Rosen Concert Hall. Free Admission

February 14-17, 2007 8pm & February 18, 2007 2pm
Moon Over Buffalo by Ken Ludwig, Directed by Joel Williams
Valborg Theatre. Admission

February 14, 2007 8pm
Valentine's Jazz Concert with Todd Wright and Friends
Rosen Concert Hall. Free Admission

February 16, 2007 8pm
The Acting Company: Jane Eyre
Farthing Auditorium. Admission

February 20, 2007 8pm
Appalachian Symphonic Band
Dr. Scott Tobias, Conductor
Rosen Concert Hall. Free Admission

February 21-24, 2007 8pm
One Act Plays
IG Greer Studio Theatre. Admission

February 28- March 3, 2007 8pm
Appalachian Dance Ensemble
Valborg Theatre. Admission

For a full listing of events and details,
go to www.thearts.appstate.edu.

TURCHIN CENTER EXHIBITIONS

Jan 5 Reception for Turchin Center Exhibition - Kim
Feigenbaum's Aesthetic Evolutions

Feb 3 Deadline for 4th Annual Appalachian Mountain
Photography Competition (AMPC) Entries

Feb 9 Deadline for 21st Rosen Outdoor Sculpture
Competition & Exhibition Entries

Mar 2 Reception for Turchin Center Exhibitions - 4th
Annual Appalachian Mountain Photography Competition
(AMPC), Anne Kesler Shields: Earthly Delights in the 21st
Century, The 86th National Watercolor Exhibition 2006, The
Graphic Imperative: International Posters for Peace, Social
Justice and the Environment 1965-2005, and Watercolor
Works from the Turchin Center's Permanent Collection.

Mar 7 Lunch & Learn: Tony Schanuel's The Nature of
Things & Daniel Kariko's Storm Season

Apr 13 Deadline for Halpert Biennial '07 Entries

Jul 6 Reception for Turchin Center Exhibitions



Tips to Staying Active during the Winter Months

Physical activity tends to drop significantly during the winter months. With freezing temperatures fast approaching, it is time for us to plan how to stay active the next six months. The following tips can help all of us avoid those extra pounds we tend to attract over the cold season.

- 1. Warm-Up.** Proper warm-up is critical prior to any type of exercise. The cold temperatures have a double whammy - muscles are more likely to tighten from tensing from the cold - as a result you are at a higher risk of injuries.
- 2. Dress in Layers.** The best way to keep your body warm is to dress in layers. The layer closest to you should allow moisture to be wicked out, while the outer layers should resist rain and wind.
- 3. Monitor your Intensity.** Use a heart rate monitor or the Rating of Perceived Exertion method to confirm you are working within your target heart zone. Do not resort to sweating as an indication. During the winter months, you lose much of your water through evaporation and breathing; sweating simply adds to the depletion of water your body needs.
- 4. Remain Dressed.** Although, generally, the first action is to remove your clothing upon entering the indoors, it is advised that you remain clothed. The abrupt loss of heat (by the body) could lead to post exercise hypothermia.
- 5. Stay Hydrated.** Although you will not feel thirsty (as you do during the summer months), it is imperative that you consume adequate amounts of water while exercising during the winter.
- 6. Reflect.** With less daylight, it may not be as convenient to find time to exercise before or after work. However, if this is the best time for you, make sure you wear reflective attire (reflective vest, reflective shoes, light-colored clothing, etc.).
- 7. Choose an Indoor Site.** If you are not excited about exercising outside during the winter months, join a health club, create a home gym, or utilize the local mall. In fact, if you have stairs in your home, you can walk up and down for at least 20 minutes for an intense and efficient workout.
- 8. Swimming Pool.** What a great alternative! Not only would swimming keep you active, but utilizing the pool in creative ways would most likely keep you interested (jogging, water aerobics, etc.).
- 9. Videos.** Go to your local library, book store, or fitness facility and check-out, rent or purchase exercise videos. Great opportunity for working out at home!

January/February

2007

STAFF UPDATE

APPALACHIAN STATE UNIVERSITY

www.staffcouncil.appstate.edu

Announcements



Please join us for the next Staff Council meetings, January 9th and February 13th, 2007. Everyone is welcome to attend and you do not have to be a member to serve on a committee.

The 7th Annual MLK Challenge, sponsored by the A.C.T. Department, will be held January 15, 2007. If you would like to be a participant or a site leader, you may contact Jenny Koehn at 262-3032 or email koehnjr@appstate.edu. The deadline for pre-registration is January 11, 2007. Sign up is first come first serve.

See page 3 for more details.

SECC 2006 Campaign Update

Neighbors Helping
Neighbors: Real
People, Real Stories



ASU's Combined Campaign

Our SECC dollars at work for the common good

Appalachian's Combined Campaign, with the theme, "Neighbors Helping Neighbors - in the High Country and Beyond", set a goal of \$131,500 for 2006. After a final accounting of contributions from employees and retirees, our grand total stands at \$140,706.24! Of that amount, \$104,876.24 has been designated to fifteen agencies right here in the High Country, including Hunger Coalition, OASIS, Watauga Humane Society, Hospitality House, Watauga Education Foundation, Samaritan's Purse, W.A.M.Y. and High Country United Way.

Continued next page

Staff Happenings

Condolences to:
Cathy Ziegler, Institutional Research, on the death of her mother.

Sanford and Margaret Cable, retired ASU employees, on the death of their daughter.



Staff Profile

by Cathy Scott

When you attend a function on campus and eat those wonderful pastries and brownies, do you think about the person who may have made them? Well, our Staff Profile this month is one of those people. Meet Martha McGinnis...

Martha has been employed full time for 21 years, all of them in the Bake Shop. She also worked 1 1/2 years as a temporary employee prior to becoming full time. Her job as a Baker II involves baking for the Cafeteria, Food Court, Park Place, Cascades, McAlister's and the Pizzeria. The Bake Shop also bakes for events the Chancellor hosts as well as events for the App House, Broyhill Inn and the athletes. The Bake Shop is a division of Business Affairs and their primary job is-you guessed it-baking for any area or function on campus.

There are 11 full time people who work in this department located on the first floor of Wellborn Hall. Supervisor of the Bake Shop is Elvene Tester. The other employees who make up this wonderful group are of course Martha; Mary McQueen, Baker II; Greg Cook, Baker I; Dawn Muirhead, Baker I; Judy Sluder, Baker I; Teresa Herman, Baker I; Mary Winebarger, FSA; Sarah Wallace, FSA; Tina Coffey, FSA and Rebecca Lunsford, FSA.

Martha and her family live on a farm in Bethel on George's Gap Road. While they don't "farm" they do have cows and a dog. Their dog Dusty, a yellow lab, is the family pet. Her family is her husband of 33 years Gary, 3 sons Matthew, Mitchell and Aaron, her mother-in-law Rosalie Townsend and 2 brothers. The shining star in this family is 6 month old Molly, first and only grandchild. Martha tells me she has never missed work due to weather and if you've driven George's Gap you will know that's remarkable.

Her hobbies include reading, cooking, crafts, gardening and helping others. She attends Willow Valley Baptist Church in Vilas where she participates in a Charitable Food program, taking food to people in need. She likes working at the University because it's a secure place to work and in her job they make a lot of people smile. Martha feels the university needs to improve Food Service salaries either by career banding or by reclassification. What would she like to be doing six years from now? Martha's ready for a career change, having worked weekends for 21 years. She wants to spend weekends with her husband, who will be retiring from DOT after 30 years, and spend lots of time holding Molly.

Thank you Martha and the Bake Shop for your hard work, dedication and delicious food!



Congratulations to Appalachian State University's men's basketball team,
Winners of the San Juan Shootout and ranking #15 in the latest *collegetinsider.com* Mid-Major Top 25 Poll

Congratulations to Appalachian State University's football team,
2006 Southern Conference and "Back 2 Back" NCAA Division I National Champions!



SECC 2006 Combined Campaign continued

Of ASU's 2330 full time employees, 745 participated in the campaign, with an average gift of \$181.51, for a participation rate of 32%. And once again, as was the case in 2005, ASU experienced the greatest percentage increase in giving for a UNC institution of its size: 17.7%.

With a lower administrative cost than the average charity, in most every case a donation made through the ASU campaign allows a greater percentage of each dollar to go to the designated agency than if the donation were made directly to the agency itself. Why? Because no agency funds are spent to raise that money and no additional overhead is taken by the agency.

Would you like to see where some of our dollars went last year? Here are several snapshots of people in our community – our neighbors – whose lives were made easier because of the ASU campaign.

A Triplett resident and her family live in their 100 year-old homestead, which was flood-swept and severely damaged during the hurricanes two years ago. High Country United Way, a participating SECC agency, secured funds through a Church World Services grant to assist with the extensive repairs necessary.

Many of the students in W.A.M.Y. Community Action's "Support Our Students Summer Program" are from low-income homes and considered to be at-risk. In the S.O.S. Program, they are given the chance to experience cultural, educational and recreational opportunities that might not be available to them otherwise.

Buck is a 6-year-old lab mix who came to the Watauga Humane Society with his right rear leg completely shattered by a bullet wound. A steel plate was inset to repair the fracture. Thanks to caring individuals who donate to the Humane Society, hundreds of stray animals like Buck are given the chance for a new life.

At Hospice of Avery County's Third Annual Butterfly Release, Hospice families who had lost a loved one were invited to release a butterfly in their memory. One of the care givers wrote, "Thank you for the gentle touch of yesterday. You took us to places we did not want to go ... yet we returned more healed and whole."

Since the first State Employees Combined Campaign (SECC) in 1986, North Carolina state employees have raised over \$60 million for medical, educational, environmental and animal welfare charities all over the world; such as Christian Children's Fund, the ASPCA, Mercy Ships, C.A.R.E. and the American Cancer Society, as well as countless causes in our own communities. ASU employees are caring and generous, and our gifts through the SECC do make a difference – to our neighbors in the High Country – and beyond.

To learn more about the SECC and how you can be involved in 2007, contact Linda Robinson, ASU chair, at 262-2144 or robinsonlk@appstate.edu.

Fundraising Events

A Successful 26th Children's Shopping Spree

(formerly Give A Child A Christmas)



On behalf of Staff Council and the Children's Shopping Spree committee, we wish to thank everyone for helping to make the shopping day for 85 Watauga County children a successful one. The thanks to the campus community are many.

- To contributors who contributed funds to help us reach our goal of \$12,600 – We took an extra child this year!
- To volunteers who drove children from the schools to campus.
- To volunteers who shopped one-on-one with each child – One or two taking an extra...
- To all Food Service, Broyhill Inn & Conference Center, and Student Union personnel.
- To Business Affairs and the Chancellor's Office for sponsoring the children's breakfast and lunch.
- To Motor Pool and Parking and Traffic for working with us prior to snow cancellation
- The businesses and individuals in the community who contributed.

Thanks, also, to the following for their help in the preparation of this event:

Meagan Honaker
 Carol Query
 Sherri Wilson
 Kathy Pierce
 Jackie Robinson
 Jessie Guelzow
 Casey Everhart
 Vanessa Watts
 ASU Food Service Employees
 ASU Bookstore
 The Broyhill Inn
 State Employees Credit Union
 ASU Student Union Employees
 ASU's Students of People Fighting Poverty

Committee Members
 Denise Marsh & Janice Voss, Co-Chairs
 Judy Cereghino
 Dianne Dula
 Diane Lowenberg
 Stacy Sears
 Carol Query
 Cathy Ziegler

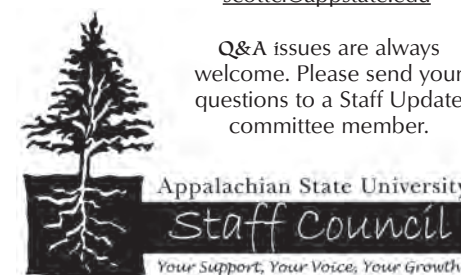
Thank you for helping to make this day one for the children to remember! What a wonderful gift you have given to these children! Eighty-five children's lives were touched in a special way!

The list goes on....



5th Annual Give a Child a Coat Program a Success

Staff Council thanks you for participating in the 5th annual Give a Child a Coat program. This year we collected and delivered 295 coats to A Cleaner World where they were cleaned and mended. The coats were then donated to the Salvation Army Store where they will be given to local residents who need them. In the past 5 years, we have successfully collected and donated 1,395 coats as well as many hats, scarves, and gloves. Many thanks to all of those who collected coats this year: Judy Cereghino (Family & Consumer Sciences), Kay Clark (Foreign Language), David Cook (Equity Office), Kendra Duncan (Advancement), Peggy Eller (Child Development Center), Trixie Furman (ASU Bookstore), Sali Gill-Johnson (Cultural Affairs), Gail Hampton (Reich College of Education), B.R. Hoffman (Watauga College), Sue Hisle (Belk Library & Information Commons), Denise Marsh (Health Promotions), Tina Parlier (Center for Student Involvement & Leadership), Regina Parnell (Curriculum & Instruction), Janice Smith (Housing & Residence Life), and Cathy Ziegler (Institutional Research, Assessment & Planning).



Martin Luther King Challenge

When it began, this day of service was something unique to Appalachian and started as a result of seeing needs that could be met by faculty, staff and students donating their time. The MLK Challenge consists of 15 different service challenges. All projects are assigned as goals for the day to be completed by 5 pm. Though it sounds exhausting to spend your day off as a "day on", it is actually quite refreshing.

photo courtesy U.S. News & World Report archives

Staff Corner

New Employee Robert Bock Greta Browning David Covington Sheila Clauson Charles Davis Mack Davis Michael Dicker Daris Eastridge Kimberly Ebel Farrah Forrest Dawn Jarrett	Broyhill Inn & Conference Center Library Music Economics Technology McAlister's Deli Broyhill Inn & Conference Center Building Services McAlister's Deli Financial Aid Counseling & Psychological Services Center Athletics Music Arts & Cultural Programs Biology Interdisciplinary Studies Police University Advancement College of Education Nursing Food Court	Charity Martinez Marjorie McCormick Jonathan Morefield Danny Moretz Gregory Ragan Lydia Smith Chuck Wallace Resignations Elizabeth Bookout Jason Cornett Miles Efton Kindsay Greene Elaine Hodges Lee LaBelle Lisa Pleasant Cheryl Robbins Retirement Barton Harmon Hazel Hopper Treva Isaacs Walter Lewis Virginia Thomas	Library International Programs Information Technology Services Academic Computing Services Information Technology Services Materials Management Food Services Administration Academic Computing Police Library Univ Advancement Financial Aid University Police Juice Bar Purchasing Motor Pool Academic Computing Admissions Physical Plant Administration Career Development Center
Britt King Sarita Maxwell Sarah McBryde Kevan Minick Tina Mullinax Robert Osborne Kathy Ray Joyce Reese Valerie Somers Ginny Whitaker New Department Lisa Cash Leila Jackson	Appalachian Family Innovations Cultural & Public Affairs		

Staff Update Committee Members

- Jackie McInturff
mcinturffj@appstate.edu
 Michelle Merski
merskimh@appstate.edu
 Loretta Link
linklc@appstate.edu
 Regina Parnell
parnellrd@appstate.edu
 Sali Gill-Johnson
gilljohnsons@appstate.edu
 Cathy Scott
scottcl@appstate.edu

Q&A issues are always welcome. Please send your questions to a Staff Update committee member.

Barbeque Meatballs

- | | |
|-----------------------------|---|
| Meatballs: | ½ tsp liquid smoke |
| 3 lbs ground beef | ¼ c. chopped onion |
| 1 can evaporated milk | 1 c. brown sugar |
| 1 c. oatmeal | ½ tsp. garlic powder |
| 1 c. saltine cracker crumbs | To make meatballs, combine all ingredients (mixture will be soft) and shape into walnut-size balls. Place meatballs in a single layer on wax paper-lined cookie sheets; freeze until solid. Store frozen meatballs in freezer bags until ready to cook. To make sauce, combine all ingredients and stir until sugar is dissolved. Place frozen meatballs in a 9 x 13-inch baking pan; pour on the sauce. Bake at 350 degrees for 1 hour. Yield: 80 meatballs. |
| ½ c. chopped onion | |
| 2 tsp. salt | |
| ½ tsp. pepper | |
| 2 tsp. chili powder | |
| 2 eggs | |
| ½ tsp garlic powder | |
| Sauce: | |
| 2 c. ketchup | |



Make this ahead for your Super Bowl Party!