

9-23-2019

Tiger Daily: September 23, 2019

Fort Hays State University

Follow this and additional works at: https://scholars.fhsu.edu/tiger_daily_archive

Recommended Citation

Fort Hays State University, "Tiger Daily: September 23, 2019" (2019). *Tiger Daily Archive*. 873.
https://scholars.fhsu.edu/tiger_daily_archive/873

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.

Tiger Daily [September 23,2019]

Tiger Daily

Mon 9/23/2019 11:03 AM

To: Tiger Daily <TigerDaily@fhsu.edu>



ANNOUNCEMENTS

- [Calendar: Upcoming Professional Development Opportunities](#)
- [Academic Advising Certificates and Trainings](#)
- [Memorial Union New Food Options](#)
- [Safe Zone Trainings](#)
- [Get Your Krispy Kreme Doughnuts](#)
- [Changes to Directory Information](#)
- [Café May Discontinued at Forsyth Library](#)
- [FHSU Tiger Tot Alumni Homecoming Float](#)
- [Student Government Association Election Forums](#)
- [Family Day Announcement](#)
- [Makerspace Materials Need](#)

EVENTS

THIS WEEK/WEEKEND

- [Victor E. Garden Workday - TODAY; 5:00pm](#)
- [Gideons International Visit - September 25; 7:30am to 11:30am](#)
- [Banned Book Buttons - September 25; 2:00pm to 4:00pm](#)
- [Hispanic Dance Session - Caribbean/Polynesian \(Hulu\) Dance - September 25; 6:30pm to 9:00pm](#)
- [STEPS to Success Wellness Program Lunch & Learn - September 26; 12:00pm](#)
- [Entrepreneurship Faculty Fellows Presentation - September 27; 2:30pm to 4:00pm](#)
- [Rostislav & Luba Edlina Dubinsky Classical Music Series - September 27; 7:30pm](#)

FUTURE EVENTS

- [TILTed Tech Mini-Conference: Accessibility and Blackboard Ally - September 30; 12:00pm to 3:00pm](#)
- [MDC Workshop - CliftonStrengths Engaged - October 1; 9:00am to 4:00pm](#)
- [Maker Wednesday - October 2; 5:00pm to 6:00pm](#)
- [Encore Series Presents - Reza: The Edge of Illusion - October 3; 7:30pm](#)
- [On-Site Biometric Screening & Health Coach Available - Dates and times listed below](#)
- [Political Science Alumni Award Winners Reception - October 10; 4:00pm to 5:00pm](#)
- [Leadership Studies Alumni Distinguished Service Award Reception - October 10; 3:00 to 4:00pm](#)
- [College of Education Homecoming Reunion - October 11-12; Times listed below](#)
- [Rural and Independent Innovators Conference - October 15; 8:00am to 4:30pm](#)
- [MDC Workshop - Maintaining a Healthy & Safe Work Place - October 17; 8:30am to 12:00pm](#)
- [WKHRMA October Seminar - 10 Complimentary Spots Available! - October 23; 8:30am to 3:00pm](#)

SHARE WITH STUDENTS

- **40 Days at The Fort**

ANNOUNCEMENTS

Calendar: Upcoming Professional Development Opportunities

Check out upcoming professional development opportunities! The TILT TigerLearn event calendar is your go-to for professional development at FHSU! Check it out here: <http://tigerlearn.fhsu.edu/events/>.

To provide faculty and staff with one easy place to see all professional development at FHSU, we're happy to include your event on the TigerLearn calendar. We can include links to your registration site, contact persons for questions, etc. Just contact TILT-FacultyDev@fhsu.edu, and we'll add your event right away!

Academic Advising Certificates and Trainings

The Academic Advising and Career Exploration Center offers certificates for academic advisors each semester. The schedule for this fall is available below.

If you have attended sessions in the past and need to know which sessions you have left to receive your certificate, please email your name and department to advising@fhsu.edu for assistance.

NOTE: This is open to both faculty and staff. Please feel free to bring your lunch to the session.

RSVP: Please let us know if you are planning to attend by replying to advising@fhsu.edu. We will send you a calendar entry that you will need to "Accept and Send the Response Now". This will allow us to have the appropriate room size and number of handouts. We look forward to seeing you at our sessions.

ADVISING TECHNOLOGY CERTIFICATE

This certificate will provide academic advisors with information related to the primary technology applications utilized to support academic advising at FHSU. Participants must attend each session to receive the certificate.

Participants need to bring their laptop with them for each session. The following are the dates for this certificate.

September 12, 2019 12-1 PM *Using Technology in Advising-TigerTracks*

September 19, 2019 12-1 PM *Using Technology in Advising-TigerEnroll*

September 26, 2019, 12-1 PM *Using Technology in Advising-Advising Notes*

October 8, 2019, 12-1 PM *Using Technology in Advising-Tiger Early Alert*

ADVISING SPECIAL POPULATIONS CERTIFICATE

This certificate will provide information on working with the diverse needs of our students. Whether you are currently advising students in the population or not, you will gain information that can assist you. Participants must attend each session to receive the certificate. The following are the dates for the spring sessions.

October 17, 2019, 12-1 PM *Advising Special Populations-Student-Athletes*

October 31, 2019, 12-1 PM *Advising Special Populations-International Students*

November 7, 2019, 12-1 PM *Advising Special Populations-Students with Disabilities*

November 21, 2019, 12-1 PM *Advising Special Populations-Transfer Students*

ACCESS for Student Success Advisor Training

The ACCESS for Student Success program requires all first-time freshman to meet with their academic advisor six times throughout the first year (three in the fall, three in the spring). These trainings sessions will provide information on content and delivery methods that can assist advisors in the planning and execution of fall ACCESS II and ACCESS III meetings.

September 17, 2019, 3-4:30 PM, Trails Room

September 25, 2019, 3-4:30 PM, Trails Room

NACADA Webinars

The Academic Advising and Career Exploration Center and Office of Student Affairs will be hosting the following webinars from NACADA: The Global Community for Academic Advising thanks to the generosity of the Office of Student Affairs. These webinars are open to faculty and staff.

Thursday, November 14, 2019

1:00 PM – 2:00 PM

All I Need to Know (about Academic Advising) I Learned...

Wednesday, December 11, 2019

1:00 PM – 2:00 PM

Academic Advising and Trans Equity: Building our Tomorrow

Memorial Union New Food Options

Attention FHSU Students, Faculty, & Staff: The Memorial Union will be introducing a new food concept in Union Station, and we want YOUR vote! Click on the link below and give us your feedback online at

<https://baseline.campuslabs.com/fhsu/mudsf2019>

Safe Zone Trainings

To honor LGBTQ+ History month, we will begin to offer Safe Zone trainings during the month of October. There are a variety of dates and times that you can attend a training. Each date has a maximum capacity of 20 participants for the two hour training. Depending on interest, there may be more dates and times added. To sign up, please visit Tigerlink at <https://tigerlink.fhsu.edu/submitter/form/start/344353>

For questions please contact Tina Wolbert, tbwolbert@fhsu.edu

Get Your Krispy Kreme Doughnuts

Criminal Justice Club members are selling Krispy Kreme Doughnuts! Orders will be collected until 12:00 noon, September 25, then delivered fresh on the morning of Friday, October 4.

We are selling the original glazed doughnuts for \$10.00/dozen and specialty flavors for \$12.00/dozen. Specialty flavors include chocolate iced, lemon filled, raspberry filled, OR Kreme filled.

Payment is due when orders are placed. Orders can be picked up in the Quad from 9:30 – 12:30 on October 4. Or, club members will deliver on-campus and in the Hays community at no extra charge.

For more information, or to place your order, call 785-628-5668 or email tjlynn@fhsu.edu.

We appreciate your support!

Changes To Directory Information

On behalf of the Campus Directory Work Group, I would like to announce several changes that will be taking place with University directories in the next couple of weeks.

1. A paper copy of the Campus Directory will be distributed to your campus mailbox this week. We have ordered a few extra directories that will be available upon request (at no cost) from TigerTech (Tomanek Hall 127). Please

call 3478 or email directory@fhsu.edu if you are interested in additional copies and they will be hand delivered to you.

Every effort has been made to provide the most up-to-date information in this directory, using data collected through August 1, 2019. However, change frequently happens throughout the University and organizational structure, titles, personnel, telephone numbers, and office locations may have changed since the date of publication. Please email all corrections to directory@fhsu.edu. All University employees have the ability to update their own contact information in WorkDay and are encouraged to do so when changes arise.

2. The current online directory on the university webpage will be replaced with a new and different type of A-Z Directory maintained by University Relations and Marketing. This directory is organized alphabetically by budget unit and is linked to departmental webpages. Please email all corrections to directory@fhsu.edu.

3. The Workday team is developing a student, faculty, and staff online directory that will be placed in TigerTracks and Tiger Central, which will be password protected. This means anyone with a TigerNetID account can access the directory, but it will no longer be publicly available under the “Directory” tab on the University’s initial webpage.

These are changes that will assist faculty and staff in accessing information promptly to provide excellent customer service to all of our constituents. In addition, with this information unavailable for external clients, we are hopeful it reduces email spam.

If you are wondering about the Campus Directory Work Group, here is a bit of information. The Work Group was created by President Mason to review the need for a campus directory that can be efficiently accessed electronically. In the interim, a paper copy of the directory has been created to fill that void until a technological replacement can be created. Other members of the Group include: Kelsey Stremel, Kurt Beyers, Mark Griffin, Kevin Sauer, Michelle Schlyer, Shannon Lindsey, Travis Taggart, Tina Schiel, Tawnya Rohr, Chris Gist and Heather Kaiser. The group will continue to attempt to find a solution to this need.

I would personally like to thank Dr. Mason for her commitment to staff who are on the frontlines answering questions and inquiries. Also, thanks to Michelle Schlyer, Tina Schiel, Tawnya Rohr and Rebecca Luedders for your dedication to creating the Campus Directory 2019 document.

If you have any questions, please feel free to contact me or any of the Work Group members.

Thank you.
Cindy Cline


Café May Discontinued at Forsyth Library

Café May Mondays has been discontinued at Forsyth Library.

Like Café May on social media [@CafeMayHays](https://www.instagram.com/CafeMayHays) to learn more about their Fresh Asian Cuisine options.

Attention all FHSU Tiger Tot Alumni

Tiger Tots Director, Sara Stroup and lead teacher, Penny McGinnis are looking for Tiger Tot Alumni to take part in their FHSU Homecoming Float! See the detailed information below and spread the word so we can see our Tiger Tot alumni from 1981 to recent, on October 12th! We hope to see everyone there!

If you or your child are alumni of FHSU Tiger Tots, you are invited to UNLEASH THE TIGERS!  Please come to the first-ever FHSU Tiger Tots Homecoming Reunion on October 12th!

We hope to see all past and present Tiger Tot children, families, interns, student teachers, and staff near and far come back for this reunion! Tiger Tots will be open that morning if anyone would like to visit the present classroom. We will be riding a float in the Homecoming Parade. All children ages 16 and under must be accompanied by an adult.

The parade starts at 11:00 AM on Saturday, October 12th and more information will be given for the time of line-up, as we gain that information. Please share this message to your Facebook page to help us spread the word!

If you are going to be able to join us, please RSVP on the feed below. We want to get an approximate count for cookies and punch to be served that morning during our time at the classroom, prior to the parade!

Student Government Association Election Forums

Join the Student Government Association for two local election forums in preparation for the 2019 local elections in Hays! This event is held in partnership with the Department of Political Science, the Docking Institute of Public Affairs, Tiger Media Network, the American Democracy Project, and the Hays Area Chamber of Commerce. On October 15th, we will host a forum for candidates running for USD 489 School Board from 6:30-8:00 in the Beach-Schmidt Auditorium. On October 22nd, we will host a forum for candidates running for the Hays City Commission from 6:30-8:00 in the Beach-Schmidt Auditorium. Refreshments will be provided at the event and audience members will be able to ask candidates questions, both written and verbally. Community members are welcome. If you have any questions, please contact kcwisley.se@fhsu.edu.

Family Day Announcement

Missing your family? Here is a perfect chance to reconnect on September 28, 2019 for the Family Day event! Family Day is a Fort Hays State University tradition, giving families a chance to visit their student(s), and witness the livelihood of the Fort Hays campus. This is a free event to spend quality time exploring the campus and the Hays community. Discounted tickets, for family members, for the FHSU Tigers Football v. Missouri Southern Kickoff will be available to purchase during registration from 8:00 a.m. – 12:00 p.m.

Contact Student Engagement, with any questions, at 785-628-4664. Register below, but don't delay! Registration ends September 23, 2019!

<https://www.fhsu.edu/fye/familyweekend/familyweekend-rsvp>

Makerspace Materials Need

Makerspace is needing CLEAN empty gallon-sized plastic jugs! Please drop off at Forsyth Library downstairs in Makerspace 060 or email or call GG Launchbaugh for pick up: gglaunchbaugh@fhsu.edu 785-628-4538.

EVENTS

Victor E. Garden Workday

September 23; 5:00pm

Victor E. Garden (located in the meadow next to the Robbins Center)

The Food & Garden Club hosts volunteer work days at the Victor E Garden (located in the meadow next to the Robbins Center) every Monday at 5pm, unless it is raining at the start time. WorkDays generally last 60-90 minutes and will consist of various light gardening tasks. Gloves will be provided, but we recommend that you bring your own water bottle, and wear shoes/clothes that you do not mind getting dirty. You do not need to be a member of the Food & Garden Club to attend, and work evenings are eligible as service hours for the organization of your choice. Contact fhsuhungerinitiatives@gmail.com with any questions. Thank you and have a great day!

Gideons International Visit

Wednesday, September 25; 7:30-11:30am
FHSU Campus

The Hays Camp of The Gideons International will be in public spaces on campus on Wednesday, September 25th from 7:30am to 11:30am. This is an annual event that has been conducted on campus for many years.

Banned Book Buttons

Wednesday, September 25; 2:00-4:00pm
Forsyth Library/Tomanek Courtyard

Did you know some of your favorite books may have been censored? Stand up for intellectual freedom and your right to read by joining Forsyth Library and Sigma Tau Delta for:

- Button making
- Censorship activities
- Readings from your favorite books
- Popsicles and more!

Make a button and wear it proudly in honor of Banned Books Week (September 22-28)!

This event is sponsored by Forsyth Library and Sigma Tau Delta, English Honor Society. Like Forsyth Library on social media [@fhsulibrary](https://www.instagram.com/fhsulibrary) to learn more about upcoming events.

Hispanic Dance Session – Caribbean/Polynesian (Hulu) Dance

Wednesday, September 25; 6:30-9:00pm
Cunningham Hall 122 (Dance Room)

The next Hispanic Dance Session will be Caribbean/Polynesian (Hulu) Dance. It will be taught by Nicole English. It will be on Wednesday, September 25, 2019 from 6:30 – 9:00 in Cunningham Hall 122 (Dance Room). Please meet outside CH122 around 6:20 so we can start promptly at 6:30. The Hispanic Dance Session is sponsored by the Spanish Club and the Department of Modern Languages. For more information, email Chita Espino-Bravo at c_espinobravo@fhsu.edu.

STEPS to Success Lunch & Learn

Thursday, September 26; 12:00pm
Stroup Hall, Room 166

Did you know that improving nutrition and reading labels equals simple steps to healthy eating? A high glycemic index coupled with very little physical activity can be directly related to technological advances and lack of time, as well as lifestyle choices as well as many other modifiable risk factors (Hruby & Hu, 2015 & Hill

et al., 2012 & Lucha-Lopez et al., 2014). Grab your lunch and come learn this week how simple changes in nutrition can make life altering improvements in your health. Dr. Glen McNeil will be hosting a lunch and learn on “How to use food label nutrition information?” on September 26, 2019 at noon in Stroup Hall, Room 166. See you there!

Rostislav and Luba Edlina Dubinsky Classical Music Series

Friday, September 27; 7:30pm

Beech/Schmidt Performing Arts Center

Department of Music and Theater is proud to announce a new music series in memory of Rostislav and Luba Edlina Dubinsky. Rostislav Dubinsky (1923-1997) and Luba Edlina (1929-2018) were the founding members of the Dubinsky Duo and the Borodin Trio. Their musical legacy continued for years, demonstrating chamber music playing at the highest international level.

The opening concert features Sharon Stanis, violin, Irena Ravitskaya, piano, Ben Cline, cello. The guest violinist, Sharon Stanis, is a founding member of the world famous Lafayette String Quartet. She received her BM and MM from Indiana University, where she coached with Rostislav Dubinsky who was integral in the formation of the Lafayette String Quartet. Currently, she is an Artist-in-Residence at the University of Victoria (Canada), where she teaches violin and coaches chamber music.

Dr. Irena Ravitskaya was a student of Luba Edlina-Dubinsky. She had studied with her at IU as a doctoral student from 2000-2005. Until her passing in 2018, Mrs. Dubinsky had remained her mentor and dear friend.

The program includes Schnittke's Suite in the Old Style for violin and piano, Beethoven's Violin Sonata No. 4 in a Minor, and Mendelssohn's Piano Trio in D Minor. Admission is free.

Entrepreneurship Faculty Fellows Presentation

Friday, September 27; 2:30-4:00pm

Memorial Union, Trails Room

Entrepreneurship Faculty Fellows Presentation: From Victims to Social Entrepreneurs, Fri. Sept. 27, 2:30-4 p.m. Did you know that intimate partner violence survivors return to abusers 7-10 times on average before they permanently leave the horrific environment? Building their financial independence not only can empower the survivors, but can also help their children and boost the local economy! Please attend our public presentation on our research on how a social enterprise can support the survivors of domestic violence and human trafficking, and join the discussion on what we can do in Hays, USA afterwards!

Project Title:

From Victims to Social Entrepreneurs: Building Abundance and Confidence for Domestic Violence and Human Trafficking Survivors

Time: Friday, Sept. 27, 2:30-4:00 p.m.

Place: Trails Room, FHSU Memorial Union

Please feel free to contact us if you have any questions. Thank you and we hope to see you there!!

Sincerely,

Ziwei Qi (z_qi5@fhsu.edu)

Assistant Professor

Department of Criminal Justice

Hsin-Yen Yang (hsin-yen-yang@fhsu.edu)
Associate Professor
Department of Communication Studies

Entrepreneurship Faculty Fellows, 2018-2019
Fort Hays State University

TILTed Tech Mini-Conference: Accessibility and Blackboard Ally

Monday, September 30; 12:00-3:00pm

Memorial Union, Stouffer Lounge

Registration: bit.ly/TILTedAlly

Are your courses accessible to ALL students? Learn about Ally, a new accessibility feature in Blackboard, best practices, and other tools to make your courses and content more accessible.

Mini-Conference Sessions:

- **Noon - 12:10PM**
Lunch (Meal provided by the Office of the Provost)
- **12:10 - 12:40PM**
When Things Aren't Accessible By Jennifer Pfeifer and Ryan Haxton (Kelly Center)
- **12:45 - 1:15PM**
Creating and Adapting Content for Accessibility By Claire Nickerson (Forsyth Library)
- **1:15 - 1:30PM**
Break
- **1:30 - 2:30PM**
Blackboard Ally Interactive Workshop By Dr. Andrew Feldstein (TILT) and Faculty Panel
- **2:30 - 3:00PM**
Closed Captioning and Media By Molly Barnett (TILT)

TILTed Tech is a series of mini-conferences for faculty and staff development that inspire teaching, scholarship and technology. The series is sponsored by Dr. Andrew Feldstein, Assistant Provost of Teaching Innovation and Learning Technologies (TILT), Deborah Ludwig, Dean of Forsyth Library, and Mark Griffin, Director of Technology Services, with free lunch tickets provided by the Office of the Provost.

Register Today: bit.ly/TILTedAlly

The sessions will be recorded. Please use the registration form and select the option for off-campus and international faculty to request access to the videos to view on their own time.

Questions? Contact Cyndi Landis at cllandis2@fhsu.edu.

MDC Workshop – CliftonStrengths Engaged

Tuesday, October 1; 9:00am-4:00pm

Memorial Union, Stouffer Lounge

If you've already taken the MDC's workshop CliftonStrengths Essentials and want to explore your strengths even further, now's your chance! After exploring your top 5 talent themes in their previous Strengths workshop you will now have the opportunity to unlock and explore all 34 of your talent themes. In this workshop you will hone your top 5, understand your top 10, and manage your bottom 5 strengths while learning how each one contributes to unique partnerships and teams. Registration for this workshop is \$259.

Please register by September 24.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President. **Limited funding is available annually per division.**

If you are an Academic Affairs member & are interested in attending this workshop, contact Hannah Hilker at 785-628-4121 or hehilker@fhsu.edu

Registration can be completed online at <https://webapps.fhsu.edu/MDC2.0/Default.aspx> or by calling Hannah Hilker at (785) 628-4121.

Maker Wednesday

Wednesday, October 2; 5:00-6:00pm
Forsyth Library Makerspace 060

Come to Makerspace and learn how to make Vinyl Decals and Stickers!

www.fhsu.edu/smei

Sponsored by Science and Mathematics Education Institute and Forsyth Library

Encore Series Presents – Reza: The Edge of Illusion

Thursday, October 3; 7:30pm
Beach/Schmidt Performing Arts Center

More than a magic show, Reza infuses state of the art production, masterful comedic timing, and interactive moments, allowing the audience to experience magic first hand. He has sparked world-wide buzz and loyal fan base with his signature grand-scale illusions such as making motorcycles and helicopters materialize out of thin air! Young and fresh, Reza's "Edge of Illusion," has earned him awards including "Magician of the Year." Reza is intriguing, engaging, and captivating. He isn't just a magician. He is a world-class entertainer.

Tickets are available at the Memorial Union Student Service Center, by calling 785-628-5306 or by visiting www.fhsu.edu/encore. Tickets for the general public are \$40 reserved and \$30 unreserved; for seniors, tickets are \$35 reserved and \$25 unreserved; and for FHSU students and children ages 5-17, tickets are \$30 reserved and \$20 unreserved.

Questions? Contact Jacob Ternes at jaternes@fhsu.edu

Rural and Independent Innovators Conference

Tuesday, October 15; 8:00am-4:30pm
Robbins Center

The Rural and Independent Innovators Conference is being held on **October 15th, 2019** from 8:00 AM – 4:30 PM at the Robbins Center on Fort Hays State University's campus. This conference is for product and technology innovators who want to know when and how to advance with their ideas.

Please visit the conference website link for more information regarding the event:

<https://www.ksinnovator.com/>

Register by October 10th at: <https://ksbdc.ecenterdirect.com/events/25104>

Feel free to contact our office at 785-628-5615 for more information.

WKHRMA October Seminar – 10 Complimentary Spots Available!

Wednesday, October 23

Registration: 8:30am / Seminar: 9:00am-3:00pm / Networking Reception to follow
Robbins Center, Eagle Communications Hall

The Western Kansas Human Resource Management Association (WKHRMA) welcomes the Tiger Family to our annual October Seminar. Come hear from attorneys Melody Rayl & Lauren Sobaski of Fisher & Phillips LLP on some of the most pressing matters facing the workplace today. We will discuss issues about changing marijuana laws, inclusion, audits, retaliation claims, and more.

Provost Jill Arensdorf has generously agreed to fund TEN registrants from FHSU's Division of Academic Affairs.

Want one of the ten spots for faculty & staff? These complimentary registrations are first come, first served! Email Hannah Hilker, hehilker@fhsu.edu today to reserve your spot at the seminar.

On-Site Biometric Screening & Health Coach Available

Memorial Union

Free Biometric Screening Offered

Tuesday, October 1st

Wednesday, October 2nd

Tuesday, November 12th

Worth 5 HealthQuest Credits

For employees and spouses enrolled in Plan C, J, N, or Q, participation is also worth \$50 into their HSA or HRA Account.

-
Fort Hays State University – Memorial Union

There will also be a Health Coach available that day from 8:00am-1:00pm in the Memorial Union Calvary Room (Room 205).

<http://www.kdheks.gov/hcf/healthquest/coaching.html>

Deadline to sign up is 3 DAYS PRIOR TO DATE by midnight.

How Do I Sign Up?

Log-on to your account on the wellness portal (<https://kansashealthquest.cernerwellness.com/>). To create a new account, follow instructions found at

http://www.kdheks.gov/hcf/healthquest/download/How_to_Register_an_Account.pdf.

Once logged in, follow these simple steps to schedule your screening:

- Click on Biometric Screenings
- Select Onsite Screenings
- Login or create an account on the Online Scheduler
- Select Hays from the list of cities
- Select the Location/Date you want to attend
- A list of times will appear. Select the time that works best for your schedule.
- Answer a few simple questions and click Create Appointment

What is a Biometric Screening?

Knowing cholesterol or blood glucose values can help you identify serious risks and manage or prevent health problems before they occur. HealthQuest sponsors free biometric screenings at worksites statewide. Testing is conducted in 30 minutes or less using a simple finger stick. Results you will receive include:

- Total Cholesterol, HDL, LDL and total Cholesterol to HDL ratio
- Triglycerides and Glucose
- Systolic and Diastolic Blood Pressure
- Height, Weight, and Body Mass Index (BMI)
- Waist Circumference

Remember for best results to fast for a minimum of 9 hours prior to your appointment. Water, tea and black coffee (no cream or sugar) are okay. Take medications as usual also.

Who is Eligible to Participate?

- Benefits eligible State and Non-State employees who are enrolled in the state employee health plan or who have waived coverage in the plan
- Spouses who are enrolled in the medical portion State Employee Health Plan

Political Science Alumni Award Winner Reception

Thursday, October 10; 4:00-5:00pm

Memorial Union, Pioneer Room

Political Science is hosting a reception for its Alumni Award winners, Kevin Faulkner, Joshua Snider, and Curt Brungardt, on October 10th in the Memorial Union Pioneer Room from 4-5pm. There will be light refreshments at this come-and-go event. Please RSVP by phone at 785-628-4425 or by email to kkallacher@fhsu.edu.

Leadership Studies Alumni Distinguished Service Award Reception

Thursday, October 10; 3:00-4:00pm

Memorial Union, Stouffer Lounge

Please join the Leadership Studies Department in honoring Drs. Curt and Christie Brungardt, recipients of the 2019 Alumni Distinguished Service Award. Light refreshments will be served at this come-and-go event on Thursday, October 10, in the Memorial Union Stouffer Lounge from 3-4 pm.

College of Education Homecoming Reunion

Thursday, October 11-12

Join us for the First Ever College of Education -- Homecoming Reunion! October 11th and October 12th
Please register by October 3rd at www.goforthaysstate.com/homecoming or, you may also call 888-351-3591.

First 100 to register will receive a free T-Shirt!! Some of the events include:

Friday, Oct. 11th:

- 10:00 AM – 40th Anniversary Celebration and Open House of the Plymouth Schoolhouse

Saturday, Oct. 12th

- 8:30 AM – College of Education Breakfast with the Dean, Memorial Union

- 11:00 AM – Homecoming Parade (Our Tiger Tots will be marching in the parade)
- 4:30 – 6:30 PM: FHSU Alumni & Friends Tiger Tailgate, Lewis Field Stadium

We look forward to seeing everyone there!

MDC Workshop – Maintaining a Healthy & Safe Workplace

Thursday, October 17; 8:30am-12:00pm

Memorial Union, Stouffer Lounge

There is much more to workplace violence than the mass shootings covered in the news. Most cases of domestic violence don't appear in the news, and this workshop debunks the notion that it couldn't happen in your workplace. The MDC is partnering with Jana's Campaign, Inc. to educate the community on the several forms workplace violence can take and important steps for preventing it. Registration for this workshop is \$119.

Please register by October 10.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President. **Limited funding is available annually per division.**

If you are an Academic Affairs member & are interested in attending this workshop, contact Hannah Hilker at 785-628-4121 or hehilker@fhsu.edu

Registration can be completed online at <https://webapps.fhsu.edu/MDC2.0/Default.aspx> or by calling Hannah Hilker at (785) 628-4121.

SHARE WITH STUDENTS

40 Days At The Fort

Students are encouraged to take on the 40 Days at the Fort challenge! Students participating in at least 6 events complete level 1 engagement and receive a Tiger cup, 12 events will complete level 2 engagement & receive a Tiger cup and hat, or 20 or more events will complete level 3 engagement & receive a Tiger cup, hat, & t-shirt. The top forty students will be recognized as Forty Days at the Fort Champions based on the variety & amount of events completed.

Learn more about the 40 Days at the Fort 2019 can view the booklet [HERE](#).

Full Website Links:

40 Days at the Fort home page: <https://www.fhsu.edu/fye/welcome-programs/>

Booklet: <https://www.fhsu.edu/fye/welcome-programs/final-version-40-days-at-the-fort>

For more information or questions, please contact Tina Wolbert tbwolbert@fhsu.edu or Student Engagement at 785-628-4664.

To submit an article for Tiger Daily, please create a **new** message and email it to 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.