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University Housing Newsletter, June 2012

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UNIVERSITY HOUSING

Creating an environment where people can be exceptional

University Housing Newsletter

The University Housing Newsletter is a monthly publication of the department for staff members. It is YOUR news - you are encouraged to contribute articles or information to share with the department.

To contribute an article to the newsletter, email the entire article by the 25th of each month to Kent Perrodin at kperrod@uark.edu.

Articles will be reviewed for content and may be edited for publishing.

Construction's Begun!



Hotz with the "03" rooms opened up!



Ground cleared between Humphreys and Brough and fences up for Founders Hall



UNIVERSITY OF ARKANSAS
STUDENT AFFAIRS

June, 2012

<http://housing.uark.edu>

UPDATE FROM HOUSING HUMAN RESOURCES

Supervisors,

Those of you who use People Admin, Human Resources periodically offers classroom trainings for Job Descriptions, Job Postings, Standards and Evaluations. You can register for one of these sessions at: <http://hr.uark.edu/tcal.asp>. They also have Blackboard Collaborate Recorded Sessions that you can find at: <http://hr.uark.edu/supervisors/default.aspx>. Please let me know if you have any questions.

Thanks,

Stacey

Contributed by Stacey Freeman

HIT TEAM RECEIVES GOLDEN TUSK AWARD!

The HIT Team was recognized for their “team” spirit assisting Student Affairs with their temporary relocation to the Arkansas Union and their move back to the Administration Building.

Congratulations to: (Left to Right) Julian James, David Brannon, Marlin Guist, Robert Sutton, and Josh Farrington as recipients of the Golden Tusk Award!



Contributed by Judy Kendrick

LETTER TO UNIVERSITY HOUSING FROM A STUDENT

To Everyone in University Housing,

Four years ago, I came to the University of Arkansas to begin, what I had thought, would be an average college experience. I was prepared to face the challenges that college had to offer, and was genuinely excited to be here to further my education. Little did I know that the knowledge that I would gain would come not just from textbooks. I would learn from the experiences that I would have, the conflicts I would mediate, the ways I would lead, the ways I would follow, the ways I would serve, and the ways I would overcome obstacles. I'm not discrediting the things that I learned in class. In fact I would argue that the things that I learned outside of class complimented the things I learned in class, pushing me to strive to do my best. All of those lessons could not have happened without the help of University Housing. My college experience would not have been the same had I not had the interactions and meaningful relationships that I had with the staff of University Housing. I am writing this letter because I owe too many thanks to too many people. For those of you whom I did have the opportunity to interact with, thank you for always being pleasant, motivating me, encouraging me, challenging me, and giving me the tools to see things from a perspective that I wouldn't have even thought twice about otherwise. It is with your hard work on the front lines and behind the scenes that allow students to live, learn, and grow. You provide students every opportunity to turn the University of Arkansas into home, and give them a platform that enables them to turn their experiences into meaningful and successful ones. The University of Arkansas may be a student's first institution, but I want to take a moment to say that if it were not for the hard work from all of you none of the experiences I had nor the opportunities to make a difference would have happened. You each bring so much to the University and you brought so much to me. Continue empowering students to succeed and giving them the opportunity to make a difference. If you keep doing so you will continue to touch the lives of so many people. Again I cannot thank you enough nor tell you how much these last four years have meant to me. In some sense a lot of you have become my family, and University Housing my home. It truly makes me sad to leave; however, all good stories must come to an end and I making peace with that. I look forward to seeing some of you in the future as colleagues. I wish you each the very best. Again, from the bottom of my heart, thank you.

Most Sincerely,

Cameron Mussar

Never doubt that
you make a difference
in the lives of our students!

IMPORTANT HYDRATION TIPS

Hydration And Your Health: Tips For Hot Weather & Exercise

Whether you're exercising outdoors, working in the yard, or lying out by the pool this summer, it's important to replace lost fluids and stay hydrated.

The amount of fluid that needs to be replaced depends on the individual, and the degree of activity. But there's some confusion and outright myths about what to drink, how much to drink, and when. We've done the research for you and compiled these tips from the experts:

What to drink:

- For most people doing light to moderate activity outdoors, plain water is best to replace lost fluids and prevent dehydration.
- Sports drinks are generally preferred over water only when exercising at a high intensity, for a long duration of time and/or in high temperatures. Sport drinks contain sodium that enables the body to retain fluid that is lost through sweat. They also provide calories to help replace energy lost during exercise. Drinking plain water throughout the day is still encouraged in addition to sports drinks during long periods of intense exercise.
- The National Athletic Training Association (NATA) recommends that sports drinks should be below eight percent in carbohydrate content. Any more than this will impede the rate of fluid emptying from the stomach and absorbed by the intestine. This is why high sugar drinks such as soda or juice are not the best liquids to replace lost fluids.
- Since sports drinks are intended for intense exercise, they are high in carbohydrates (mostly sugars) which can lead to weight gain if consumed for light or moderate physical activity.
- Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.

How much and when to drink fluids:

- The Institute of Medicine suggests that men consume around 13 cups of total fluids a day and women consume about 9 cups, which includes water from other beverages as well as high-water containing foods. A good indicator of hydration is to drink enough fluid so that the body does not feel physically thirsty and so that it produces regular, light-colored urine.
- For more immediate re-hydration, drink cool, not cold water, as cool water is more readily absorbed.

To replace lost fluids during outdoor activity, follow these guidelines from the Texas Heart Institute to prevent dehydration and heat stroke.

For workouts of less than 1-1/2 hours, you should:

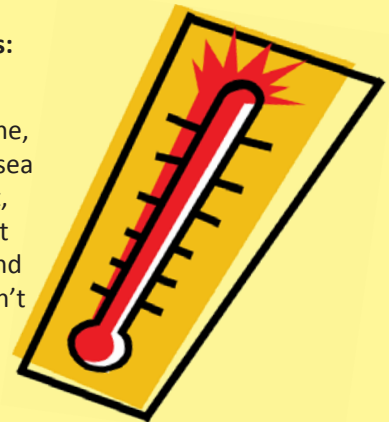
- Drink about 16 ounces of cool or cold water 1 to 2 hours before you exercise.
- Drink about 16 ounces of cool water or a sports drink 15 minutes before you exercise.
- Drink about 5 ounces of cool water every 10 minutes during exercise.
- Drink about 16 ounces of cool or cold water or a sports drink just after exercise.

For longer or more intense exercise:

- Follow the guidelines above plus have about 34 ounces of cool water on hand per hour of physical activity. About every 1-1/2 to 2 hours, a sports drink may be substituted for water during more vigorous exercise or if the weather is very hot or humid.
- Feeling thirsty is not the best indicator of your body's water needs, because thirst occurs after your body is already dehydrated. Also, your thirst is usually satisfied even before your body's water supply is fully replaced. This means that during workouts, you should drink water even if you do not feel thirsty.

Watch for these warning signs:

If you experience any of these symptoms: weakness, headache, dizziness, muscle cramps, nausea or vomiting or rapid heartbeat, stop what you're doing and get out of the heat. Drink water and wet or fan your skin. If you don't feel better within an hour, call your doctor. If you develop a fever higher than 102 F or become faint or confused, call 911 or seek immediate medical attention. You may be suffering from heat stroke which can cause irreparable body damage or death.



ROOMMATE PROFILER & SHOP-N-SWAP WRAP-UP!

Roommate Profiler, for online roommate matching, and Shop-N-Swap, for online room selection, closed early Thursday, June 28, 2012.

Roommate Profiler opened on January 25 and allowed students to create roommate groups in two ways: quick groups with students they knew or through profiles to find a potential roommate with someone they did not know. While Roommate Profiler is optional, 5180 students logged in to this system.

Shop-N-Swap opened March 12 and is the software that allowed 4329 students to self-select their room, the "Shop" part. It operated in real time so, as cancellations were processed and new rooms became available, students could login and "Swap" their room assignment. 1080 students swapped their assignments at least once.



So, How About Those Baseball Hogs?

1. The Razorback Baseball team (46-22) finished third in the nation for the second time in the last four years, behind South Carolina and Arizona.
2. The baseball Hogs closed the season with a record of 46-22: Home, 28-8; Away, 11-9; Neutral, 7-5, SEC, 16-14
3. In 10 NCAA Tournament games, Arkansas pitchers combined for a 1.92 team ERA. The Razorback bullpen was even better, compiling a 1.30 ERA. Razorback relievers had a streak of 26 consecutive innings without allowing a run until a run scored on a bases loaded walk in the seventh.
4. For the season, the Arkansas pitching staff had a team ERA of 2.83, which ranks as the second-lowest single-season team ERA in school history.
5. As of June 22 stats include:
 - .271 Team Hitting Average
 - .228 Opponent Team Hitting Average
 - 2247 Team at Bat
 - 2248 Opponent Team at Bat
 - 351 Team Runs
 - 231 Opponent Team Runs
 - 608 Team Hits
 - 513 Opponent Team Hits
 - 119 Team Doubles
 - 83 Opponent Team Doubles
 - 9 Team Triples
 - 4 Opponent Team Triples
 - 39 Team Home Runs
 - 319 Team Runs Batted In
 - 203 Opponent Team Runs Batted In
 - 862 Total Team Bases
 - 676 Total Opponent Team Bases
 - 245 Team Base-on-Balls
 - 224 Opponent Team Base-on-Balls
 - 445 Team Strike-outs
 - 534 Opponent Team Strike-outs
 - 80 Team Errors
 - 69 Opponent Team Errors

http://www.arkansasrazorbacks.com/ViewArticle.dbml?DB_OEM_ID=6100&ATCLID=205498059

<http://www.arkansasrazorbacks.com/pdf8/848340.pdf>

http://en.wikipedia.org/wiki/Baseball_statistics



STAFF TRANSITIONS



Tamika Wordlow
Coordinator for
Residence Education

On June 22, Residence Education bid farewell to Tamika Worlow, the CRE for Reid Hall. Tamika has been a familiar face in University Housing over the years. She joined the University Housing team in July 2007 as a Graduate Resident Director in Reid Hall where she assisted the full-time CRE in the daily operations of the residence hall. She was recognized as the Arkansas recipient of the SWACUHO Bob Huss Graduate Student Award in 2008. Tamika served as the

Graduate Resident Director for Gregson and Gibson during the 2008-2009 academic year. She completed her Master in Public Administration degree in August 2009.

Tamika was hired as a full-time Coordinator for Residence Education in July 2009. She worked in Reid for the past three years. In addition to her responsibilities with the daily operation of the hall and the supervision of the Resident Assistant staff, Tamika worked very closely with the RESPECT program and the development of the No Woman Left Behind program. She also got involved on campus by serving on the Division of Student Affairs Professional Development Committee and as the co-advisor

for Gamma Eta, the multicultural sorority on campus. Tamika is taking a position at East Carolina University in Greenville, North Carolina. She will be able to apply her valuable Housing and hearing officer experience in her new role as the Assistant Director for Student Responsibilities in ECU's Office of Student Rights and Responsibilities (the campus student conduct office).

We will miss Tamika's smiling face and we are appreciative to her work and dedication to our department, our staff and our students during her tenure here at the University of Arkansas.



Contributed by Felisha Perrodin



On June 29 University Housing staff gathered to wish Will Heath, long-time Counselor in Residence farewell while Counseling and Psychological Services (CAPS) staff joined to welcome him!

Will will serve a one-year assignment with CAPS while he works on completing his dissertation.

Congratulations to Will upon his assignment and most sincere thanks and appreciation for his dedication and service to University Housing and the on-campus student population!



Will Heath
Counselor in Residence

BEST WISHES TO DEPARTING STAFF MEMBERS



Debbie Power
Administrative Specialist



Steven Kaiser
Skilled Trades Worker



Austin Hammons
Inventory Control Manager



Jimmy Bush
Housekeeper

PROMOTIONS!



Jim Barker
Skilled Trades Supervisor



Kathy Theilen
Housekeeping Coordinator



Leon Smith
Skilled Trades Supervisor

compliment box

THANK YOU TO THIS MONTH'S CONTRIBUTERS!

Articles:

Stacey Freeman
Judy Kendrick
Carla Martin
Felisha Perrodin

Congrats to Kathy Thielen! After six wonderful years as the building secretary for Pomfret hall, Kathy will be serving as the new Housekeeping Coordinator for Housing! Pomfret will miss you!
- Meghan Jagnow

Thank you to Andrea Allan, Briceli Llavona, Tory Spokane, Adam Stafford and Grant Carlson for their hard work on the CRE training schedule this year! We have completely overhauled our approach, and it would not be possible without the dedication these individuals have to our CREs in our department. Thank you!!! - Meghan Jagnow

Thank you to Michael Beaver and Felisha Perrodin for working in the warehouse for the annual audit this month! Your work is GREATLY appreciated! - Meghan Jagnow

Congrats to Kerri Smith! Kerri defended her doctoral thesis and is now Dr. Kerri Smith! We are so proud of you! - Meghan Jagnow

Thanks to the Laundry Team - You're just about finished! Many sets have already been assembled and ready to go next year! Good job! - Judy Kendrick

Thanks to the Floor Team - good job taking care of some neglected floors. - Judy Kendrick

Thanks to the HRT - good job cleaning the rooms and responding quickly when called! - Judy Kendrick

Thanks to Marvena Rust - thanks for hanging out with Superior Linen and working toward getting the blankets back to the right building! - Judy Kendrick

Thanks to Mira Milanova - thanks for managing the HIT Team work orders while I was on vacation! They said you kept them busy. - Judy Kendrick

Thanks to Barbara John - thanks for helping with the inventory! - Judy Kendrick

Thanks to Jason Hogan - thanks for keeping us informed with the Conference changes - it helps us be prepared! - Judy Kendrick

Jason - P.S. You can stop the changes at any time! - Judy Kendrick 😊

I would like to give a Kudos to Jim and Leon for their Interim Supervisor role. They stepped up when I needed them. They were interim supervisors and continued to do their regular job. Great job guys!!!
- Aaron England



**WALMART SHAREHOLDERS MEETING BRINGS
GOODYEAR BLIMP BACK TO FAYETTEVILLE!**

