Current Exhibit in the Art Museum
HOLIDAY OPERATIONAL HOURS

Mon. thru Fri.  Union Market Open- 7:30 a.m.-8:30 p.m.
Jan. 10 – 14-(Market Closes 4:30 p.m. on Friday)
Food Court Open- 7:30 a.m.-4:30 p.m.
FDR Open- 11:30 a.m.-2:00 p.m.
Elements Café Open- 7:30 a.m. 2:30 p.m.
Explorers Den / The Point Open- 11 a.m.-12 mid. / 4 p.m.-11 p.m.
(The Point- Closed Mon.) / All other operations CLOSED

Sat, Jan. 15-  Union Market Open- 8:30 a.m.-4:30 p.m.
Explorers Den / Point Open- 11 a.m.-12 mid. / 4 p.m.-11 p.m.
All other operations CLOSED

Sun, Jan. 16-  Union Market Open- 12 noon-6:00 p.m.
Treetops Café Open- 11:00 a.m.-9:30 p.m.
Explorers Den Open- 11:00 a.m.-12 midnight
The Point Closed / All other operations CLOSED

Mon, Jan. 17-  Union Market Open- 10:30 a.m.-10:30 p.m.
(MLK Holiday)
Blue & Gold Open- 4:30 p.m.-8:30 p.m.
Treetops Café Open- 11:00 a.m.-9:30 p.m.
Explorers Den Open- 11:00 a.m.- 12 mid. / The Point- CLOSED
All other operations CLOSED
BENTON SPRUANCE: CITY VIEWS
DECEMBER 17, 2010 – MARCH 4, 2011

RECEPTION
January 27, 2011
5:00 – 7:00 p.m.
SPECIAL EXHIBITIONS GALLERY

COMMUNITY EVENT
February 10, 2011
4:00 p.m.
Renaissance Room

SPRUANCE IN CONTEXT LECTURE
BY DOUG PASCHALL
March 3, 2011
12:30 p.m.
290 Holroyd Hall

PROGRAMMING IS FREE AND OPEN TO THE PUBLIC

The La Salle University Art Museum is located on the lower level of Olney Hall
1900 W. Olney Avenue
Philadelphia, PA 19141
215.951.1221
www.lasalle.edu/museum
Slips, Trips, and Fall Prevention Training

Dear Colleagues:

Slips, Trips, and Fall Prevention Training will be held at the following times:

- **Date:** Wednesday, Jan. 12, 2011  
  **Time:** 2:00 p.m. to 3:00 p.m.  
  **Location:** Union 310

OR

- **Date:** Thursday, Jan. 13, 2011  
  **Time:** 10:00 a.m. to 11:00 a.m.  
  **Location:** Union 310

OR

- **Date:** Friday, Jan. 14, 2011  
  **Time:** 2:00 p.m. to 3:00 p.m.  
  **Location:** Union 310

**What will you learn?**
- Learning practical ways to avoid injuring yourself and others from slipping, tripping, and falling
- Understanding how to fall if it should happen to reduce your injury
- Learn about proper shoes and engineering controls to reduce your risk of slipping and falling
- How to practice and spread good housekeeping techniques to prevent slipping, tripping, and falling

**What methods will be used?**
- Video tape modeling
- Lecture
- Discussion

**Whom do I contact to register and for more information?**
Paul Roden: ext 3607, e-mail: roden@lasalle.edu, fax 1453, or Box 806, Administration Center 104
Featured Photos

Lithographs in the Benton Spruance exhibit

January Training Tip

“To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.”
— Henri Bergson, French Philosopher

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

As a recap, PAISIG ran a Pilot Program in September for 125 members of the 12,000 person consortium aimed at reducing metabolic syndrome.

Our pilot was very successful and was featured in a story that ran in the Philadelphia Inquirer and Los Angeles Times.

Some of the comments from the Pilot Program participants were:

- “Thanks for the opportunity to gain knowledge to last a lifetime.”
- “It showed and taught me vital lessons in healthy eating and living.”
- “I feel and look a lot better now than I did 9 weeks ago.”

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.

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?

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

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)?

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.

Phase II of the program will be rolled out with a start date of January 14. The program is free but is a 10 week online program, so a commitment will be needed from people who apply. It is totally confidential; no one even needs to know if you are enrolling.

Interested staff should go to the webpage [www.naturallyslim.com/PAISIG](http://www.naturallyslim.com/PAISIG) and click "Enroll Now" to enter. This application is going to ask you about your Weight, Height, and other indicators to determine if you have Metabolic Syndrome. All of this information is encrypted and protected.

The 250 applicants who are accepted into the program will be contacted on January 19, and the 10 week online program will begin on February 7.

**Important Dates to Remember!**

- January 14: Deadline to complete the online application at [www.naturallyslim.com/PAISIG](http://www.naturallyslim.com/PAISIG)
- January 19: All applicants will be notified whether or not they are accepted.
- February 7: Online program begins for accepted applicants.
Spring 2011 Academic & Learning Support Services Workshop Schedule

“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.

- Tuesday, January 25, 5:00 p.m., Olney 209
- New! Tuesday, January 25, 7:00-7:30 p.m. Live online workshop. Check your email and the Portal for the link, or email hediger@lasalle.edu to get the link emailed to you.
- Wednesday, January 26, 1:00 p.m., Olney 209

“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, February 8, 5:00 p.m., Library 212
- Thursday, February 10, 12:30 p.m., Olney 209

“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, February 15, 12:30 p.m., Olney 209
- Thursday, February 17, 5:00 p.m., Olney 209

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

- Wednesday, February 16, 5:00 p.m., 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, February 22, 5:00 p.m., Library 212

“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, March 22, 5:00 p.m., Library 212
- Wednesday, March 23, 1:00 p.m., Olney 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, April 19, 12:30 p.m., Olney 209
- Wednesday, April 20, 5:00 p.m., Library 212

For online workshops, handouts, and more information on Academic and Learning Support services, visit us at www.lasalle.edu/portal/learningsupport. For more information, contact Melissa Hediger (hediger@lasalle.edu, 215.951.5115, Olney 239).
LIBRARY HOURS
SPRING 2011
January 18 - May 15

REGULAR HOURS

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

MIDSEMESTER EXAMS AND HOLIDAYS

Sunday February 27 12:00 p.m. - 1:00 a.m.
Monday - Thursday February 28 - March 3 8:00 a.m. - 1:00 a.m.
Friday March 4 8:00 a.m. - 5:00 p.m.
Saturday March 5 10:00 a.m. - 6:00 p.m.
Sunday March 6 CLOSED
Monday (mid semester holiday) March 7 CLOSED
Tuesday - Thursday March 8 - 10 8:00 a.m. - 10:00 p.m.
Friday March 11 8:00 a.m. - 8:00 p.m.
Saturday March 12 10:00 a.m. - 6:00 p.m.
Sunday March 13 12:00 p.m. - 12:00 a.m.

EASTER HOLIDAYS

Thursday April 21 8:00 a.m. - 10:00 p.m.
Friday - Sunday April 22 - 24 CLOSED
Monday April 25 3:00 p.m. - 10:00 p.m.

FINAL EXAMS

Monday - Thursday April 25 - 28 8:00 a.m. - 1:00 a.m.
Friday April 29 8:00 a.m. - 8:00 p.m.
Saturday April 30 10:00 a.m. - 6:00 p.m.
Sunday May 1 12:00 p.m. - 1:00 a.m.
Monday - Thursday May 2 - 5 8:00 a.m. - 1:00 a.m.
Friday May 6 8:00 a.m. - 8:00 p.m.
Saturday May 7 10:00 a.m. - 6:00 p.m.
Sunday May 8 12:00 p.m. - 8:00 p.m.
Monday May 9 8:00 a.m. - 10:00 p.m.
Tuesday - Thursday May 10 - 12 8:00 a.m. - 8:00 p.m.
Friday May 13 8:00 a.m. - 5:00 p.m.
Saturday May 14 10:00 a.m. - 6:00 p.m.
Sunday May 15 CLOSED
Upcoming Home Games
January 12 – January 22

### Women’s Basketball @ Tom Gola Arena

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<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sat., Jan. 15</td>
<td>Saint Louis</td>
<td>2:00 p.m.</td>
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<tr>
<td>Sat., Jan. 22</td>
<td>Duquesne</td>
<td>2:00 p.m.</td>
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### Men’s Basketball @ Tom Gola Arena

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Wed., Jan. 12</td>
<td>Penn</td>
<td>7:00 p.m.</td>
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<tr>
<td>Wed., Jan. 19</td>
<td>Duquesne</td>
<td>7:00 p.m.</td>
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GO EXPLORERS!
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 Chris Mickel at 215.951.1052).

Deadlines for Submission

The next issue will appear on Friday, January 21.

- 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.