

8-16-2016

## Tiger Daily: August 16, 2016

Fort Hays State University

Follow this and additional works at: [https://scholars.fhsu.edu/tiger\\_daily\\_archive](https://scholars.fhsu.edu/tiger_daily_archive)

---

### Recommended Citation

Fort Hays State University, "Tiger Daily: August 16, 2016" (2016). *Tiger Daily Archive*. 135.  
[https://scholars.fhsu.edu/tiger\\_daily\\_archive/135](https://scholars.fhsu.edu/tiger_daily_archive/135)

This Article is brought to you for free and open access by the Archives Online at FHSU Scholars Repository. It has been accepted for inclusion in Tiger Daily Archive by an authorized administrator of FHSU Scholars Repository.

**From:** Tiger Daily  
**Sent:** Tuesday, August 16, 2016 11:16 AM  
**To:** Tiger Daily  
**Subject:** Tiger Daily [August 16, 2016]



## ANNOUNCEMENTS

- [State Employee Health Plan - Changes for Plan Year 2017](#)
- [Change to Group Fitness Classes](#)
- [Move-In Day 2016 Volunteers](#)
- [Barricades and Parking for Residential Life Move In](#)

## EVENTS

### THIS WEEK/WEEKEND

- [Fall Convocation - Wednesday, August 17, 8:00 am](#)
- [TGOE March for Faculty & Staff - Friday, August 19, 9:00 am to 9:30 am](#)

### FUTURE EVENTS

- [Back to School Picnic - August 22, 4:00 pm to 7:00 pm](#)
- [FHSU Faculty/Staff Back to School Gathering - August 23rd, 4:00 pm to 6:00 pm](#)
- [Hays Symphony presents Opening Gala and Free Concert - September 10th, 7:30pm](#)

## **ANNOUNCEMENTS**

### **State Employee Health Plan – Changes for Plan Year 2017**

The State Employee Health Plan is hosting webinars to provide employees information about the health plan changes occurring for Plan Year 2017. Registration is limited to 500 for each session.

The current webinars are:

- Thursday, August 18 at 2:00 P - <https://attendee.gotowebinar.com/register/8167707110328812803>
- Friday, August 19 at 10:30 A - <https://attendee.gotowebinar.com/register/5936007468710983683>
- Aug 24, 2016 9:00 AM CDT at: <https://attendee.gotowebinar.com/register/6420016885391282691>
- Aug 29, 2016 3:30 PM CDT at: <https://attendee.gotowebinar.com/register/1234381399218356483>
- Sep 6, 2016 9:00 AM CDT at: <https://attendee.gotowebinar.com/register/5033050037161236995>

To register for a session, first look at the State Employee Health Plan for 2017 click the link for the date and time you wish to attend and then complete the online registration.

### **Webinar system requirements:**

Computer with Internet access

Must be able to access the GotoWebinar website

Working computer speakers – Voice over IP will be used

*For more information, contact Shannon Lindsey*

## Change to Group Fitness Classes

**Due to a scheduling conflict there has been a small change to the schedule. The 12:15 class time offered will flip days. Thank you.**

The Group Fitness Classes for Fall 2016 (All classes will begin the week of August 29<sup>th</sup> and are located in Cunningham hall Rm 122)

### Monday

-5:30am-6:30am \* Variety Fitness  
 -12:15pm-12:45pm \*TRX  
 -4:40pm-5:20pm \*H.I.I.T  
 -5:30pm-6:20pm \* YOGA

### Tuesday

-12:15pm-12:45pm \*H.I.I.T  
 -4:40pm-5:20pm \* TRX  
 -5:30-6:20pm \* Zumba

### Wednesday

-5:30am-6:30am \*Variety Fitness  
 -12:15pm-12:45pm \*TRX  
 -4:40pm-5:20pm \*Strictly Strength  
 -5:30pm-6:20pm \*Pilates

### Thursday

-12:15pm-12:45pm \* BOSU/Boxing  
 -4:40pm-5:20pm \* Core & Cardio  
 -5:30-6:20pm \* Zumba

### Friday

-5:30am-6:20am \* Variety Fitness

## Descriptions

-Variety Fitness : This class is a great way to start your day! Come check out the different variations of workouts and challenges we have for your body.

-H.I.I.T.: high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

-YOGA: This class is a great way to focus on the mental, emotional and spiritual aspects of wellness. Surround yourself with a relaxing environment while working on the flexibility components of fitness.

-TRX: By utilizing your own bodyweight, the TRX Suspension Trainer allows you to perform multiple movements and gain strength in several areas. Other body weight and core exercises will be included.

-Zumba: A Latin-inspired dance-fitness class. The cardio based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteal, legs, arms, core, abdominals, and the most important muscle in the body, the heart.♥

-Bosu/Boxing: A challenging workout using a BOSU (half of a physioball that is placed on a dome) to recruit stabilizing muscle's for core and overall body strength. Boxing- A great workout for everyone interested in improving their fitness and stamina. Additional muscle and motion exercises are incorporated to strengthen and tone. You will have fun, reduce stress, and get an awesome workout in.

-Strictly Strength: Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. You will use dumbbells, plates, resistance bands, and machines.\_

-Pilates: improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

-Core & Cardio: A mixture of core based and cardio movements using various pieces of equipment and fitness styles.

*For more information, contact Emily Washburn at 5908*

---

## Move-In Day 2016 Volunteers

As all of you are aware, move-in day is just around the corner! With this, we could use some volunteers in welcoming our new FHSU Tigers! On **August 17<sup>th</sup> from 1pm to 4pm**, the students who are involved in a learning community or living in the Dane G. Hansen Scholarship Hall will be moving in, and the remaining students will be moving in on **August 18<sup>th</sup> from 8am to noon**. If you are available and willing to volunteer with one of these move-in days, please RSVP by filling out the form: <https://goo.gl/forms/Ua6cs1fIM3NmC3k92>. Thank you and if you have any additional questions please contact Janna Wilkinson ([jlwilkinson@fhsu.edu](mailto:jlwilkinson@fhsu.edu) or x4495).

*Janna Wilkinson, Admissions Counselor*

---

## Barricades and Parking for Residential Life Move In

This evening, the University Police Department will begin to barricade areas directly affected by the moving of students into the residence halls. These areas will remain barricaded until late Thursday afternoon when the move in has been completed. Tomorrow, the University Police Department will be contacting owners of vehicles that remain in the barricaded areas to have them move their vehicles.

The barricaded areas include Lot G behind McMIndes Hall, McMIndes Circle in front of McMIndes Hall, Lot F2 on the east side of McMIndes Circle, the circle drive in front of Custer Hall, the west side of Custer Drive between Dwight Drive and Agnew Lane, the east side of Lyman Drive between Dwight Drive and Agnew Lane, and multiple stalls on Dwight Drive around Hansen Hall.

Additionally, residents of Wiest Hall will gain access to that hall by entering Lot H2 on the west side of the Stadium Place Apartments, passing through the new parking lot and then around behind Wiest Hall. Vehicles parked in the area behind Wiest Hall will be asked to move their vehicles until move in is complete.

The Residential Life area of campus will be congested with traffic on Wednesday and Thursday as the students move in. Motorist are advised to avoid the area if possible. Motorist not moving in are asked to park on the academic side of campus, the Lewis Field Parking area or the GMC parking lot and walk or take the shuttle to the Residential Life area if needed. If you work in the Residential Life Area and arrive for work between 7:30 a.m. and 4:00 p.m., expect to park farther away than normal and walk or take the shuttle service.

The University Police Department wishes to express their thanks to the University community in this matter. We remind you that parking permits may be obtained online and picked up the following week or mailed through the campus mail system to avoid the traffic congestion in this area.

*For more information, contact Clifford J. Denny, Lieutenant, University Police Department*

## EVENTS

### Fall Convocation

Convocation will be held on Wednesday, August 17 and will start promptly at 8:00 in the morning. This will be open to ALL faculty and staff. You may remember we established a "new beginnings tradition" for convocation... There's an

admission price to enter convocation - an item of non-perishable food for our FHSU Food Pantry. (Of course, if you're able to bring more than one item... that's great as well).

The greatest need in the pantry at this time is:

bread, dried pasta, stews & soups, peanut butter, cereal, baby food & baby formula, baby wipes, diapers, toothbrushes & toothpaste, juice bottles and canned fruit.

We made a tremendous impact last year... so help us help those who need us most!

In addition to welcoming our new faculty and staff at Convocation, you will have an opportunity to hear more about the "State of the University" and new academic initiatives for the year. At this time, you will also receive a free meal ticket to use at the Back to School Picnic on Monday, August 22nd. The University is covering the expense of your meal as a small token of appreciation for all you do.

## Agenda

**Wednesday, August 17, 2016** *Beach/Schmidt Performing Arts Center, Sheridan Hall*

8:00 am Invocation – *Father Fred Gatschet*

**(Attendance Optional)**

8:05 am Welcome – *Dr. Graham Glynn, Provost and Vice President for Academic Affairs*

Faculty Senate – *Dr. Carl Miller, President*

USS Senate – *Ms. Marcia Tacha, President*

Student Government Association – *Ms. Emily Brandt, President*

8:25 am State of the University Address – *President Mirta Martin*

8:55 am Campus Safety – *Chief Ed Howell, Director of University Police*

9:10 am Introduction of New Faculty and Staff – *Vice Presidents Graham Glynn, Mike Barnett, Joy Hatch and Joey Linn*

9:30 am Technology Update – *Vice President Joy Hatch*

9:35 am Student Affairs – *Vice President Joey Linn*

9:40 am University Marketing – *Ms. Lisa Karlin, Director for University Relations and Marketing*

9:45 am Alumni Association and Legislative – *Ms. Debra Prideaux, Executive Director for Alumni/Governmental Relations*

9:50 am FHSU Foundation – *Mr. Jason Williby, President and CEO*

9:55 am Break

10:10 am Presentation of Awards

- President's Distinguished Scholar
- Faculty Member of the Year
- Edmund Shearer Advisor of the Year
- John Heinrichs Outstanding Research Mentor
- Virtual College Adjuncts of the Year
- Closing the Loop Department Award

10:40 am Academic Affairs Initiatives – *Vice President Graham Glynn*

11:00 am Reception

*Dreiling Lobby and Field Conference Room, Sheridan Hall*

(faculty and staff have the opportunity to pay dues and purchase tickets)

- *American Association of University Professors*

- *Athletic Season Tickets*

- *Encore Series Tickets*

- *Hays Symphony*

- *Music and Theatre Season Tickets*

1:30 pm College Meetings

3:00 pm Department meetings

Hope to see everyone at the Fall Convocation, Wednesday, August 17, at 8:00 am.

---

## TGOF March for Faculty & Staff

Friday, August 19 – 9:00am-9:30am  
North side of Jellison Bridge

Faculty and staff members are invited to participate in the annual TGOF March during Tiger Impact Fall Orientation Weekend on Friday, August 19 from 9-9:30 a.m. Please wear your Tiger gold, bring your spirit & enthusiasm and line up on the north side of Jellison Bridge by 8:45 a.m. that morning to cheer & welcome the FHSU Class of 2020 as they walk across the bridge.

*For more questions or more information, please feel free to contact Brett Bruner, Director of Transition & Student Conduct.*

---

## Back to School Picnic

Monday, August 22 – 4:00pm to 7:00pm  
FHSU Quad

You and your family are cordially invited to the annual Back to School Picnic on Monday, August 22, 2016. The picnic is open to all faculty, staff, students, and their families, as well as members of the community.

This celebration will begin at 4 p.m. in the Quad and should conclude around 7 p.m. Food will be served from 5 to 6:30 p.m. A free ticket to this event will be distributed to those faculty and staff attending the August 17 Convocation. For guests, the price of the meal is \$8.50. Student meal plans also will be accepted. The menu includes a barbequed beef or pork sandwich, coleslaw, baked beans, watermelon, dessert, and a drink. During the picnic, you will have an opportunity to visit with representatives from student organizations and local merchants.

I encourage you and your family to attend this festive event. In case of inclement weather, the picnic will take place inside the Memorial Union.

*For more information, contact Rojene Broeckelman*

---

## FHSU Faculty/Staff Back to School Gathering

Tuesday, August 23<sup>rd</sup> – 4:00pm to 6:00pm  
Eagle Communications Hall at the Robbins Center

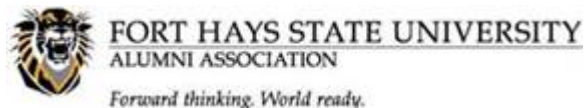
The Tiger Pride Alumni and Friends Chapter and the Alumni Association invites all faculty and staff to a “Back-to-School” gathering on **Tuesday, Aug. 23rd from 4 – 6 pm in Eagle Communications Hall at the Robbins Center**. This is an opportunity to mix and mingle with your colleagues in an informal setting - no formal program! Just join us for the fun including complimentary light snacks and refreshments.

**FREE event; RSVP requested by Friday, Aug. 19. Click here to RSVP: [www.goforthaysstate.com/facstaff082316](http://www.goforthaysstate.com/facstaff082316)**

**Be the first to own the 2016-17 Tiger Generational T-shirt “Welcome to Tiger Town”!** Shirts will be available for sale at the event in short- and long-sleeved options and in youth and adult sizes. Proceeds also benefit the Tiger Generational Scholarship.

Hosted by the FHSU Alumni and Friends Tiger Pride Chapter (Hays area)

–  
Special thanks to event sponsors:



For more information, contact Patricia Griffin at [plgriffin@fhsu.edu](mailto:plgriffin@fhsu.edu)

---

## Hays Symphony Opening Gala

### [Hays Symphony presents Opening Gala and Free Concert](#)

Featuring Irena Ravitskyay and a program of Russian Masterworks  
Saturday, September 10th, 7:30pm at Beach-Schmidt Performing Arts Center

Pre-Concert Talk at 6:45pm; Post-Concert reception of Russian Desserts  
Reserve your free tickets in advance by contacting [hayssymphony@fhsu.edu](mailto:hayssymphony@fhsu.edu)

---

To submit an article for Tiger Daily, please create a **new** message and email it to [tigerdaily@fhsu.edu](mailto:tigerdaily@fhsu.edu) before **10:00 a.m.** Items received after 10:00 a.m. will run the next business day. Submissions will be accepted only from FHSU faculty, staff, and student organizations. **Submissions must include** a headline, body text, and contact information only. **Attachments, graphics and images will not be published (including signature line graphics)**, but links to web pages may be included. Submitter is responsible for quality of content, which will be copied/pasted directly. **Replies to this message will not be responded to. Please send any inquiries regarding a Tiger Daily article directly to the submitter.** Only one Tiger Daily message will be sent per day.