Spring Activities Fair in the Ballroom
SPRING 2010 GROUP FITNESS SCHEDULE
(JANUARY 25 THRU APRIL 22)

MONDAY, 7:00P-8:00P
Class: Flip Fitness
A fun and unique way to get your heart rate up and improve your cardiovascular health. A good class for all fitness levels.
Location: St. Basil Lounge (Room 162)
Instructor: Kristina DiSanto
Start/End Date: January 25 – April 19
No class: March 8, April 5

TUESDAY, 7:00P-8:00P
Class: Yoga
An awakening, mindful experience that pays special attention to breathing. Excellent for developing grace, flexibility, core strength, balance, muscular strength and stress reduction. Appropriate for students of all levels.
Location: St. Basil Lounge (Room 162)
Instructor: Pam Grosso
Start/End Date: January 26 – April 20
No class: March 9

WEDNESDAY, 7:15P-8:15P
Class: Core Strength
This class will strengthen your core with a variety of ab exercises and pushups designed to build strength and to increase flexibility. Areas of focus include abs, back, and arms.
Location: Hayman Center Mezzanine (2nd Floor)
Instructor: Meaghan Hobson
Start/End Date: January 27 – April 21
No class: March 3. Class on first floor Hall of Athletes are on: January 27 and February 17.

THURSDAY, 7:00P-8:00P
Class: Yoga
Join Karen in a new yoga class that will help you focus, build strength and release tension. Relax your mind during this restorative yoga practice as you are guided through stretches, postures and balances. You can practice at your own level of comfort so it is great for anyone has been practicing or wants to try yoga.
Location: St. Basil Lounge (Room 162)
Instructor: Karen Carroll
Start/End Date: January 28 – April 22
No class: March 11

All group fitness classes are free and open to all current La Salle students, faculty and staff members.
Project Appalachia, Habitat for Humanity, Estudiantes Unidos and Blackfeet Montana cordially invite you to join them at the 7th annual Lasallian Service Trips Auction. All Proceeds from this event will benefit the residents of the communities in Guatemala, Kentucky, South Carolina, and Montana served by the student participants on Estudiantes Unidos, Project Appalachia, Habitat for Humanity and Blackfeet Montana.

Friday, February 12, 2010
Union Ballroom

Silent Auction, Basket Bidding, and Dinner start at 5pm
Live Auction event starts at 7:30pm

$5 per student ● $15 per person
Price includes dinner, refreshments and dessert

Items for Auction include:

Restaurant Certificates
Sports Tickets
Autographed Items
And much more!
Call for artwork submissions

Fourth Annual La Salle University Student, Staff & Faculty Art Exhibition

Participation: is open to all La Salle students, staff, and faculty, who are not professional, exhibiting artists.

Guidelines: Submissions are invited in all visual art media including but not limited to photography, mixed media, and digital art as well as drawing, painting, printmaking, and sculpture. Two-dimensional artwork must arrive framed and/or ready to hang on the wall with hardware for hanging attached. Three-dimensional artwork will require a base for display. Dimensions of all works must fall between a minimum of 4” and a maximum of 4’ for any one side. The exhibition of artwork will be at the sole discretion of the judges.

Submissions: Submissions cannot be considered without a signed submission form. Forms may be obtained in the Museum and the Mary & Frances Wister Art Studio.

Work may be submitted to the Art Museum between February 15 and February 18, 2010 at noon. The Art Museum, located in the lower level of Olney Hall, is staffed from 8:30-4:30 M-F. One entry per person, please.

Exhibition: Artwork selected for inclusion will be on-view February 19-March 4, 2010.

Awards: Awards for excellence will be given in two categories, one for current students, and one for staff and faculty. The awards ceremony will be held in the Community Art Gallery at the La Salle University Art Museum on Friday, February 19, 2010 during free period.

For more information, please contact Miranda Clark-Binder at ext. 3680 or email clarkbinder@lasalle.edu.
To: Faculty and Staff

From: Alan Wendell

Date: January 29, 2010

Re: Judicial Board Applications

Judicial Board applications will be available to the student body next week. Please encourage any students you feel would be capable members to apply. We are losing a significant number of seniors this year, so I would appreciate any effort that you could put toward this.

Applications will be available on the portal on Monday, February 1, 2010 and must be returned by Friday, March 5, 2010. If you have students you would like to nominate, I am also willing to follow-up with those persons by encouraging them to apply.

Thank you in advance for your assistance.
Daffodil Days

at La Salle University

**What:** Daffodil sale to benefit the American Cancer Society

**When:** 1 to 2 p.m.
   - Monday, Feb. 1
   - Wednesday, Feb. 3
   - Tuesday, Feb. 9
   - Thursday, Feb. 11

**Where:** La Salle Union Lobby

Or, donate online by e-mailing Liz Vargo at vargo@lasalle.edu. Thank you!
Great minds DON’T think alike (Especially at the Explorer Café)

Explorer Café
Stimulate your mind

From City to Suburb And Back Again:
The Social Cost and Benefits of Gentrification in Philadelphia

Charles Gallagher, Ph.D.,
Chair, Sociology, Social Work,
Criminal Justice Department
Wednesday, February 3, 3:00 p.m.

Get Connected...
Holroyd Lobby (FREE FOOD)

Queen Village and Bella Vista have gentrified.

Fishtown and Northern Liberties are GENTRIFYING.

What are the social, community and economic costs and benefits of gentrification? Who wins and who loses when neighborhoods gentrify "overnight"? Are there ways to keep neighborhoods diverse in terms of color, class, age structure, and sexual orientation?

Find out at the Explorer Café.

Explorer Cafés are open to all.

Questions or comments?
Contact Julianna Gwiszcz (gwiszczj1@lasalle.edu)
Academic and Learning Support Services
Workshop Schedule
Spring 2010

“There’s Too Much to Read!” Learn active reading strategies that will help you more effectively read different types of texts for your different classes.

- **Tuesday, Feb. 9, 5:30 p.m., Library 212**
- **Thursday, Feb. 11, 12:30 p.m., College Hall 206**

**APA: Fundamentals & Updates:** Learn useful basic information about APA style as well as some key features of the new 6th edition of APA. Presented by the Sheekey Writing Center.

- **Tuesday, Feb. 16, 4:30 p.m., Holroyd 353**

**Studying for Science and Math:** Learn study strategies for your science and problem-solving classes (Math, Accounting, Chemistry, Biology, Physics, etc.).

- **Wednesday, Feb. 17, 4:30 p.m., Holroyd 257**

“What’s My Learning Style?” Examine how you learn and how to study more actively for your courses.

- **Tuesday, Feb. 23, 5:30 p.m., Library 212**

“I Got What on My Midterm?!” Make a new game plan for the second half of the semester by reconsidering your time management, reading, and study strategies.

- **Tuesday, March 23, 5:30 p.m., Library 212**
- **Wednesday, March 24, 1:00 p.m., College Hall 206**

**Get Ready for Finals:** Prepare for finals “crunch time” by creating a game plan that addresses your studying, time management, and test-taking.

- **Tuesday, April 20, 12:30 p.m., College Hall 206**
- **Wednesday, April 21, 5:30 p.m., Library 212**
SAVE THE DATE: FEBRUARY 25


Melissa Wilde*
Assistant Professor of Sociology at the University of Pennsylvania

12:30 p.m.
Holroyd 190

*Melissa Wilde is the author of Vatican II, A Sociological Analysis of Religious Change, and a past winner of the Best Article Award from the Society for the Scientific Study of Religion.

A HEALTHY REMINDER:

FREE Swine Flu Vaccinations
Monday through Friday, 9:00 a.m.–11 a.m.
Student Health Center

Questions? Call 215.951.1565
Upcoming Home Games
Jan. 30 – Feb. 6

Men’s Basketball @ Tom Gola Arena
Tues. 2       Rhode Island       7:00 p.m.
Sat. 6       Saint Louis       4:00 p.m.

Women’s Basketball @ Tom Gola Arena
Sat. 6       Temple            12:00 p.m.

Swimming @ Kirk Pool
Sat. 30      St. Francis (PA)  1:00 p.m.

GO EXPLORERS!
GET YOUR TICKETS!

Men’s Basketball

Exciting A-10 action at the Liacouras Center
Saturday, January 30 at 12:00 p.m.

Get your tickets at the ticket office located in the Hayman Center

Students : $5 with I.D.
Non-students: $15
Help Us Help Haiti

Please support La Salle Athletics and Catholic Relief Services and contribute to relief efforts in Haiti

Drop your money in designated containers at all men’s basketball home games and women’s basketball games on 1/27 and 2/6.
Basketball Doubleheader

Saturday, February 6
Tom Gola Arena

Men’s Basketball
La Salle vs. Saint Louis
4:00 p.m.

Women’s Basketball
La Salle vs. Temple
12:00 p.m.
Administrative Assistant I  
Office of Undergraduate Admission

The La Salle University Office of Undergraduate Admission seeks to fill an opening for Administrative Assistant I. The Office of Admission is responsible for communicating with all incoming prospective students and their families, arranging campus visits, and processing admission applications. The position provides support for a wide range of admission functions. Responsibilities of this position includes greeting potential students and their families, working with vendors, interacting with faculty and partnering with other administrators for the overall good of the office. Other duties include, but are not limited to, answering phones, assisting applicants with inquiries, and responding to telephone requests for information from potential students.

Applicants should be computer literate and possess a strong commitment to providing excellent customer service. This position also requires excellent communication skills and a professional demeanor. Banner experience is a plus.

Qualified applicants should submit a résumé and cover letter to the following:

Mr. James Plunkett  
Executive Director of Admission  
La Salle University  
1900 W. Olney Ave.  
Philadelphia, PA 19141

AA/EOE

La Salle University is a Roman Catholic university in the tradition of the De La Salle Christian Brothers and welcomes applicants from all backgrounds who can contribute to our unique educational mission. For a complete mission statement, please visit our website at www.lasalle.edu.
Procedures for Submitting Items for Inclusion in the Campus News

All information for the General, Academic, Minutes, or Athletic sections—with or without graphics and photos—must be submitted electronically either:

- via the “Submit an item” form in the Media and Publications channel on the News and Media tab of the portal,
- via e-mail to the campusnews@lasalle.edu. (The article title must be included in the subject line of the e-mail), or
- via CD sent to Campus News, Box 187.

Submissions can be sent with graphics and photos laid out with the text or sent with the text and graphics separately. Please submit flyers and circulars as attachments in Microsoft ®Word or as PDF files. Please submit photos as JPEG files.

Letterhead or logos with submissions must conform to the approved standards explained and illustrated in the Brand Book published and distributed by University Communications.

All photos and graphics (clip art, logos other than La Salle’s) must have their owners’ permission to be reproduced. If you submit them with your information, you are responsible for gaining this permission.

All employment listings must be submitted first to Human Resources for approval (for more information, contact Gregory O’Shea at 215.951.1354).

Deadlines for Submission

- General News, Meeting Minutes, Events, and Other News: **Wednesday at 4 p.m.**
- New Positions of Employment at La Salle University: **Monday at 2 p.m.**