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Tiger Daily: October 1, 2019

Fort Hays State University

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Tiger Daily [October 1, 2019]

Tiger Daily

Tue 10/1/2019 12:01 PM

To: Tiger Daily <TigerDaily@fhsu.edu>



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- [Maker Wednesday - TOMORROW; 5:00pm to 6:00pm](#)
- [Hispanic Dance Session: Salsa - TOMORROW; 6:30pm to 9:00pm](#)
- [STEPS to Success Wellness Program: Lunch & Learn - October 3; 12:00pm](#)
- [Sustainability Task Force Meeting - October 3; 3:00pm](#)
- [Encore Series Presents - Reza: The Edge of Illusion - October 3; 7:30pm](#)
- [Paris to Pittsburgh Film and Forum - October 3; 7:00pm](#)
- [Table for Red Flag Campaign - October 3; 11:00am to 1:00pm](#)
- [FHSU Homecoming Chamber Chat - October 4; 9:00am](#)
- [FHSU Department of Music and Theater Presents: The Drowsy Chaperone - Dates and times below](#)
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FUTURE EVENTS

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- [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](#)
- [Times Talk: Stigma of Mental Illness - October 9; 12:30 to 1:30pm](#)
- [On-Site Biometric Screening & Health Coach Available - Dates and times listed below](#)
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- [Allied Health Department, Human Health & Performance Department Alumni Award Winner Reception - October 10; 2:30pm to 3:30pm](#)
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- [Economics, Finance, and Accounting Department Reception for Alumni Award Recipients](#) - **October 10; 3:00 to 4:00pm**
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- [Forsyth Library During Homecoming 2019](#) - **October 11-12; Times listed below**
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- [WKHRMA October Seminar - 10 Complimentary Spots Available!](#) - **October 23; 8:30am to 3:00pm**
- [Student Town Hall Meeting](#) - **October 24; :00pm to 6:00pm**
- [Red Flag Awareness Walk](#) - **October 24; 4:00pm to 5:00pm**
- [MDC Workshop - Mobile Photography](#) - **October 25; 8:30am to 12:00pm**
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SHARE WITH STUDENTS

- [40 Days at the Fort](#)

STUDENT ABSENCES

- [Great Bend Feeding Field Trip](#)
- [NACA Central Region Conference](#)

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!

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

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.sc@fhsu.edu.

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.

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

Homecoming 2019 “Unleash the Tigers”

Join us for Homecoming 2019 “Unleash the Tigers!” Open to all FHSU alumni, friends, faculty, students, and staff...there’s something for everyone during this exciting weekend. Enjoy a wide variety of events, including lunch with head football coach Chris Brown, Tiger bonfire and pep rally, Oktoberfest, alumni awards reception and banquet, Tiger 5K run/walk, parade down Main Street and the FHSU vs. Emporia State University football game.

Advance registration is required for many of the events. Paid alumni members (Silver, Gold, Diamond, Platinum) are eligible for special discounted pricing. ***Registration deadline is Thursday, October 3, 2019***

To see a full list of activities and to register, visit www.goforthaysstate.com/homecoming2019. Questions? Call the FHSU Alumni Association 628-4430 or email alumni@fhsu.edu

Tiger Athletics Hall of Fame

Fort Hays State Athletics will welcome seven new members into the Tiger Sports Hall of Fame on Saturday, October 26, 2019. The inductees include Marvin Andrews (men's basketball), Kent Bauer (men's track and field), Chris (Biser) Drea (women's basketball), Bill Hall (baseball), Jack Harms (men's cross country/track and field), [Maddie Holub](#) (softball), and Kelly (Skidmore) Gunning (volleyball). The induction ceremony will take place the morning of October 26 at the Memorial Union Ballroom on the campus of Fort Hays State University at 9:30 am. The inductees will be recognized at halftime of the football game vs. Nebraska-Kearney at 2:00 pm.

Phi Kappa Phi Excellence in Innovation Award

Phi Kappa Phi- \$100,000 Excellence in Innovation Award

The collegiate honor society, Phi Kappa Phi, is now accepting submissions for its 2020 Phi Kappa Phi Excellence in Innovation Award. The recipient institution will receive \$100,000 in tangible recognition. The winner will be determined based on institutions’ best practices in response to the changes facing higher education in the twenty-first century. This is a great opportunity to showcase Fort Hays State University’s stand on- issues of affordability, access, diversity, retention, new technology, etc.

If you are interested please visit <https://www.phikappaphi.org/grants-awards/institutions/excellence-in-innovation#.XY0FBIVKiUk> to learn about the award criteria, eligibility and application timeline for the 2020 \$100,000 Excellence in Innovation Award.

KAMS Summer Camps 2020 Proposals

We are in the planning stages for our 2020 KAMS Summer STEM Camps. The camps will be 4 days in length and should be designed for students who will be entering the 9th or 10th grade of high school.

Our camps are designed for advancing high school student interest and knowledge in STEM.

Proposals must be submitted to kamssummer@fhsu.edu by **Friday, November 1, 2019**.

Selections will be announced November 15, 2019. For additional information or questions, please contact Sheila Clark (785) 628-4168 or kamssummer@fhsu.edu.

Each camp will run Monday-Thursday.

1st camp: June 1-4

2nd camp: June 8-11

3rd camp: June 15-18

4th camp: June 22-25

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

Winners of the FY20 Undergraduate Research Experience (URE) Grants Announced

Congratulations to the FY20 URE Grant Awardees! This year’s competition was extremely competitive with 19 applications received requesting over \$75,000 in funding! To see the list of awardees and project titles please visit <https://www.fhsu.edu/academic/gradschl/ure/URE-Grant-Awardees/index>.

EVENTS

Civic Dinners: The Lovable City

Tuesday, October 1 & Monday, October 7; 6:00pm
Gella’s Diner & Lb. Brewing Co.

Bring yourself and some money to Gella’s at 6pm on Tuesday, October 1 and Monday, October 7. Civic DinnersTM has launched a national conversation about “The Lovable City” in hopes of learning more about what makes your city lovable, what you’d love to love, and how you’d like to be more involved in creating a more lovable city. To register, click ATTEND A DINNER at this website: <https://www.cividdinners.com/tlc-hays>.

Contact:

Dr. Jane Talkington, FHSU-RCOBE, phone/text: (785) 592-1712
or Melissa Dixon, Convention & Visitor’s Bureau (785) 628-8202.

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

Hispanic Dance Session: Salsa

Wednesday, October 2; 6:30-9:00pm
Cunningham Hall 122 (Dance Room)

The next Hispanic Dance Session will be Salsa. It will be taught by Christine Byrd, Draya Woolf-Wilson and Chita Espino-Bravo. It will be on Wednesday, October 2, 2019 from 6:30-9:00pm 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.

Table for Red Flag Campaign

Thursday, October 3; 11:00am-1:00pm

Memorial Union

Women's Leadership Project will have a table in the Union to inform students about their upcoming Red Flag Campaign events held throughout the month of October.

STEPS to Success Wellness Program: Lunch & Learn

Thursday, October 3; 12:00pm

Stroup Hall, Room 166

Did you know the what is the single best thing we can do to improve our health? Get up and get moving. <https://youtu.be/aUaInS6HI> Grab your lunch and join Mr. Drew Gannon as he will be hosting a lunch and learn on October 3, 2019 at noon in Stroup Hall, Room 166. You are invited to come and learn more about physical activity!

Sustainability Task Force Meeting

Thursday, October 3; 3:00pm

Memorial Union, Stouffer Lounge

“Sustainability Task Force – ‘Big Tent Meeting’

Thursday October 3rd, 3:00 pm, Stouffer Lounge, Memorial Union. We will discuss our successes from last year, and our ongoing agenda for the 2019 – 2020 academic year. Please bring your ideas, suggestions, and items for discussion. Do you have questions, or cannot attend but want to be on our email list? Please email us at: sustainability@fhsu.edu.”

Paris to Pittsburgh Film and Forum

Thursday, October 3; 7:00pm

Memorial Union, Cody Commons

Us 4 U invites the FHSU community to our Paris to Pittsburgh Film and Forum on Thursday, October 3, at 7pm. We will watch *Paris to Pittsburgh* ([see trailer](#)) and have a discussion about sustainability, faith and the environment, and more. There will be snacks available! This is part of 40 Days at the Fort, and there will be a chance to swipe your Tiger Card for credit. More information can be found on TigerLink (Corq) or our [Facebook event](#). Contact Zoey at us4u.fhsu@gmail.com with any questions or concerns.

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

FHSU Homecoming Chamber Chat

Friday, October 4; 9:00am
Robbins Center

Please join the Homecoming Committee, and Hays Chamber on October 4th at 9:00AM in the Robbins Center to learn about all the exciting activities planned during the week of Homecoming. There will be light refreshments, the chance to meet this year's homecoming royalty, and learn about all the events taking place throughout the week leading up to Saturday's FHSU football game.

FHSU Department of Music and Theatre Presents: The Drowsy Chaperone

Thursday, October 3, Friday, October 4, & Saturday, October 5; 7:30pm Curtain
Sunday, October 6; 2:30pm Matinee

Winner of five Tony Awards, The Drowsy Chaperone is a loving valentine to musical comedy. Narrator and theatre aficionado, 'Man in Chair', invites us to listen to his favorite LP record of a fictitious 1928 musical. The uproariously funny musical magically bursts to life on stage, featuring one show-stopping song and dance number after another. With its twists and turns along with accompanying hilarity, this musical comedy gem makes for an evening of madcap delight and will have you rolling in the aisles until your sides ache.

Walk To End Alzheimer's

Saturday, October 5; 9:00-10:00am
Big Creek Crossing Mall

Registration 9-10 am
Breakfast for Walk participants 9-10 and Walk begins at 10 am

There is still time to get a team together for the Walk visit <http://act.alz.org/hays19>
Or you can join my team- My page: <http://act.alz.org/goto/marmstrong12>

For more information please contact Micki Armstrong at marmstrong@fhsu.edu

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.

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>.

Space Week 2019

Monday, October 7 – Thursday, October 10

Forsyth Library

MAKERSPACE in Forsyth Library

Monday, Oct. 7 FHSU Astronomy Club Observation at 8:30 pm in Tomanek Hall, Observation Deck, weather permitting. *Come see the Moon, Saturn, Jupiter and M31!* (cancellation date Thursday, October 10, 8:30 pm)

Tuesday, Oct. 8 Make a 3D print of a NASA artifact for FREE in Makerspace

Wednesday, Oct 9 Watch Interstellar Movie with popcorn all day!

All events are FREE and open to the public

Sponsored by Science and Mathematics Education Institute

www.fhsu.edu/smei

Times Talk: Stigma of Mental Illness

Wednesday, October 9; 12:30-1:30pm

Forsyth Library, South Study Area

American Democracy Project and Forsyth Library presents Brook Mann, Lecturer and Director of the Clinical Psychology Program and Ashley Lockwood. Their presentation, The Stigma of Mental Illness, is based on the New York Times opinion article “The Ways We Fail Those with Mental Illness.” Free pizza and salad will be provided for the first 20 attendees, compliments of New York Times.

World Mental Health Day

Thursday, October 10; 12:00-1:30pm

Memorial Union

Stop by the Global Leadership Project’s table in the Memorial Union to celebrate World Mental Health Day! This year’s focus piece is suicide prevention. Learn about what you can do to help with suicide prevention, take our suicide prevention pledge, and participate in a mental health check in!

Allied Health Department, Human Health & Performance Department Alumni Award Winner Reception

Thursday, October 10; 2:30-3:30pm

Albertson Hall, Room 169

Please join the Allied Health, Health & Human Performance, & University Police Departments in honoring Mr. Michael Miller, recipient of the 2019 Alumni Achievement Award. Mr. Miller will be sharing briefly about his unique career path, including medical imaging, biology, human health and performance, and a 20 plus year career in the FBI. There will be light refreshments following his presentation in the foyer of Albertson Hall. Please RSVP by phone at 785-628-5678 or email jrgilmore2@fhsu.edu.

Table for Bystander Awareness

Tuesday, October 15; 11:00am-1:00pm
Memorial Union

Women's Leadership Project will have a Bystander Awareness table with posters and information to help others know what to do if they are ever in a situation where they could say something to help someone.

Times Talk: Voter Suppression

Wednesday, October 16; 12:30-1:30pm
Forsyth Library, South Study Area

American Democracy Project and the Forsyth Library introduces Professor Gary Brinker, who will be giving a presentation about Voter Suppression, based on the New York Times article "Republican Gerrymander Whiz Had Wider Influence than Was Known." Free pizza and salad will be provided to the first 20 attendees, compliments of New York Times.

SWIPE Out Hunger

Saturday, October 19; 10:00am-12:00pm
Forsyth Library

Sign Up at <https://forms.gle/EYqJtpHo1ifuuVVC6>

Join the Global Leadership Project for the 8th Annual SWIPE Out Hunger event! Participating volunteers will package meals provided by Numana, Inc. and Convoy of Hope. These meals are then shipped to those in need, both internationally and domestically. Last year, volunteers packaged 30,240 meals which helped to feed over 22,700 children in El Salvador! The meals packaged this year will also be shipped to El Salvador! For more information email glp@fhsu.edu. See you at SWIPE 2019!

Free Speech Week

Monday, October 21 & Wednesday, October 23; 11:30am-1:00pm
Memorial Union

American Democracy Project will be tabling for free speech, in order to promote the Times Talk and Student Town Hall Meeting. Students also have a chance to win a Free Speech t-shirt by answering a trivia question regarding free speech.

Times Talk: Free Speech

Tuesday, October 22; 12:00-1:00pm
Forsyth Library, South Study Area,

American Democracy Project and Forsyth Library introduce Assistant Professors Jay Steinmetz and Wendy Rohleder-Sook, who will be presenting about free speech, and how important it is to be aware of what free speech is and what it is not. They will also cover a brief history of the First Amendment and discuss what free speech looks like at universities. Free pizza and salad will be provided to the first 20 attendees, compliments of New York Times!

Red Flag Awareness Walk

Thursday, October 24; 4:00-5:00pm

The Quad

Participate in the Women's Leadership Project's Red Flag Awareness Walk to learn more information about red flags in relationships, what to do if you're ever in that situation, and possible ways you can be an advocate for somebody in a harmful relationship.

United Nations Day

Thursday, October 24; 12:00-1:30pm

Memorial Union

Global Leadership Project will be celebrating United Nations Day on October 24th! Stop by their table in the Memorial Union to learn about UN Day and play the global flag game for a chance to win a prize!

Student Town Hall Meeting

Thursday, October 24; 5:00-6:00pm

Memorial Union, Cody Commons

American Democracy Project has partnered with Student Government Association for Free Speech Week. The Student Town Hall Meeting will be comprised of student leaders that will engage and facilitate conversations with FHSU students who have concerns regarding any issues they feel need to be addressed. There will be a drawing for an ADP Free Speech T-shirt. ADP will also provide free Pizza and SGA will provide beverages to the first 25 attendees.

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.

Women Entrepreneurship Week: Panel Discussion

Tuesday, October 22; 12:00-1:15pm

Memorial Union, Black & Gold Room

Please join us to hear from five successful local women entrepreneurs as they share their experiences starting and growing businesses. Included is a question & answer session along with a reception. Attendance and refreshments are free and open to the entire campus community. This event is organized by the FHSU Center for Entrepreneurship. For more information, please visit: <https://www.fhsu.edu/cob/entrepreneurship>

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.

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.

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.

Forsyth Library During Homecoming 2019

Friday, October 11 – Saturday, October 12

Forsyth Library invites you to attend the following events during Homecoming 2019:

Friday, October 11th

Plymouth Schoolhouse Exhibit

10:00 AM – 12:00 PM

Forsyth Library, South Study Area

Attend the 40th Anniversary Celebration and Open House of the Plymouth Schoolhouse sponsored by the College of Education and then visit Forsyth Library following the program to view a 3D interactive exhibit of the schoolhouse.

Revisit the Past, Unleash the Future: A Library Showcase

1:30-3:30 PM, Program at 2:00 PM

Forsyth Library, Main Level

Revisit the past through a lecture and exhibit from the Tim Johnson Postcard Collection and learn about the future during an announcement of a major gift toward the upcoming library renovation.

Saturday, October 12th

Featuring the Smart Classroom Interactive Exhibit

8:00-11:00 AM

Memorial Union

Experience the smart classroom, a new, interactive learning technology developed by Forsyth Library and the Institute for New Media Studies. This grant-funded research features a prototype of a portable smart classroom kit that provides enhanced teaching and learning opportunities.

All are welcome to attend and we hope to see you there!

Like Forsyth Library on social media @fhsulibrary to learn more about upcoming events.

College of Education Homecoming Reunion

Friday, October 11 – Saturday, October 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!

Run/Walk to Help Children Talk

Saturday, October 19; 8:15am

FHSU Quad, Outside Memorial Union

Join us October 19th for the 7th annual Run/Walk to Help Children Talk charity event. This event will be held at the FHSU Quad (Outside Memorial Union). Registration begins at 8:15 with the races beginning at 9:00 a.m. The proceeds from the 5K run/walk and 1-mile fun walk will provide client scholarships to children in need of speech/language services and support the purchase of clinic materials for the Herndon Clinic. The Run/Walk event is sponsored by the Salina Valley Scottish Rite Masons and the FHSU National Student Speech-Language-Hearing Association. Prices for early-bird registration are \$15.00 for FHSU students, \$20.00 for adults, and \$10.00 for children.

For event information and registration, please visit our website: www.fhsu.edu/runwalk

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.

MDC Workshop – Mobile Photography

Friday, October 25, 8:30am-12:00pm

FHSU Memorial Union, Stouffer Lounge

Pictures are worth a thousand words, but are they the right words? Learn how to convey impactful messages by utilizing powerful imagery in the MDC's upcoming workshop *Mobile Photography*. You will learn how to captivate and engage your target audience by taking great photos with your phone. Participants will also learn how to optimize their phone's camera settings, manage and edit photos through mobile apps, and use the environment to create web-ready photos. Stick around after this workshop to learn how to use these photos to engage your audience in *Instagram Marketing* in the afternoon! Registration for this workshop is \$119.

Please register by October 18.

Register for both **Mobile Photography and **Instagram Marketing** for only \$200!*

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.

MDC Workshop – Instagram Marketing

Friday, October 25; 1:00-4:30pm

FHSU Memorial Union, Stouffer Lounge

Instagram has evolved from selfies, pets, and pictures of food to a highly-targeted, visual marketing. Learn how to harness this powerful visual marketing platform to build a loyal audience that grows with your business in the MDC's upcoming workshop *Instagram Marketing*. This workshop covers all the latest features of the platform as well as strategies to grow a following, develop engaging content, advertise and sell on the platform and much more! Registration for this workshop is \$119.

Please register by October 18.

Register for both **Instagram Marketing and **Mobile Photography** for only \$200!*

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.

STUDENT ABSENCES

Great Bend Feeding Field Trip

The following students will be taking part in a required field trip on Tuesday, October 1 to Great Bend Feeding for their Feedlot Management class. We will be leaving campus at 1:30 pm and will return by 5:00 pm. The students are expected to visit with their instructors and make arrangements prior to leaving. I hope you will allow the following students to make up any missed course work.

Born, Kendell
Collins, Genti
Dempewolf, Lauren
Doggett, Baley
Draper, Braden
Ellegood, Dodge
Flory, Cooper
Funk, Lakin
Giebler, Sarah
Hayden, Geordan
Holcomb, Clay
Lang, Kyle
Lewis, Brody
Metheney, Danean
Peckham, Emily
Rayl, Megan

Richardson, Blayne
Stefan, Brianna
Tucker, Morgan

Dr. Brittany Howell, Agriculture Department

NACA Central Region Conference

The following students will be taking part in the National Association of Campus Activities Central Region Conference from Thursday, October 3 through Sunday, October 6. They will be leaving campus approximately 6:00 PM on Wednesday and returning approximately 6:00 PM on Sunday. The students are expected to visit with their instructors prior to leaving and make arrangements for the classes missed on Thursday and Friday. I hope you will allow the students to make up any missed course work. If you have any questions about this absence, please contact Jacob Ternes at jaternes@fhsu.edu.

Malaree Hood
Jesse Schoenfeld
Isabella Cabrera
Citlalli Cobian
Katie Youngers
Samantha Reorda
Whitney Nuss

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.