Welcoming the Class of 2014
“I Need More Time!” Learn how to create a time management system that works for you, deal with procrastination, plan ahead, organize yourself better, and balance the many demands on your time.

- Wednesday, Sept. 8, 4:30, College Hall 206
- Thursday, Sept. 9, 12:30, College Hall 206

“There’s Too Much to Read!” Learn active reading strategies that will help you learn more effectively by reading different types of texts differently.

- Tuesday, Sept. 21, 5:30, Connelly Library 212
- Wednesday, Sept. 22, 1:00, Olney Hall 209

**Studying for Science and Math Success:** Learn proven study strategies that will help you master the challenges of science and problem-solving classes (Math, Accounting, Chemistry, Biology, Physics, etc.).

- Wednesday, Sept. 29, 4:30, Holroyd 257

“What’s My Learning Style?” Examine how you learn and how to study more actively (and more successfully) for the variety of courses you are taking.

- Tuesday, Oct. 5, 5:30, Connelly Library 212

**Writing under Pressure (or Procrastinating Wisely):** If you are a procrastinator, learn how to turn a negative into a positive. Explore reasons for writing procrastination, learn strategies for how to procrastinate wisely, and get tips for how to write well under a time constraint (like writing in-class essays on a test). Presented by the Sheekey Writing Center.

- Tuesday, Oct. 12, 12:30, Olney Hall 209

“I Got What on My Midterm?!”: It’s never too late. Make a new game plan for success in the second half of the semester by reconsidering your time management, reading, and study strategies.

- Tuesday, Oct. 26, 5:30, Connelly Library 212
- Wednesday, Oct. 27, 1:00, Olney Hall 209

**Get Ready for Finals!:** Learn specific tips and strategies that will help you prepare for finals “crunch time” and create a game plan that will improve your studying, time management, and test-taking.

- Tuesday, Nov. 30, 12:30, College Hall 206
- Wednesday, Dec. 1, 5:30, Olney Hall 209

For online workshops, handouts, and more information on Academic and Learning Support, visit us at www.lasalle.edu/portal/learningsupport.
To: All Employees
From: Rose Lee Pauline, Assistant Vice President for Administration, Planning, and Affirmative Action
Date: August 27, 2010

The University is providing this information to you under Section 503 of the Rehabilitation Act of 1973, and the Jobs for Veterans Act.

The University takes affirmative action to employ and advance in employment qualified individuals with a disability or handicap, disabled veterans, recently separated veterans, and qualified veterans who served in a war, expedition, or campaign for which a campaign badge, service medal, or an expeditionary medal has been awarded. A “recently separated veteran” is defined as a veteran who served on active duty in the United States military, ground, naval or air service during the last three years beginning on the date of his/her discharge or release from active duty. If you consider yourself a member of one of these four groups of individuals, please let us know.

Submission of this information is voluntary and will be kept confidential, except that (i) supervisors and managers may be informed regarding restrictions on the work or duties of disabled veterans/non-veterans, and regarding necessary accommodations, (ii) first aid and safety personnel may be informed, when and to the extent appropriate, if the condition may require emergency treatment, and (iii) government officials investigating compliance with the Act shall be informed.

In order to assure proper placement of all employees, we request that you tell us if you have a disability which may affect your performance or create a hazard to yourself or others in connection with the job for which you are applying or performing. Additionally, please inform us of the following: (1) the skills and procedures you use or intend to use to perform a job notwithstanding the disability, (2) the accommodations we could make to enable you to perform your job properly and safely, including special equipment, changes in the physical layout of the job, elimination of certain duties relating to the job or other accommodations, and (3) any special methods, skills and procedures which qualify you for positions that you might not otherwise be able to do because of your handicap, so that you will be considered for any positions of that kind. All information should be sent directly to: Ms. Rose Lee Pauline, Assistant Vice President for Business Affairs and Affirmative Action Officer, Box 806, Campus Mail.

Please contact me at extension 1014 if you have any questions.
Third Annual Exhibition
of Artwork by
Faculty Artists

August 30 – September 12, 2010

La Salle University Art Museum
Special Exhibitions Gallery
Lower Level, Olney Hall

Museum Hours: Monday through Friday 10 a.m. – 4 p.m.
Open Sunday, September 12 from 2-4 p.m.

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Featuring work by:

Jim Williams
Jeremy Waltman
Anna Troxell
John Merigliano
David McShane
Laraine Heise
Conrad Gleber
Sandra Camomile

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The artists will be available to talk about their work
Tuesday, September 7, 2010
12:30 – 1:30 p.m.

Lasalle University
Art Museum
Did you know . . .

**SAFETY AND SECURITY** moved last week to the **Good Shepherd Hall** on the corner of Chew Ave. and Wister St. in the Shoppes at La Salle?

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**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**.)
A Health Improvement Opportunity for You
PAISIG is continually looking for ways to help you improve – or maintain – your health. As a wise person once said, “An ounce of prevention is worth a pound of cure.” Plus, we think it’s the right thing to do.
We've all heard that healthy eating, healthy weight management, and physical activity can help prevent heart disease, stroke, diabetes, many cancers, and other unpleasant health problems. But the precursors to these problems – collectively known as “metabolic syndrome” – are a silent epidemic that affects an estimated one in four adult Americans.

Through our pilot program with Naturally Slim, you have the opportunity to lose weight, feel better, and decrease your risk factors for metabolic syndrome.

To apply for this pilot program, go online to www.hlcsignup.com/PAISIG

What is “Metabolic Syndrome?”
Metabolic syndrome is a collection of risk factors that dramatically increases your risk of developing heart disease, diabetes, depression, stroke, cancer, and a number of other unpleasant medical conditions. According to a national health survey, one out of every three working adults has metabolic syndrome. These five questions can tell you if you are at risk:

1. **Blood pressure:** Is yours 130/85 or higher?
2. **HDL (good) cholesterol:** Is your level less than 40 mg/dl (milligrams/deciliter) for men; less than 50 mg/dl for women?
3. **Fasting blood glucose:** Is your glucose level 100 mg/dl or higher?
4. **Triglycerides:** Is yours 150 mg/dl or higher?
5. **Waistline:** Does yours measure 40” or more for men; 35” or more for women (when measured across the belly button)?

“This has been very powerful for me. I now feel like I have these tools that really work- that I can use the rest of my life. The huge “diet” machine in the media did NOT give me any of this excellent information.” - Spring 2009 Naturally Slim Participant

If you answered “yes” three or more times, you may have metabolic syndrome. People with metabolic syndrome have a significantly higher chance of developing a medical condition in the next several years.
How the Program Works

**Naturally Slim** focuses on the issue of metabolic syndrome and offers methods to help you create changes in your behavior. More specifically, it:

- Fights metabolic syndrome by focusing on weight loss and maintaining a healthy lifestyle.
- Enables you to develop a lifestyle of eating your favorite foods while still improving health and losing weight.
- Teaches you to identify personal eating habits, recognize the difference between true hunger and psychological hunger, understand how hydration habits influence hunger, and practice ways to minimize fat storage.
- Addresses how exercise, stress, and your environment affect weight loss.
- Includes 10 self-paced, online video sessions, as well as frequent correspondence and positive guidance from a personal health counselor over a 10-week period.

**Participation Basics**

- To participate, you must complete the online application at [www.hlcsignup.com/PAISIG](http://www.hlcsignup.com/PAISIG) by September 10, agree to the program requirements, and be accepted. Because PAISIG is offering this as a pilot program, participation is limited.
- If you apply, you will be notified via e-mail whether or not you are accepted into the program by September 15.
- The online program will begin on Monday, October 4.
- Pre- and post-program biometric screenings are required. You will receive more information about the screenings once accepted into the program.

**Important Dates to Remember!**

- September 10: Deadline to complete the online application at www.hlcsignup.com/client.
- September 15: All applicants will be notified whether or not they are accepted.
- October 4: Online program begins for accepted applicants.

**No Cost to You!**

For chosen participants, the pilot program will be provided at no cost (a $500 value). Your participation will help PAISIG determine the future rollout of this program. However, if you do not complete the program as defined above, you will be responsible for reimbursing PAISIG a portion of the program fee originally paid on your behalf.

**A Note About Confidentiality...**

The information that you provide to any program professional who is representing PAISIG will be considered confidential and will be available only to you and those professionals. PAISIG will have no access to the personal health information that you include in the online application. Furthermore, each of our program partners cannot sell or otherwise divulge any participant information to any unauthorized party.
La Salle University is pleased to introduce a NEW program designed just for you... ZIPCAR

It’s a great new option for faculty and staff, in addition to students.

Introducing ... ZIPCAR

• Zipcars are self-service cars parked on campus that can be reserved online, by the hour or day.

• With Zipcar, you can have access to a car on campus by the hour or day—gas and insurance included.

• Whether you need a car for a few hours to run errands or the whole day (to get away), you can use Zipcars.

WHY ZIPCAR?

✓ NO CAR PAYMENTS
✓ NO GAS MONEY
✓ NO CAR INSURANCE PAYMENTS
✓ NO CAR MAINTENANCE EXPENSES
✓ CONVENIENT- They’re parked right here on campus!

• You only have to be 18+ to join.
• Touch and go with your iPhone™ App!
• Save money and the planet at the same time.
• International Drivers Welcome. Go to www.zipcar.com/apply/foreign-drivers

• JOIN. Apply online today.
• RESERVE. Do it online or by phone.
• UNLOCK. Hold your Zipcard to the car windshield to unlock car.
• DRIVE. Drive away and return car to the same spot when you’re done.

TO APPLY FOR ZIPCAR TODAY: Just CALL 866.4ZIPCAR (866.494.7227) or go to www.zipcar.com/lasalle
Featured Photos

Student Ambassadors in training

Freshman Year Odyssey meeting

Art Grover, Director of Safety and Security in his office (left) and the locker room for women officers (right) in Safety and Security’s new headquarters in the renovated Good Shepherd Hall

Opening Weekend’s Family Luncheon on the Quad
TO: All Faculty and Staff
FROM: Dr. Margurete Walsh, Director of Human Resources
DATE: August 27, 2010
SUBJECT: University Drug and Alcohol Policy

Each year, we are required to publish and disseminate to all employees’ the University's Drug and Alcohol policy under the Drug-Free Schools and Community Act. Below is the University's Drug and Alcohol policy.

POLICY STATEMENT FOR FACULTY AND STAFF ON ALCOHOL AND DRUG USE, POSSESSION AND DISTRIBUTION

La Salle University considers the abuse of alcohol or other drugs as a health care problem and treats it as such. The term “abuse” as used in this policy shall refer to the consumption of alcohol or any illicit substance while at work or at any other time so as to impair an employee’s ability to perform the duties and responsibilities of his/her job description. Consumption of any controlled substances prescribed by a licensed physician is subject to the directives of that physician governing its use.

As the University values the contribution of each of its employees and recognizes the risks that alcohol abuse, alcoholism and other forms of chemical dependency pose to the individual employee as well as the University at large, support for the individual employee's assessment/treatment needs is a top priority. Acknowledging that alcoholism and other forms of chemical dependency are recognized health care problems results in a University position that employees so impaired are in need of assistance and/or treatment in order to preclude the progression of their illness and likely deterioration of job performance so as to jeopardize their University employment. To this end, the Coordinator, Alcohol and Other Drug Program for the University is available to serve the information and referral needs of any employee in order to arrange for assessment and/or treatment needs. Contact with the Coordinator, Alcohol and Other Drug Program can be arranged directly by the employee or upon referral/directive of the employee's supervisor. In all cases, the privacy of the employee shall be respected and details of services provided by the Coordinator will be held in the strictest confidence.

La Salle is required by law to inform you of the sanctions which may be imposed upon you if you violate federal, state and local laws regarding the unlawful possession, use or distribution of illicit drugs or alcohol. The following are examples of illegal activity and the applicable legal sanction:

A. Alcohol:
Under Pennsylvania law, a person who is under twenty-one (21) years of age commits a summary offense if he/she attempts to or actually purchases, consume, possess, or transports alcohol. The police department must notify the parents of a minor charged with violating this law. If convicted of this offense, the minor's driver license will be suspended. A second offense will yield a fine up to $500.

In addition, any person who intentionally provides alcohol to a minor will be convicted of a misdemeanor of the third degree, for which the fine will be at least $1,000 for the first offense, and $2,500 for subsequent violations.

(Continued on the next page)
Continued from the previous page)

B. Drugs:
These are both federal and state laws which proscribe the possession, use and distribution of illegal drugs. The sanctions for offending these laws consist, in many cases, of mandatory imprisonment, coupled with substantial fines. The sanctions for any given offense vary widely, depending on the nature of the offense, the type of drug involved, and the quantity of the drug involved.

For instance, under federal law, simple possession of a controlled substance carries with it a penalty of imprisonment of no more than one (1) year, plus a fine of an amount between $1,000 and $5,000. If the controlled substance contains a cocaine base and the amount exceeds five (5) grams, the offender will be imprisoned for not less than five (5) years and not more than twenty (20) years, or fined, or both.

Also under Federal law, anyone who is at least eighteen (18) years old and who distributes drugs to anyone under age twenty-one (21) will be imprisoned and/or fined up to twice what is otherwise provided by law, with a minimum prison sentence of one (1) year.

Pennsylvania has laws prohibiting the use, possession and distribution of drugs which are similarly strict. In addition to imposing fines and/or prison terms for violations of its drug laws, Pennsylvania recently enacted a Forfeiture statute. Under this statute, when the state arrests someone for violating its laws concerning the use, possession or distribution of drugs, the state will seize, and that person will forfeit, all of his/her property which was used to accomplish the violation of Pennsylvania's anti-drug laws, including the automobile.

ALCOHOL AND DRUG USE AND POSSESSION
The possession, consumption, or “being under the influence” of intoxicating beverages or drugs during working hours, on University property, or at University sponsored activities is strictly prohibited except for the moderate consumption of alcoholic beverages at official programs conducted by the University if the employee is over twenty-one (21) years of age. An employee reasonably suspected of being under the influence or found to be using alcohol or drugs during working hours, on University property, or at University sponsored events except as stated above may be required to consent to any scientifically approved test for the presence of alcohol or drugs in the body, and if they refuse will be disciplined or discharged for insubordination. An employee found to possess, use or be under the influence of alcohol or drugs will normally be formally warned for a first offense, rather than dismissed. As a part of the formal warning, the University reserves the right to refer the employee to the Coordinator, Alcohol and Other Drug Program for recommendation into any one of the following programs: drug and alcohol awareness, counseling or rehabilitation. If the Coordinator, Alcohol and Other Drug Program refers the employee to any one of these three programs, the employee will not be eligible to re-enter employment until he/she supplies the appropriate certification of completion of the program. A second incident involving drugs or alcohol use or possession will normally result in dismissal.

DISTRIBUTION OF ALCOHOL AND DRUGS
No person less than twenty-one (21) years of age shall attempt to purchase, consume, possess, or transport any alcohol, liquor, or malt or brewed beverages during working hours, on University property, or at any University sponsored event. No University employee shall transfer a registration card or other form of identification for the purpose of falsifying age to secure any alcohol, liquor or malt or brewed beverages. Nor shall any individual sell, furnish or give any alcohol, liquor, or malt or brewed beverages to be sold, furnished or given to any person under twenty-one (21) years of age.

(Continued on the next page)
No University employee shall attempt to distribute, sell, or furnish illicit drugs to any individual during working hours, on University property, or at any University sponsored event.

Any employee who violates this prohibition of the distribution of alcohol and/or drugs will normally be immediately discharged from employment with the University and may be referred for criminal prosecution.

CRIMINAL DRUG CONVICTIONS
The University is required under federal law (Drug-Free Workplace Act of 1988) to ensure a workplace free from the illegal use, possession, or distribution, dispensing, possession or use of a controlled substance is prohibited in the workplace. As a condition of employment, all employees must abide by the terms of this Drug-Free policy and are required to notify the University of any criminal drug statute conviction for a violation occurring in the workplace no later than five (5) days after such conviction. Furthermore, the University is required to notify all agencies issuing federal grants to the University within ten (10) days after receiving notice of conviction from the employee or other forms of actual notice of such conviction. The University is then required to take one of the following actions within thirty (30) days of receiving notice of an employee's conviction:

1) Formally warn, suspend or terminate the employee; or
2) Require the employee to participate satisfactorily in a drug abuse assistance or rehabilitation program approved for such purposes by a Federal, State, or local health, law enforcement, or other appropriate agency.

It is the discretion of the University as to what action will be taken.
Upcoming Home Games
August 28-September 4

Women’s Soccer @ McCarthy Stadium
Sun., Aug. 30  Lafayette  7:00 p.m.

Men’s Soccer @ McCarthy Stadium
Sat., Aug. 28  Villanova  7:00 p.m. (exhibition)
Fri., Sept. 3  Bucknell  7:00 p.m.

Field Hockey @ Hank DeVincent Field
Sun., Aug. 29  Rider  2:00 p.m.

Volleyball @ Tom Gola Arena
Sat., Aug. 28  Niagara  10:00 a.m.
Sat., Aug. 28  Hartford  7:00 p.m.
Tues., Aug. 31  Rider  6:00 p.m.

GO EXPLORERS!
women’s Soccer

La Salle vs. Lafayette
Tues. Aug. 31
McCarthy Stadium
Pre-game BBQ
7:00 p.m. GAME
2009-10 Major La Salle Student-Athlete Accomplishments

NATIONAL AWARDS
National Scholar-Athlete of the Year¹
Jill Davis (Lacrosse)
Yves Mekongo (Basketball)
Academic All-America
CoSIDA²
Jill Davis (Lacrosse)
Yves Mekongo (Basketball)
Gina Massaro (Softball)
NAICDA³
Yves Mekongo (Basketball)
Morgan Robertson (Basketball)
Steve Weingarten (Basketball)
Coaches’ Association
Tyler Jones (Cross Country)
All-America (Freshman)⁴
Pat Christensen (Baseball)
Rebecca Chylack (Field Hockey)
Lauren McDermott (Lacrosse)
National Community Service Award
La Salle Project Teamwork
National Academic Teams
Soccer, Cross Country, Swimming, Track & Field, Field Hockey
LA SALLE DEPARTMENTAL AWARDS — OUTSTANDING GRADUATING SENIORS
American Studies
Andrew Wagoner (Cross Country/Track)
Education
Jill Davis (Lacrosse)
Foreign Languages & Literature
Haley Froshour (Field Hockey)
Integrated Science, Business & Technology
Gene Curran (Soccer)
REGIONAL AWARDS
All-Region
Rebecca Chylack (Field Hockey)
Traci DePasquale (Soccer)
Rodney Green (Basketball)
Tyler Jones (Cross Country)
Ryan Richter (Soccer)
Academic All-Region
Mary Pat Conville (Softball)
Jill Davis (Lacrosse)
Traci DePasquale (Soccer)
Shannon Duval (Swimming)
Haley Froshour (Field Hockey)
Ally Kenney (Soccer)
Gina Massaro (Softball)
Yves Mekongo (Basketball)⁵
Brendan Norton (Baseball)
Steve Weingarten (Basketball)⁶
CONFERENCE AWARDS
Atlantic 10 Major Awards
Student-Athlete of the Year⁷
Jill Davis (Lacrosse)
Shannon Duval (Swimming)
Yves Mekongo (Basketball)
Morgan Robertson (Basketball)
Performer of the Year
Korey Edwards (Indoor Track)
Rookie of the Year
Rebecca Chylack (Field Hockey)
Tom Lawrie (Swimming)
Lauren McDermott (Lacrosse)
Defensive Player of the Year
Megan Corliss (Lacrosse)
Coach of the Year
Mike Lake (Basketball)
Candace Taglianietti (Lacrosse)
All-Atlantic 10 Conference
38 players on All-Atlantic 10 teams
Academic All-Conference⁸
Beth Carey (Field Hockey)
Jill Davis (Lacrosse)
Traci DePasquale (Soccer)
Shannon Duval (Swimming)
Haley Froshour (Field Hockey)
Brandon Hargraves (Swimming)
Emily Heath (Swimming)
Justin Huckel (Swimming)
Ally Kenney (Soccer)
Gina Massaro (Softball)
Yves Mekongo (Basketball)
Terence McPeak (Indoor Track)
Brendan Norton (Baseball)
Trevor Rainford (Track)
Morgan Robertson (Basketball)
Emma Ruth (Field Hockey)
A-10 Commissioner’s Honor Roll⁹
Conference best 230 athletes

PHILADELPHIA AREA AWARDS
Soccer Six Player of the Year
Ryan Richter (Soccer)
Big 5 Rookie of the Year
Pat Christensen (Baseball)
Aaric Murray (Basketball)
Soccer Six Rookie of the Year
Jeff Pio (Soccer)
Big 5 Student-Athlete of the Year
Brendan Norton (Baseball)
Big 5 Sportsmanship Award
Yves Mekongo (Basketball)
Tara Lapetina (Basketball)
Big 5 Coach of the Year
Mike Lake (Baseball)
Philadelphia Inquirer
Performer of the Year
Jill Davis (Lacrosse)
Shannon Duval (Swimming)
Academic All-Area
Ed Carnes (Swimming)
Shannon Duval (Swimming)
Haley Froshour (Field Hockey)
Brandon Hargraves (Swimming)
Emily Heath (Swimming)
Ally Kenney (Soccer)
Yves Mekongo (Basketball)
Trevor Rainford (Cross Country)
Ryan Tadley (Soccer)
Andrew Wagoner (Cross Country)

¹ Only school in the country with two National Scholar-Athletes of the Year
² One of two schools in the Atlantic 10 with three CoSIDA Academic All-Americans
³ Only school in the nation with three basketball student-athletes recognized on NAICDA All-America teams; also only one of two schools with both a male and female student-athlete recognized in men’s and women’s basketball
⁴ Most Freshman All-Americans among all Atlantic 10 schools
⁵ Field hockey had the top GPA nationally in 2004 and 2008 and second-best in 2003 and 2009
⁶ One of three schools in the nation with a male and female student-athlete on the Academic All-District basketball teams
⁷ Most Student-Athletes of the Year (four) of any Atlantic 10 school
⁸ Sixteen Academic All-Atlantic 10 honors are second in the conference
⁹ Most student-athletes named to Commissioner’s Honor Roll
LA SALLE SOCCER SUPPORTS THE PHILADELPHIA UNION

SEPTEMBER 25  4 P.M.  
PPL PARK

VS.

PHILADELPHIA UNION  

COST IS $30 PER PERSON  
TO RSVP AND FOR MORE INFORMATION, CONTACT PHIL TELAN AT TELANP1@LASALLE.EDU OR 215.951.1524  
BY SEPT. 10
**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 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).

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**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.*