Welcome to IU South Bend

Please join the Office of Human Resources in welcoming our new employees to campus!

Larry Spradlin  Facilities Management
Scotty Myers  Gateway Information Center
Kael Kanczuzewski  Instructional Tech Support

TRIVIA
Match the nickname with the person:

The Bronx Bull  James Madison
The Boss  Zachary Taylor
Cannonball Kid  Lana Turner
Sweater Girl  Jake LaMotta
Ohio Fats  Mary Pickford
Rough and Ready  Bruce Springsteen
Father of the Constitution  Roscoe Tanner
America’s Sweetheart  Erwin Rommel
Desert Fox  Benny Goodman
King of Swing  Jack Nicklaus

Answers on page 4

SAVE THE DATE!!!
STAFF APPRECIATION DAY
2013
Friday June 7th

More information coming soon.

Below are photos from past Staff Appreciation events for you to enjoy.
### MAY ANNIVERSARIES

<table>
<thead>
<tr>
<th>NAME</th>
<th>DEPT.</th>
<th>YRS.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Susan Jacobs</td>
<td>CLAS</td>
<td>1</td>
</tr>
<tr>
<td>Sarah Ambler</td>
<td>Nursing</td>
<td>3</td>
</tr>
<tr>
<td>Connie Peterson-Miller</td>
<td>Admissions</td>
<td>3</td>
</tr>
<tr>
<td>James Davidson</td>
<td>Custodial Services</td>
<td>5</td>
</tr>
<tr>
<td>Maxine Smith</td>
<td>Custodial Services</td>
<td>5</td>
</tr>
<tr>
<td>Jeff White</td>
<td>Custodial Services</td>
<td>7</td>
</tr>
<tr>
<td>Angela Huff</td>
<td>CLAS</td>
<td>7</td>
</tr>
<tr>
<td>Kimberly Childs</td>
<td>Child Development Center</td>
<td>10</td>
</tr>
<tr>
<td>Marjorie Boudonck</td>
<td>Auxilliary Support Services</td>
<td>12</td>
</tr>
<tr>
<td>Kim Coleman</td>
<td>Custodial Services</td>
<td>13</td>
</tr>
<tr>
<td>Jennifer Einspahr</td>
<td>Environmental Health and Safety</td>
<td>14</td>
</tr>
<tr>
<td>Corina Opaczewski</td>
<td>Facilities Management</td>
<td>15</td>
</tr>
<tr>
<td>Dan O’Bryant</td>
<td>UITS</td>
<td>15</td>
</tr>
<tr>
<td>Lee Scott-Green</td>
<td>Academic Affairs</td>
<td>17</td>
</tr>
<tr>
<td>Morrie DeGeyter</td>
<td>Campus Police</td>
<td>18</td>
</tr>
<tr>
<td>Cathy Felts</td>
<td>Custodial Services</td>
<td>19</td>
</tr>
<tr>
<td>Rick Dennie</td>
<td>Student Services</td>
<td>20</td>
</tr>
<tr>
<td>Linda Kinch</td>
<td>Registrar</td>
<td>26</td>
</tr>
<tr>
<td>Mike Papay</td>
<td>Facilities Management</td>
<td>26</td>
</tr>
<tr>
<td>Liz Staples</td>
<td>Education</td>
<td>28</td>
</tr>
<tr>
<td>Albert Peiffer</td>
<td>Custodial Services</td>
<td>37</td>
</tr>
</tbody>
</table>

### CONGRATULATIONS GRADUATES!

Karla Forsythe  
Secretary to the Dean  
Business & Economics

Jamie Klingerman  
HR Assistant Intern  
BS, Human Resources

### SOON TO BE PUBLISHED!

**Dusty Krikau,**  
Assistant Director, International Student Services

Dusty is one of several co-authors for a book chapter entitled “Facilitating Interactive Privilege Awareness Programs: Employing Intentionality From Design Through Implementation” in the book *The Art of Effective Facilitation: Reflection from Social Justice Educators* (Stylus Publishing).

The monograph is anticipated from ACPA and due June 2013.

For more information please follow the link below:

5 Fun Spring Activities to Promote a Healthy Lifestyle

By Susan Braden

The sun is shining and the birds are singing, but are you sitting on the couch? Spring is here, and with spring comes the fun opportunity to re-arrange your life by implementing healthy habits! These 5 healthy tips will give you great ideas for some fun activities you can count on to improve your health while you enjoy the fresh spring season.

1. Walking. When the weather turns warm and you start to see those first hints of spring, take a fun walk to enjoy the beautiful spring morning or evening! Walking is great for your health; a nice long morning walk is a healthy, fun way to start a spring day and to enjoy the weather before going to work! Walking gears up your metabolism and increases your energy for the rest of your day. You may even find that you want to start running with a group to shed some of that winter weight or even move on to a more difficult sport. However, if you are just beginning to exercise this spring after a long winter of inactivity, start by walking -- you will love it!

2. Spring Cleaning! You may be thinking, "I thought these were fun tips!" Still, what better feeling is there than walking into a clean, uncluttered home? Throwing out old junk, holding a spring yard sale or donating to charity are all great ways to both exercise and begin organizing your home. Once you have de-cluttered, start deep-cleaning throughout the house to achieve a little more healthy exercise with an end result that is fabulous. You can even take your healthy spring cleaning to the next level by making both your home and your habits eco-friendly!

3. Cycling. Dust off your bike this spring, and take a fun spin through your neighborhood or local park. The healthy ride will relax your mind and strengthen your body. Spring bike riding can inspire quite a sentimental feeling; you may not even realize you are exercising in the process! Cycling in a group can also be fun. Biking is a great, healthy way to challenge yourself to push beyond your personal exercise limits.

4. Crafting. Though creating a craft or art project will not necessarily work you into shape, a creative, crafty spring project is a fun way to work out a positive mindset and to generate an overall feeling of healthy wellness. Building a birdhouse, painting a picture for your guestroom and setting out a porch swing are all fun, do-it-yourself projects that will simply beautify your healthy life! Fun, creative projects like these connect relaxing spring activities to a sense of productivity, rewarding you with the feeling of accomplishment and improving your mental health.

5. Gardening. Last but not least, spring gardening connects exercise, fun, productivity and healthy living all together -- especially if you work in a vegetable garden! Planting a garden requires simply a sunny spot in your backyard, a few seeds or seedlings and some good, old-fashioned gumption! You can find a myriad of internet sites that will help you begin a healthy, beautiful garden. You can also gain fun, helpful advice from your local nursery or home improvement store. Spring gardening allows you to exercise as you produce something beautiful and to grow healthy produce while having a great time!

Spring is one of the best times of the year to begin new, healthy habits. Implementing all of these fun tips at once could be a little overwhelming, but pick one that really appeals to you, and try it as soon as possible! Spring will not last forever, but you can buy up this fun opportunity to start a healthy activity that will have a lasting impact on the way you live.

Article Source: http://EzineArticles.com/?expert=Susan_Braden
Grilled Roasted Vegetables with Pineapple

1 C diced potato (peeled or unpeeled)
1 C chopped bell pepper (any color)
1 C chopped raw mushrooms
1 zucchini, sliced
1 medium onion, chopped
1 C cherry tomatoes
1 can pineapple chunks in natural juices
3 T olive oil
2 t chopped garlic
2 t dill weed
1 t celery salt or celery seed
1 1/2 t cayenne pepper (optional)
1 1/2 t garlic powder (optional)
1 1/2 t onion powder (optional)
salt (to taste)
pepper (to taste)

**Different vegetables and spices can be substituted based on preference and availability**

DIRECTIONS - Chop the vegetables into similar sized chunks. Place all ingredients in large bowl. Do not drain pineapple. Mix thoroughly, then drain all liquids.

Grilled:
Option 1 -- place vegetables in grill-safe pan and place on grill on med high heat. Stir every 5-10 minutes until tender.
Option 2 -- place vegetables on heavy duty aluminum foil sprayed lightly with Pam. Fold aluminum foil into a sealed pouch and place on grill on med heat. Turn over every 5 minutes for 20 - 25 minutes. (Is usually done by the time your meat is done)

Oven: Place vegetables in roasting pan. Bake at 350 degrees. Stir every 10 minutes until tender.

Serves 6

Calories: 135.2 | Fat: 7.2 g
Cholesterol: 0.0 | Sodium: 406.6 mg
Carbs: 17.1 g | Fiber: 2.7 g
Protein: 2.2 g

http://recipes.sparkpeople.com
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