Jane Irish: War Is Not What You Think Exhibit in the Art Museum
There’s Too Much to Read!

Learn active reading strategies to better handle the reading for all your classes.

All students welcome!

- Tues., Feb. 7 at 5:00 p.m.,
  Library Classroom, Lower Level

- Thurs., Feb. 9 at 12:30 p.m.,
  Olney 125

Brought to you by La Salle University Academic and Learning Support Services. Contact Melissa Hediger (hediger@lasalle.edu or 215.951.5115) for more information.
The staff of the Career and Employment Services Office extend their congratulations and best wishes to Genevieve Carlton as she leaves La Salle University to assume the position of Consultant at Caliper Corporation, Princeton, NJ.

Genevieve’s last day is today, Friday, February 3. Congratulations and Best Wishes can be sent to her at genevieve.carlton@yahoo.com.

To: La Salle Community
From: Arthur Grover, Assistant Vice President, Security and Safety
Date: January 27, 2012
Subj: Driver Safety Awareness Program

The Driver Safety Awareness Session will be given on Wednesday, February 8, 2012 from 1:00 p.m. to 2:00 p.m.

The program will be presented in Good Shepherd Hall, Security Conference Room 103.

University policy requires that the operator of any University vehicle possess a La Salle University Operator’s Permit. Policy also requires that operators previously certified need to renew their permit every three years. Consequently, new employees and students wishing to operate University vehicles and those employees and students that have been previously certified but whose permit is set to expire, are invited to attend the above referenced sessions. All attendees will need to show a current driver’s license in order to receive an Operator’s Permit.

Additional sessions will be scheduled throughout the year on dates that are not yet determined.

Please e-mail Dennis Nast at nast@lasalle.edu if you will be attending.
Attention La Salle Faculty and Staff: Join your colleagues for . . .

Civility in the Workplace

Join us for a new staff development workshop on Civility in the Workplace. This training workshop will focus on language and behaviors that are inappropriate. We will explore ways to overcome stereotypes and develop appropriate language and behavior that is acceptable in today’s work environment.

Location: Conference Room on the first floor of HR (Human Resources) Department, in the David L. Lawrence Administration Building on the Main Campus

Dates: Thursday, Feb. 9, 2012, 1:00 p.m. to 2:00 p.m.

Monday, Feb. 13, 2012, 1:00 p.m. to 2:00 p.m.

Tuesday, Feb. 21, 2012, 1:00 p.m. to 2:00 p.m.

What will you learn? Impact of language on others, myths about people with disabilities, a model for changing behavior and language at work

How will you learn? Interactive exercises, lecture, discussion, case study

How do I register or ask for more information? Contact Paul Roden at ext. 3607 or roden@lasalle.edu.
Featured Photos

CAOS (Commuter and Off-campus Student Association) and the Commuter Experience’s “Coffee House,” January 31

Explorer Café, February 1

Healthy Superbowl snacks provided by Nutrition majors, February 2

Chinese high school students visiting La Salle, February 2
SPRING 2012 EXPLORER FITNESS SCHEDULE
(January 23 through April 26)

Monday (5:00-6:00 p.m.), Sts. Edward & Francis Lounge

Class: Zumba
Zumba combines high-energy and motivating music with unique moves and combinations that allow participants to dance away their worries. This Latin-based exercise class is fun and easy to do. No dance experience required.

Instructor: Heather Grossmuller
Start/End Date: January 23 – April 23
*There will be no class on March 5 and April 9.

Tuesday (8:00-9:00 a.m.), Sts. Edward & Francis Lounge

Class: Flip Fitness
Flip Fitness is a quick, intense workout that will help you get into a fit body! With levels that can meet the needs of the beginner exerciser to the workout expert, we will be doing body weight and cardio exercises that fit the needs of everyone.

Instructor: Kara Harpel
Start/End Date: January 24 – April 24
*There will be no class on March 6.

Wednesday (1:00-2:00 p.m.), Sts. Edward & Francis Lounge

Class: Flip Fitness
Flip Fitness is a quick, intense workout that will help you get into a fit body! With levels that can meet the needs of the beginner exerciser to the workout expert, we will be doing body weight and cardio exercises that fit the needs of everyone.

Instructor: Kara Harpel
Start/End Date: January 25 – April 25
*There will be no class on March 7.

Wednesday (5:00-6:00 p.m.), Sts. Edward & Francis Lounge

Class: Yoga
This awakening, mindful experience pays special attention to breathing. Excellent for developing grace, flexibility, core strength, balance, muscular strength and stress reduction. Appropriate for students of all levels.

Instructor: Karen Carroll
Start/End Date: January 25 – April 25
*There will be no class on March 7.

Thursday (5:00-6:00 p.m.), Sts. Edward & Francis Lounge

Class: Cardio Core
An intense workout designed to strengthen your core muscles, while increasing your heart rate.

Instructor: Rob McIntosh
Start/End Date: January 26 – April 26
*There will be no class on March 8 and April 5.

All group fitness classes are free and open to all current La Salle students, faculty and staff members. Classes are located in the Sts. Edward & Francis lounge. Participants must have valid La Salle University ID to attend.
33rd Annual Grimes Lecture Series
Psychology Department

ON THE ORIGINS OF PERCEPTUAL, COGNITIVE, AND EMOTIONAL DEVELOPMENT

Joseph J. Campos, Ph.D.
Professor of Psychology
University of California, Berkeley

March 15, 2012
7:30 p.m.
Reception at 6:00 p.m. in Ballroom

Dondero Award Recipient:
Donna Tonrey, Psy.D., LMFT

La Salle University
Union Building
Dan Rodden Theater
1900 W. Olney Avenue
Philadelphia, PA 19141

Visitor Parking Available
In continued partnership with the University’s office supply vendor, Office Depot, we are pleased to announce the Office Depot Discount Program. La Salle University faculty, staff, and students are eligible to receive a 15% discount for purchases.*

To take advantage of this discount, simply log in to the MyLaSalle portal. Under the Life @La Salle tab, click the link to the customized Office Depot site under Discounts and Deals. Follow the steps to create your personal Office Depot account.

Office Depot provides the following benefits through this program:

· Significant savings off our already low commercial pricing,
· Standard discount program available by accessing this site with your username and password or at the store by pre-registering your credit card—no need to identify yourself as a La Salle University employee to receive the program discount if you utilize the two methods described above,
· One-time, quick and easy registration through our automated online system,
· 12 months of purchase history available at your fingertips through our award-winning Web site,
· No hassle returns through our Web site or by contacting customer service.

*Some exclusions apply

February Training Tip

“The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint to keep from meddling with them while they do it.”—Theodore Roosevelt, 26th President

A message about training and life-long learning from the Human Resources Department
WHO AM I?

CLUE: "Here I am at age 6 with my Pekingese Mitzi in my North Philadelphia home. Many years later I came to La Salle, first working for the School of Business and then later elsewhere. In fact, for the last twelve years, I have worked mainly with students from various ethnic and cultural backgrounds.

Do you know who this person is? Send the name along with your name to campusnews@lasalle.edu. [Her identity will be announced in the next issue.]

If you have a photo of yourself from the past and would like to be featured, please send it along with a clue to the above e-mail address or to Campus News, Box 187. All prints of photos will be scanned and returned.
Workshop
March 1 & 2: 9:00 a.m. - 5:00 p.m.
2-day Workshop on Interpersonal Psychotherapy (IPT)

SCOTT STUART, M.D.
President – International Society of Interpersonal Psychotherapy
Director – Interpersonal Psychotherapy Institute
Professor of Psychiatry and Psychology – University of Iowa, Department of Psychiatry

Location: La Salle University
Music Room
Union Building
See [http://www.lasalle.edu/directions-to-main-campus/] for directions to
La Salle and [http://www.lasalle.edu/campusmap/map.html] for campus map

Cost:
Professionals - $300
Students - $200
Continental Breakfast and Afternoon Coffee Will Be Provided

Continuing Education: 13 CE Credits (free for PBTA members; $60 for non-members)

Registration: Space for this workshop is limited to 35 participants. To register, please
download a registration form from the PBTA website (see link below). Mail
your completed registration form and payment to
La Salle University
Department of Psychology
1900 West Olney Avenue
Philadelphia, PA 19141
Attention: IPT Workshop

La Salle University and The Philadelphia Behavioral Therapy Association (PBTA) are proud to
present a 2-day workshop in Interpersonal Psychotherapy, featuring invited guest lecturer Scott
Stuart. This training is certified by the Interpersonal Psychotherapy Institute as level “A”
psychotherapist training, as recommended by the International Society of Interpersonal
Psychotherapy (ISIPT).

This workshop is designed for mental health professionals and graduate students. Participants
should be well acquainted with basic psychotherapy principles, such as the ability to effectively
engage patients, formulate cases, and use specific psychotherapy techniques. It will be of
particular benefit to those practitioners who use or plan to use short-term psychotherapy, or who
frequently use psychotherapy as an adjunct to medication management.

For a full description of this workshop as well as registration information, please see
[http://www.philabta.org/events.htm] or contact Randy Fingerhut, Ph.D. (fingerhut@lasalle.edu).
The Digital Arts and Multimedia Design program welcomes presenters
Christopher Cashdollar &
Joe Rinaldi from HappyCog
to La Salle University!

Seminar:
Friday, February 3
12:00 - 12:50
Olney 100

All are Welcome
Dying in America: Why Is It So Complicated?

Facilitated by Mary Wilby, MSN, CRNP, ANP-BC, Nursing Program; and Sr. Roseanne McDougall, SHCJ, Ed.D., Religion Department

Wednesday, February 8, 3:00 p.m.
Holroyd Atrium. Free Food.

How has medical technology allowed Americans to put off the inevitability of death? Why is it so difficult to talk about the reality of death? Why do health care providers choose options they do not always offer to patients when faced with life threatening illness?

This café will explore some of the issues that make the “good death” difficult to achieve in a world filled with advanced medical technology and a reluctance to talk about death and dying.

Explorer Cafés are every Wednesday at 3:00 p.m.

Questions or comments? Contact Julianna Gwiszcz (gwiszczj1@lasalle.edu).
Fourth Annual Endowed Professorship Luncheon

January 26, 2012

This endowment supports faculty scholarship, professional development, and student research, and was established to honor scientist Frank P. Palopoli, father of Frank C., ’69 and John J., ’70.

Pictured are Stephen Longo (2010 recipient), William Weaver (2012 recipient), Frank C. Palopoli, Dean Thomas Keagy, Michael Prushan (2009 recipient), and Gerald Ballough (2011 recipient).
Health Advisory Committee
January 25, 2012

Present: Dina Oleksiak, Kate Cook, Holly Harner, Chris Mickel, Jeff Lyons, Matt Gionta, Matt Brislin, Marjorie Allen, Freddy Mitchell, Fega Achoja, Maggie McCann.
Absent: Lane Neubauer, Mike Gilbert, Huntly Collins

I. Smoking Policy Update
   a. Dina Oleksiak gave the committee an update on Phase I of the new designated smoking policy which went into effect January 1st on West Campus.
   b. The committee worked with Facilities, Administrative Services, and University Communication to both identify designated areas, and areas for signage. Dina was interviewed by the Collegian for an article to appear this week. Committee members reported that they have had no negative feedback but many positive comments.

II. Treetops Issue
   a. Jeff Lyons reported that the drains in Treetops were cleaned over break; students reported noticing a positive difference and no further problems.

III. National Eating Disorder Week- February 27- March 2nd
   a. Dina reported on activities the committee is working on for that week with the highlight being a film called “The Beauty Mark: Body Image and the Race for Perfection.” A panel discussion will be held afterward co-sponsored by several student organizations, Counseling and Health Services and the Women’s Studies Program. Events center on disordered eating and body image.

IV. Sleep Study
   a. Student Health, Student Counseling, and the Alcohol and Other Drug Education Program are jointly working on a project to increase student awareness of sleep issues.
   b. In last year’s NCHA survey of students, 38% of the students listed sleep difficulties as an issue.
   c. These departments are educating students when they visit these offices and will be collating results from a pre- and post-test.

V. February Health Tip of the Month
   a. Suggestions: Dating Violence, How to Help Rape Victims, or Healthy Relationships

VI. Health Fair- Thursday, March 29
   a. Health Fair is dependent on the decision about cholesterol testing, as Einstein Hospital cannot attend this year and several other hospitals have also declined due to liability issues.
   b. Funds were approved by Rose Lee Pauline for glucose and cholesterol testing if we can obtain testers.
   c. Maggie McCann submitted the Funding Board proposal, which was approved.
   d. Food vendors are lined up; demonstrations- several teams lined up.
   e. Discussion was about purchasing holders for the table signs.
   f. Theme was discussed as well as a student to design a flyer for the fair. Dina will check with Student Health listserv for theme ideas.

Next Meeting- Wednesday, February 22 at 1 p.m. in Lawrence Conference Room.

Respectfully submitted,
Dina M. Oleksiak, Co-Chair
Upcoming Events
February 4 – February 11

Women’s Basketball @ Gola Arena
Sat., Feb. 4       Massachusetts       7:00 p.m.
Wed., Feb. 8      Saint Joseph      7:00 p.m.

Men’s Basketball @ Gola Arena
Sat., Feb. 11     Saint Louis       2:00 p.m.

Men’s Basketball @ Palestra
Sat., Feb. 4      Saint Joseph      12:00 p.m.

GO EXPLORERS!
2012 Hall of Athletes Inductees

HALFTIME
Men’s Basketball vs. Saint Louis
Saturday, February 11
2 p.m.
Gola Arena

Post-game reception at the Union Ballroom begins at 4:30 p.m.
For tickets or more information, contact Alumni Relations Office at 215.951.1535 or e-mail alumni@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 Chris Mickel at 215.951.1052).

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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.**