Dr. Barbara Hoerst, 2010 Winner of SNHS’s Sweetheart Award, with Dean Zane Wolf
31st Annual Grimes Lecture Series
Psychology Department

Psychotherapy Relationships That Work: Evidence-Based Responsiveness

Dr. John C. Norcross, Ph.D., ABPP
Professor of Psychology and Distinguished University Fellow
University of Scranton

March 4, 2010—7:30 p.m.
Dan Rodden Theater

Reception at 6:00 p.m. in the Ballroom
Dondero Award Recipient: Kevin D. Hennessy, Ph.D.
ELIZABETH K. GORDON
Author of *Walk with Us*
Winner of the 2008 Next Generation Indie Book Award as the best multicultural non-fiction book of the year

Monday, February 22, 1 p.m.
Dunleavy, 3rd floor Union

All are welcome

Sponsored by the Social Work Advisory Board and Social Work Program, Department of Sociology, Social Work, and Criminal Justice
In January 2010, the **College of Professional and Continuing Studies** relocated to the 3rd Floor of the **Administration Center, Suites 307-310** &

**The Office of Adult Enrollment** relocated to the 4th floor of the **Administration Center, Suite 401**.

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Rescheduled for Thursday, February 18

The 7th Annual

Lasallian Service Trips Auction

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.

Union Ballroom
Featured Photos

Former Sweetheart Award Winners Alex Hawes and Val Bradley with this year’s winner Dr. Barbara Hoerst

Award ceremony with cake and cookies

Snow blanketing the campus
Conducting Effective Meetings

Registrations are being accepted for all of the upcoming February training sessions. The schedule is as follows:

**Date:** Wednesday, February 17, 2010  
**Time:** 12:30 p.m. to 1:30 p.m.  
**Location:** Union 301

**Date:** Thursday, February 25, 2010  
**Time:** 12:30 p.m. to 1:30 p.m.  
**Location:** Union 310

**What will you learn?**
- Practical ways to plan and conduct a meeting
- Understanding roles and functions of meeting members
- Knowledge of the stages of meeting development
- When to have and when **not** to have a meeting
- Tools and techniques to improve meeting effectiveness

**How will you learn?**
- Video tape modeling
- Lecture
- Discussion
- Simulation exercises

**Whom do I contact to register and for more information?**
You may contact Paul Roden, Training Manager, directly at Ext. 3607, Fax 1453, roden@lasalle.edu, Box 806, or Administration Center 104.
The Lasallian Mission in an Urban Setting: Who Do WE Think We Are?

Raymond Ricci, Assistant to the President, Office of Mission Integration

Wednesday, February 17, 3:00 p.m.

Get Connected... Holroyd Lobby (FREE FOOD)

Join Ray Ricci from La Salle’s Office of Mission Integration for a discussion on how La Salle can remain relevant and address contemporary needs while retaining its values, heritage and distinctive identity.

What does it mean to be Lasallian in our urban community?

Explorer Cafés are open to all.

Questions or comments? Contact Julianna Gwiszcz (gwiszczj1@lasalle.edu)
JUST A REMINDER!

HUMAN RESOURCES IS PLEASED TO ANNOUNCE INDIVIDUAL COUNSELING SESSIONS WITH TIAA-CREF.

TIAA-CREF will be offering Individual Counseling Sessions on

Wednesday, March 17, 9 a.m.–4:00 p.m., Lawrence Conference Room

At these sessions, you can discuss your personal retirement options with a TIAA-CREF consultant on a confidential basis.

Sign Up Today:

To schedule a counseling session, please call 800.732.8353.
Post-Racial or Post-Racism?: A Conversation on Race

Join us for a Conversation on Race with noted author of the book *Racial Paranoia* and a recent article on President Obama in *The Chronicle of Higher Education*.

**Dr. John L. Jackson Jr.**
Associate Dean of Undergraduate Studies,
Annenberg School for Communication
and
Richard Perry University Associate Professor
of Communications and Anthropology at
the University of Pennsylvania

**Thursday, February 18, 2010**
12:30 p.m. – 2:00 p.m.
Dunleavy Room, La Salle Union, 3rd floor

Sponsored by The Multicultural and International Center, Project on Justice and Society
and the Explorer Connection. For more information, call 215.951.1948
Speeches are due Wednesday, March 17, 2010

Division of Student Affairs

TO: All Faculty and Staff

Please let seniors know about this opportunity to write their Commencement Speech.

Thank you.

Student Speaker
Commencement 2010

Graduating seniors from the day and evening divisions are encouraged to apply for selection as the student speaker for the Commencement 2010 Ceremony. A committee of students, faculty, and administrators will choose the speaker.

The content and style of presentation of the speech will be the primary criteria used by the selection committee. The delivery time of the speech must be no longer than five (5) to eight (8) minutes. A suggested norm is one typed (double-spaced) page per speaking minute.

E-mail the typed speech as an attachment to Maureen Doyle at doylem@lasalle.edu by Wednesday, March 17, 2010. Members of the selection committee will then review unidentified copies of the speeches, and they will determine the final pool of students to be invited for in-person auditions, which will be conducted in the Rodden Theater on Thursday, April 8, 2010, from 2-5 p.m. Students will be notified as early as possible if they are among those selected for auditions.

Thanks for your attention and response to this invitation. Writing a commencement speech is a challenging and rewarding task. If you have additional questions or concerns about appropriate content or the selection process, please do not hesitate to contact University Life @ ext. 1374.
February
Health Tip

Eating Disorder Awareness

Eating disorders are more than a problem with food. They are serious medical problems!

What are the causes?

- Access to food 24 hrs. a day, making it tempting to overeat and not make healthy choices
- Not eating enough because of stress, school, and work
- Feeling more in control of your life and easing tension, anger, and anxiety

Types of eating disorders

Anorexia nervosa
- Has a low body weight for her or his height
- Resists keeping a normal body weight
- Has an intense fear of gaining weight
- Thinks she or he is fat even when very thin
- Misses 3 menstrual periods in a row (for girls/women who have started having their periods)

Bulimia nervosa
- Making yourself throw up
- Taking laxatives
- Feeling unable to control the amount of food eaten
- Exercising a lot, eating very little or not at all, or taking pills to pass urine often to prevent weight gain.
- Falling within the normal range for age and weight.
- Fearing weight gain
- Wanting desperately to lose weight
- Unhappy with body size and shape

What to do

If you or someone you know is showing signs of an eating disorder, get help. If you suspect a friend has an eating disorder, tell him or her about your concerns. Ask him or her to talk to a counselor or doctor who knows about eating issues, and offer to go along to the appointment. Let your friend know you are there for him or her.

Where to get help at La Salle:
Student Counseling Center x1355
Student Health Center x1565

NO BODY IS PERFECT

For more information visit:
www.cdc.gov
www.womenshealth.gov

Brought to you by Student Nurses Association of Pennsylvania (S.N.A.P.) and the La Salle Health Advisory Committee
To: La Salle Community  
From: Henry Bart, Ph.D., Chair  
Geology, Environmental Science, and Physics  
Date: February 12, 2010  
Subject: Environmental Studies Program

The care for our planet requires those willing to embrace knowledge across many academic disciplines. La Salle University, and the Department of Geology, Environmental Science and Physics is happy to announce a new, multidisciplinary program in Environmental Studies designed with this type of student in mind. Our Environmental Studies students will not only take required science courses but also choose from an array of non-science courses in a variety of disciplines. Graduates of this program will receive a B.A. degree and would be qualified to work in many fields including:

- environmental management
- resource management
- project management
- land-use planning
- city planning
- environmental policy
- environmental law—upon completion of law school
- education—upon completion of certification

If you would like more information contact Dr. Henry Bart, Chair (email: bart@lasalle.edu)

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Using Blackboard

*Presentation by*

*Alicia Stonesifer, Instructional Systems Manager*

**Tuesday, February 23**

12:30-1:30 p.m.

Olney 127

How can we best make use of Blackboard in our teaching?
What practical problems in using Blackboard have you faced?
What technologies does Blackboard offer to prevent plagiarism? (SafeAssign)

*Sponsored by the Department of English*
Health Advisory Committee
January 20, 2010

Present: Lane Neubauer & Dina Oleksiak; Members: Mark Badstubner, Br. John Crawford, Mike Gilbert, Matt Gionta, Ashley Jensen, Karen Kostelny, Greg O’Shea, Vanessa Ocasio, Mary Wilby
Excused: Steve Andrilli, Jeff Lyons
Guests: Denise Bailey (School of Nursing), Dennis Nast (Security and Safety) Dan O’Connor (Athletics)

I. Welcome to Ashley Jensen – new SGA representative to the Health Advisory Committee.

II. Smoking Policy
   a. The HAC discussed the recommendations that will be put forward to the President’s Team in light of the “Making your Campus Tobacco-Free” webinar that many of the members attended. General consensus was that this webinar was very helpful in addressing issues that the HAC has been discussing and informing changes that are now incorporated in the revised proposal.
   i. Some of the reasons given for moving towards a “Tobacco-Free” campus rather than supporting the original proposal that recommended identification of designated smoking areas are the following:
      1. Policies that restrict smoking 25 ft. from buildings and/or that set up designated smoking areas have been found not to work (hard to enforce) but more importantly, continue to expose members of the University community to second hand smoke.
      2. Tobacco litter desecrates the campus environment.
      3. Designated smoking areas give tacit approval to students under the age of 18 to use tobacco.
      4. Tobacco-Free policies encourages tobacco users to quit (the Center for Disease Control estimates that 80% of cigarette smokers would like to quit and are more successful at quitting when restrictions are in place that prevent them from smoking).
   ii. It is important that if the recommendations are approved that the timeline be communicated to the University Community with sufficient time to both educate the community why a tobacco-free policy is being phased in (respect for the health and well being of the La Salle Community) as well as one will allow tobacco users to be prepared for the change.
   b. Vanessa Ocasio SGA Representative, reported that SGA has been discussing proposed smoking recommendations and are in support of proposal recommendations.
   c. Senior Nursing students will be working with the Health Advisory Committee as part of their Public Health clinical experience to address smoking issues on campus.

III. Health Fair – April 22
   a. The HAC reviewed committee assignments for the Health Fair.
   b. Potential names for this year’s Health Fair were brainstormed. A final decision for this year’s theme will be made at the next HAC meeting.
      i. “A New Decade of Health”
      ii. “New Decade, Healthy Changes”
      iii. “Well into the Future”

IV. National Eating Disorder Awareness Week – February 21 – 27
   a. Counseling and Health Services is partnering with several student organizations (LEAN, Psychology Club, ATA, DPhiE, SNAP, Meditation Club, Peer Educators) as well as with Campus Recreation, Women’s Studies and the Campus Bookstore to plan a week of events to address healthy eating and body image.
   b. Events for the week include a panel discussion about disordered eating and media impact on body image, a ‘Feeling Good in you Genes’ jeans collection (to be donated to Women against Abuse shelter), a Candlelight Vigil, an open Mic night and a ribbon sale.
   c. Health Tip of the Month – February – will address “healthy eating” in support of NEDAW.

V. Spring Blood Drive – March 2 & 3.

VI. Next meeting is scheduled for February 10 at 9 a.m. McShane Seminar Room.

Respectfully submitted by
Lane B. Neubauer
Upcoming Home Games
Week of Feb. 13-21

Men’s Basketball @ Tom Gola Arena
Sun. 21 St Bonaventure 4:00 p.m.

Women’s Basketball @ Tom Gola Arena
Sat. 13 Fordham 1:00 p.m.
Wed. 17 Massachusetts 7:00 p.m.

GO EXPLORERS!
JOIN THE FIGHT AGAINST BREAST CANCER

La Salle vs. Massachusetts
February 17 at 7 p.m.

$2 admission
All proceeds and donations benefit
Coaches vs. Cancer

Cheerleaders will be selling breast cancer awareness ribbons at women’s basketball games leading up to the Pink Zone game on 2/17. Get yours for $1 each. All proceeds benefit Coaches vs. Cancer.
GOLD RUSH
La Salle vs. St. Bonaventure

February 21
at
4 p.m.

Cheer loud
and
WEAR
YOUR
GOLD

Student Ticket Distribution:
2/18 Tree Tops 12:30-1:30 p.m.
2/18 B&G 1:30-2:30 p.m.
2/19 Union 1-2 p.m.
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.
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.