“Kissing and Petting” Stressbuster Event on the Quad Last Week
CONNELLY LIBRARY HOURS

Summer 2010

May 17 – August 29

REGULAR HOURS

Monday - Thursday 8:00 a.m. - 10:00 p.m.
Friday 8:00 a.m. - 6:00 p.m.
Saturday 10:00 a.m. - 5:00 p.m.
Sunday 12:00 p.m. - 8:00 p.m.

MEMORIAL DAY WEEKEND

Friday, May 28 CLOSED
Saturday, May 29 CLOSED
Sunday, May 30 CLOSED
Monday, May 31 CLOSED

JULY 4TH HOLIDAY

Saturday, July 3 CLOSED
Sunday, July 4 CLOSED
Monday, July 5 CLOSED

AUGUST 15 - 29

Sunday, August 15 CLOSED
Mon. – Thurs., Aug. 16– 19 8:00 a.m. - 8:00 p.m.
Friday, August 20 8:00 a.m. - 5:00 p.m.
Saturday, August 21 10:00 a.m. - 5:00 p.m.
Sunday, August 22 CLOSED
Mon – Fri, August 23 – 27 8:00 a.m. - 5:00 p.m.
Saturday, August 28 CLOSED
Sunday, August 29 CLOSED
Under the Sun Camp at Building Blocks
Ten-Week Program beginning

June 21, 2010

Recreation and Academics

Children ages 5 to 7
(family discounts available)

For information, contact Gira Mehta, Director
215.951.1572/1573

REQUEST FOR MILESTONES

(news about yourself, your children, or grandchildren: births/adoptions, graduations, marriages, and personal honors or awards)

PLEASE SUBMIT THEM along with the date of the event or distinction, your name, department, and campus extension to lehr@lasalle.edu or CAMPUS NEWS, BOX 187.
To: Faculty and Staff
From: University Development
Date: May 6, 2010

Did you know that over 90% of the current freshman class is receiving some form of aid from the University? The average financial aid package is just over $15,000 per student.

Did you know that at Commencement, on May 16, approximately 1,500 doctoral, graduate, undergraduate and associate degrees will be conferred?

Did you know that there are a fair amount of high school seniors still trying to decide what college or university will be right for them?

As an employee, you might wonder how these questions relate to you. It is just one of the many cycles we experience as a university. Although, 1,500 students are graduating, our job is to look beyond this accomplishment to the financial challenges that come along with the incoming Class of 2014 and beyond! For us to remain a viable force in this very competitive student market, we need to be able to offer scholarships and aid to a constant cycle of deserving students each and every year.

Both our employees and students contribute greatly to the success of this University. The contributions are two-fold. Our employees’ due diligence and our students’ outstanding achievements help maintain La Salle University’s exceptional reputation. Ultimately, this reputation is why so many students want to attend La Salle.

The Annual Fund provides much needed assistance to our students and comes from the generosity of the La Salle Community – the Christian Brothers, Faculty, Staff, Alumni, Parents, Corporations, Students, etc. The Annual Fund must be constantly cultivated as annual goals must be met. Our goal this year is to raise $2.1 million – a crucial objective that must be met in order to sustain our academic mission. As a valued employee, we are asking you to help us meet this goal.

The success of this school begins with you and we hope that you will make a gift to the Annual Fund for 2010 before May 31. Beyond that, we hope that you will consider making a payroll pledge as we begin Fiscal Year 2011. Our goal is to increase the participation of our employees in the payroll deduction plan and hope that you will respond to this request. A donation of $5 or $10 a pay period can make a significant impact on the Annual Fund especially if we can increase campus participation by 5%.

Gifts can be made by check, online at www.lasalle.edu/makeagift, or through payroll deduction.

If you need additional information please contact a member of the Annual Fund team – Trey Ulrich, Marie Cantwell, or Bethany Stanbrough at 215.951.1834.

Thank you!
May Health Tip

Tips on how to quit smoking

How to get ready and stop:

Set a stop time 2-4 weeks from now so you can properly prepare to stop. Write down your personal reasons to stop. Keep your list with you whenever you feel the urge to smoke. To help you understand why you smoke, keep a diary with you. By using this diary, you and your doctor can make a plan that fits your lifestyle. Before your stop date, get rid of all cigarettes, lighters, and ashtrays.

How to get support and encouragement:

Involve your friends and family, and tell them you need their help and support. Contact your Health Care Provider to create a plan and to assist you with self-help information including pamphlets and hotline numbers such as 1-800-QUIT-NOW.

How to fight the stress and urges of relapsing:

Think of changes in your daily routine that will help you resist the urge of lighting a cigarette and smoking. Many believe that smoking a cigarette relieves their stress. Think of other ways to relieve your stress such as walking, taking a hot bath, or breathing deeply and slowly.

Materials that will support your efforts to quit smoking:

Nicotine patches, gum, lozenges and nasal spray are all products that replace nicotine without smoking. There is no need to receive a prescription from your doctor for these products. These replacements work by lessening the craving for nicotine while reducing withdrawal symptoms. Prescription medicines such as bupropion SR (one brand name: Zyban) and varenicline (brand name: Chantix) help some individuals stop smoking. These medicines do not contain nicotine, but help you resist your urges to smoke. These options should be discussed with your health care provider as to their possible side effects.

What to do if you begin the habit of smoking again:

Don't feel like a failure. Think about why you smoked and what you can do to keep from smoking again. Set a new stop date. Many ex-smokers do not succeed at first, but keep trying. The first few days after stopping will probably be the hardest. Just remember that even one puff on a cigarette can cause a relapse, so don't risk it.

PROVIDED TO YOU BY LA SALLE’S PUBLIC HEALTH NURSING STUDENTS
(as part of the Health Advisory Committee’s Health Tips of the Month series)
References: www.cancer.org
Favorite Photo

Planting of a paperbark maple on Earth Day (Submitted by Norbert Belzer)

May Training Tip

"One quality of leaders and high achievers in every area seems to be a commitment to ongoing personal and professional development."—Brian Tracy, sales trainer and motivational speaker

A message about training and life-long learning from the Human Resources Department
Featured Photos

*Autism Conference, April 30*
Upcoming Home Games
May 7- May 15

**Baseball @ Hank DeVincent Field**

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<thead>
<tr>
<th>Date</th>
<th>Team</th>
<th>Time</th>
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<tbody>
<tr>
<td>Fri., May 7</td>
<td>St. Louis</td>
<td>3:00 p.m.</td>
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<tr>
<td>Sat., May 8</td>
<td>St. Louis</td>
<td>1:00 p.m.</td>
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<tr>
<td>Sun., May 9</td>
<td>St. Louis</td>
<td>12:00 p.m.</td>
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<tr>
<td>Tues., May 11</td>
<td>Rider</td>
<td>3:00 p.m.</td>
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<td>Thur., May 13</td>
<td>St. Bonaventure</td>
<td>3:00 p.m.</td>
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<tr>
<td>Fri., May 14</td>
<td>St. Bonaventure</td>
<td>3:00 p.m.</td>
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<tr>
<td>Sat., May 15</td>
<td>St. Bonaventure</td>
<td>1:00 p.m.</td>
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**Softball @ West Campus Field**

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**Men’s Rowing @ Schuylkill River**

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<tr>
<td>Fri., May 7 &amp; Sat., May 8</td>
<td>Dad Vail Regatta</td>
<td>All Day</td>
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GO EXPLORERS!
Skilled Carpenter and Facilities Manager

La Salle University is currently seeking qualified individuals for the position(s) of Skilled Carpenter – 5+yrs. experience, journeyman preferred—and Facilities Manager – 10+yrs. experience, extensive working knowledge of building HVAC systems.

Please send a résumé along with references to the following:

    Director of Facilities
    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).

CAMPUS NEWS will not be published on May 14 because of the abbreviated summer schedule. It will be published again on May 21.

Deadlines for Submission

- New Positions of Employment at La Salle University: Monday, May 17 at 2 p.m.
- General News, Meeting Minutes, Events, and Other News: Wednesday, May 19 at 4 p.m.