

9-24-2019

# Tiger Daily: September 24, 2019

Fort Hays State University

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Tiger Daily [September 24, 2019]

Tiger Daily

Tue 9/24/2019 10:00 AM

To: Tiger Daily <TigerDaily@fhsu.edu>



## ANNOUNCEMENTS

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## EVENTS

### THIS WEEK/WEEKEND

- [Gideons International Visit - TOMORROW; 7:30am to 11:30am](#)
- [Banned Book Buttons - TOMORROW; 2:00pm to 4:00pm](#)
- [Hispanic Dance Session - Caribbean/Polynesian \(Hulu\) Dance - TOMORROW; 6:30pm to 9:00pm](#)
- [Ice Cream Social Event - TOMORROW; 7:00pm](#)
- [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](#)
- [Student Athlete Advisory Committee Dunk Tank - September 28; 4:30 to 6:30 pm](#)

### FUTURE EVENTS

- [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](#)
- [A Plant Hike: Wild Foods and Medicinal Plants Around the Cheyenne Bottoms Area - October 6; 2:00pm](#)
- [U.S. Air Force "Falconaires" Jazz Ensemble Concert - October 7; 7:00pm](#)
- [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](#)
- [Economics, Finance, and Accounting Department Reception for Alumni Award Recipients - October 10; 3:00 to 4:00pm](#)
- [College of Education Homecoming Reunion - October 11-12; Times listed below](#)
- [Science Café Presents: "Importance of Scientific Education in Western Kansas" - October 14; 7:00pm](#)

- **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**

## 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](mailto: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](mailto: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](mailto: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

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### **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>

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### **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](mailto:tbwolbert@fhsu.edu)

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### **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](mailto:tjlynn@fhsu.edu).

We appreciate your support!


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### **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!

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### 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 15<sup>th</sup>, 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 22<sup>nd</sup>, 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](mailto:kcwisley.se@fhsu.edu).

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### 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](mailto:gglaunchbaugh@fhsu.edu) 785-628-4538.

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### Electronic Resources Feature: Independent Voices

Forsyth Library is home to hundreds of databases for use by faculty, staff, and currently enrolled students for research activities.

Are you presenting at the upcoming Tilford Conference? Looking for ways to expand your curriculum? **Independent Voices** is an open access collection of alternative press newspapers, magazines, journals, and more. Explore diverse topics and historical perspectives through this unique database. [Visit Independent Voices at this link to learn more.](#)

Remember, you can locate all available databases through Forsyth Library's [A to Z listing](#). For more information, visit Forsyth Library at [fhsu.edu/library](http://fhsu.edu/library) or contact [refserv@fhsu.edu](mailto:refserv@fhsu.edu)

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### Ribbon Cuttings – Homecoming Week

Please join us the week of Homecoming for these two events:

Kansas Army National Guard – Campus Office Ribbon Cutting  
October 8, 1:00 pm – Memorial Union, Sunset Atrium  
Learn more about this new partnership and how it benefits students.

Center for Art and Design Ribbon Cutting  
October 11, 9:00 am  
Tour the new building and learn more about the wall of masks, a large donation made to the university.

We hope to see you there. For more information, contact Janette Meis, Office of the President at [j\\_meis@fhsu.edu](mailto:j_meis@fhsu.edu)

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## Novels 4 Hope

*Diversity Book Club*, is a dynamic book club bringing students, faculty, and staff together to explore current social justice issues & diversity topics. Student Engagement will host the club in reading four books throughout the year. The book selection is a mixture of fiction & non-fiction literature to appeal to a variety of demographics. Our purpose for Novels 4 Hope is to keep conversation continuous on campus among students, faculty & staff on issues of race, religion, ethnicity, sexuality and gender.

Our first Novels for Hope book is: *Sissy* by Jacob Tobia. The sign-up for the first novel will open on Tigerlink on Friday, September 20 and run through Friday, October 4. You cannot register for this until NEXT FRIDAY. At that time, you can access the following link: <https://tigerlink.fhsu.edu/submitter/form/start/339261>

The first 30 people to sign-up will receive a copy of the book. For questions please contact [diversity@fhsu.edu](mailto:diversity@fhsu.edu)

## EVENTS

### 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 25<sup>th</sup> from 7:30am to 11:30am. This is an annual event that has been conducted on campus for many years.

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### 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.

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## 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](mailto:c_espinobravo@fhsu.edu).

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## Ice Cream Social Event

Wednesday, September 25; 7:00pm

Hansen Hall

Need a Sweet Way to get 3-hours credit in 30 days?

Join us for a Ben & Jerry's ice cream social to learn more. 7 PM, Wednesday, September 25 at Hansen Hall, hosted by emerging social justice activist and freshman Ruby Quinn. A special online/travel hybrid course is available Oct 1 to Nov 1 through the RCOBE Management Department: MGT 673-VB Moral Corporate Leadership & Social Justice (ala mode The Struggle for the Soul of Ben & Jerry's). Open to freshman to graduate students. Travel to Detroit, Michigan for 4 days to attend the national Net Impact.org conference Oct 24 - Oct 26. (conference fee, hotel, air travel estimated \$1,300 in addition to tuition. RSVP by text for Wednesday's ice cream social event (785) 592-1712. Instructor/host: Dr. Jane Talkington, RCOBE.

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## 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!

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## 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.

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### **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](mailto:z_qi5@fhsu.edu))

Assistant Professor

Department of Criminal Justice

Hsin-Yen Yang ([hsin-yen-yang@fhsu.edu](mailto:hsin-yen-yang@fhsu.edu))

Associate Professor

Department of Communication Studies

Entrepreneurship Faculty Fellows, 2018-2019

Fort Hays State University

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### **Student Athlete Dunk Tank**

**Saturday, September 28; 4:30-6:30pm**

**Lewis Field, East side of stadium**

Come dunk FHSU Athletes and Staff to raise money for Make-A-Wish Foundation. \$1 for 1 throw, \$5 for 6 or \$10 for an automatic dunk. If questions contact Tatum at [tebartels@mail.fhsu.edu](mailto:tebartels@mail.fhsu.edu).

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### **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](mailto: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.

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### 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](http://www.fhsu.edu/smei)

Sponsored by Science and Mathematics Education Institute and Forsyth Library

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### 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](http://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](mailto:jaternes@fhsu.edu)

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### A Plant Hike: Wild Foods and Medicinal Plants Around the Cheyenne Bottoms Area

Sunday, October 6; 2:00pm  
Kansas Wetlands Education Center

Join KWEC and Dr. Kelly Kindscher, Kansas Biological Survey scientist and University of Kansas environmental studies professor, on a plant hike field trip around Cheyenne Bottoms on Sunday, October 6 at 2 p.m. to learn about the native plants that are edible or have medicinal qualities.

Participants will gather at KWEC first before traveling by car to a couple nearby field sites. Participants should be prepared to be outside, wear comfortable, close-toed shoes, and be able to walk short distances over uneven terrain. The program is free and no registration is needed.

Kindscher has authored several books on native plants, including Medicinal Wild Plants of the Prairie and Edible Wild Plants of the Prairie.

The event is free and open to the public. For more information contact KWEC at 1-877-243-9268 or visit <http://wetlandscenter.fhsu.edu> . The Kansas Wetlands Education Center is a branch of the Werth College of Science Technology and Mathematics and is located at Cheyenne Bottoms, near Great Bend, KS. The Center is open Mon-Sat 9am-5pm and Sun 1-5pm. Admission is free.

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### **U.S. Air Force “Falconaires” Jazz Ensemble Concert**

**Monday, October 7; 7:00pm**

**Beach/Schmidt Performing Arts Center**

The United States Air Force Academy Band’s “Falconaires” jazz ensemble from Colorado Springs will perform a free concert at Fort Hays State University Beach/Schmidt Performing Arts Center in Hays, KS on 7 October 2019 at 7PM. The evening will feature an eclectic mix of traditional and contemporary jazz repertoire that celebrates our national heritage. The concert is free and open to the public. Free tickets will be distributed seven days a week until 10pm at the Memorial Union Student Service Center or online at <https://www.eventbrite.com/e/usaf-falconaires-big-band-sponsored-by-fort-hays-state-university-tickets-70982629957>.

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### **Science Café Presents: “Importance of Scientific Education in Western Kansas”**

**Monday, October 14; 7:00pm**

**Thirstys at the Venue, 2704 Vine Street, Hays, KS 67601**

Presenter: Ms. Keri Maricle, M.S. Biology Instructor, NCKTC

Sponsored by Science and Mathematics Education Institute

Free and Open to public

[www.fhsu.edu/smei](http://www.fhsu.edu/smei)

[www.twitter.com/FHSUScienceCafe](https://twitter.com/FHSUScienceCafe)

[www.facebook.com/FHSUScienceCafe](https://www.facebook.com/FHSUScienceCafe)

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### **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 15<sup>th</sup>, 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 10<sup>th</sup> at: <https://ksbdc.ecenterdirect.com/events/25104>

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

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### **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](mailto:hehilker@fhsu.edu) today to reserve your spot at the seminar.

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## On-Site Biometric Screening & Health Coach Available

Memorial Union

### Free Biometric Screening Offered

Tuesday, October 1<sup>st</sup>

Wednesday, October 2<sup>nd</sup>

Tuesday, November 12<sup>th</sup>

*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](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

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### **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 10<sup>th</sup> 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](mailto:kkallacher@fhsu.edu).

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### **Economics, Finance, and Accounting Department Reception for Alumni Award Recipients**

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

McCartney Hall, Room 109

The Department of Economics, Finance, and Accounting is hosting a come-and-go reception for its Alumni Award recipients, Kevin Faulkner and Cole Engel, on October 10 from 3:00-4:00 PM in MC 109. Kevin is receiving the Alumni Achievement Award and Cole is receiving the Young Alumni Award at Homecoming.

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### **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.

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### **College of Education Homecoming Reunion**

Thursday, October 11-12

Join us for the First Ever College of Education -- Homecoming Reunion! October 11<sup>th</sup> and October 12<sup>th</sup>

Please register by October 3rd at [www.goforthaysstate.com/homecoming](http://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. 11<sup>th</sup>:

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

Saturday, Oct. 12<sup>th</sup>

- 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!

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## **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](mailto: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.

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.