Message from the Staff Council President

Spring is in the air, warm weather is around the corner, and flowers are starting to bloom. The weather is not the only thing changing around campus. It is time to elect new officers for Staff Council; I would encourage each of you to think about giving back to the university, your departments, and the staff you represent by serving in an elected position. Elections will be held during the April meeting.

I write my final “Message from the President” with mixed emotions: sadness, pride, and excitement. I have been honored to have served with pride as your President for two years. As I look back, I have to confess that everything we accomplished during these two years would not have been possible without the council members, the officers, and you, the staff, at Appalachian. I leave the Presidency knowing that the work has only begun; Career Banding issues are being discussed, discounts for staff to eat on campus at our food services locations, and the budget continues to be a challenge for our campus. Chris Popoola, President Elect, will do a wonderful job continuing to represent the staff on campus. The relationships that are in place with the Administration, Human Resources, Board of Trustees, and Staff Assembly are all very supportive of staff.

Thank you for allowing me the opportunity to serve as your Staff Council President. I encourage each of you to stay involved and support our new officers.

2008-2009 Staff Council Executive Board

Stacy Sears, President
E-Mail: searssr
X6111

Chris Popoola, President Elect
E-Mail: popoolacr
X2040

Denise Marsh, Vice President
E-Mail: marshds
X6314

Amy Sanders, Secretary
E-Mail: sandersaa
X2744

Janice Voss, Treasurer
E-Mail: vossjf
X2693

www.staffcouncil.appstate.edu

Our quote for the year is:

“Nothing changes until something moves.”—Mac Anderson.
A Message from the Chancellor’s Office

I want to alert you to a couple of legislative matters. First, the State Health Plan has incurred a serious shortfall ($1.8 billion). Recently, a bill was introduced in the Senate by Tony Rand (Senate Bill 287) which if passed will change the State Health Plan as we currently know it. The bill will appropriate $250 million from the savings reserve to partially fill the current budget hole in the Health Plan. To cover the remaining deficit, the bill makes significant changes to the current plan including: eliminating the current PPO Plus (90/10) option; increasing deductibles; increasing copays; increasing the family premium (by about 8%) per year for two years; and beginning two wellness programs aimed at tobacco cessation and weight management. It is too early to tell where this will go in the legislative process, but you should be aware of this initiative.

In other news from the North Carolina General Assembly, two separate bills have passed the Senate regulating the number of days legislators will be in session each year. A bill to allow furloughs of state employees may be introduced shortly but the support for this legislation is unknown at this time. Governor Perdue is facing a $2 billion shortfall and has taken funds from a variety of sources that make up that deficit – Public School Textbook Fund ($50 million), Public School Capital Fund ($100 million), Clean Water Management Trust Fund ($100 million), Education Lottery ($88 million), Rainy Day Fund ($250 million), and so forth. The House Majority Leader, Representative Hugh Holliman, has introduced a bill to ban smoking in or on the grounds of public facilities. It has passed one House committee but not yet the full House at this writing. The Governor’s budget will be out at the end of March.

Secondly, The American Recovery and Reinvestment Act of 2009 (ARRA) will provide $6.1 billion to North Carolina to address a variety of infrastructure, research, energy and educational initiatives. Significant increases in funding for NIH, NSF, NOAA, DOE, and Education are included along with increases in Pell Grants and higher education tax credits. There are funds in the State Fiscal Stabilization Fund to restore FY 2009, 2010, and 2011 support to public elementary, secondary and higher education school systems.

Though economic times are uncertain, Appalachian is certainly proud of many accomplishments:

➤ We have a wonderful new dining facility
➤ The construction of the new College of Education building has commenced
➤ Appalachian Access has grown to 95 outstanding students from 40 counties
➤ Our Industrial Design Majors have won the Juicy Ideas Entrepreneurial/Environmental Contest sponsored by Google for their bicycle made from plastic drink bottles
➤ This past year we celebrated an historical increase in private donations to Appalachian

We will continue to maintain quality for our students in spite of these difficult times. We look forward to a bright future and we’ll remain hopeful that our country will rebound as it has done so many times before.

Lorin A. Baumhover Ph.D.
Chief of Staff
Valerie Somers has worked at ASU for nearly 11 years and currently works as administrative assistant for the Department of Computer Science’s chair, Dr. James Wilkes. Valerie feels she’s “found the perfect fit for the duration of my career” until she retires in six years. The department has nine faculty members and two staff located in the CAP building but will be moving to the Old Library building in late summer.

Originally from Canada, Valerie came to the United States in 1978. Tiring of the heat in Atlanta, Valerie made her way to the High Country in 1980. She bought property in Ashe County and pitched a tent where she lived until her cabin was completed. Living in a tent for four years helped Valerie appreciate the “lack of value of most trappings people feel they can’t do without.” She still prefers written entertainment over watching television but does appreciate her stove rather than cooking gourmet meals over an open fire.

Valerie was lured here by the beauty of the land and her current love is kayaking. She is still recovering from foot surgery and is eager to resume her outdoor entertainment. She is also a stained glass artist and spent a couple years working from a studio in downtown West Jefferson when she left the University for a few years. During that time, she opened a restaurant in the same Old Hotel as her studio. Val’s Place was announced as the “best restaurant in Ashe County” by Southern Living, but her story (along with her interviews), were never published. She returned to ASU in 2006 where “I am now blessed with the position I hold today.”

Her plans for the future include retirement in the next six years or so and then taking off for parts unknown, possibly even returning to northern Ontario, living on a lake and creating stained glass art in front of a picture window, or becoming a beach bum on an exotic Caribbean island. “The world is a big place,” says Valerie, “and I’m eager to see a lot more of it before I settle down for good.”

Beginning in March, Health Promotion will be offering more than just a multi-chemistry screening! With your doctors written recommendation, Health Promotion will be able to conduct the following blood tests for faculty, staff and spouses/domestic partners on our multi-chemistry dates. Requested blood tests must be written on physician’s letterhead or prescription pad.

CBC or Complete Blood Count ($15)—while no specific pre-testing restrictions are necessary, it is best to avoid a fatty meal prior to having your blood drawn.

PSA – Prostate Specific Antigen ($27)—no specific pre-testing restrictions required.

Thyroid Panel ($27)—includes TSH (Thyroid Stimulating Hormone), T4 or Thyroxine, T3-Uptake, and calculates FTI (Free Thyroxine Index); DOES NOT TEST FREE T4! No specific pre-testing restrictions required.

Hemoglobin A1C (Hgb A1C or Glycosylated Hemoglobin) ($20)—measures your average glucose level during the past 90-120 days. No specific pre-testing required.

Participants may request a receipt for filing insurance with the State Health Plan, however, these charges will be applied to the Out-of-Network deductible. Employees participating in NC Flex may file these tests on their account.

Health Promotion will still conduct the multi-chemistry screening ($25) without your doctors written recommendation. The multi-chemistry includes cholesterol, HDL/LDL, triglycerides, glucose, kidney and liver function. A 12-hour fast is required; you may have water or black coffee.

Results will be sent to participants within one week and faxed to primary care physician within two weeks.

Health Promotion’s fee for one, or all tests, is $10 to cover cost of medical supplies. Participants MUST review all test results with their personal physician!

Visit Health Promotion’s calendar of events at www.healthpromotion.appstate.edu for dates. Call Health Promotion at 262-6314 for more information or to schedule an appointment.
**NEW EMPLOYEES**

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<tr>
<th>Name</th>
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<tr>
<td>Amanda Harvey</td>
<td>Sanford Commons</td>
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<tr>
<td>Cindy Reynolds</td>
<td>Sanford Commons</td>
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<tr>
<td>Darian Quick</td>
<td>Library-Collections Development</td>
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<tr>
<td>Joshua Thompson</td>
<td>Athletics-Owens Field House</td>
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<td>Jeff Ragan</td>
<td>Procurement-Storeroom</td>
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<td>Kathleen Furr</td>
<td>LES</td>
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<td>Kathryn Giordano</td>
<td>Institute For Health &amp; Human Services</td>
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<tr>
<td>Sharon King-OConnor</td>
<td>Disability Office</td>
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**RETIEMENTS**

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<tr>
<td>David DeHart</td>
<td>Library</td>
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**RESIGNATIONS**

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<tr>
<td>Mitch Rattler</td>
<td>University Police</td>
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<td>Sara Drake</td>
<td>Sanford Commons</td>
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<tr>
<td>Charles Medlin</td>
<td>Sanford Commons</td>
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<tr>
<td>Alyson Ebaugh</td>
<td>Human Resource Services</td>
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<tr>
<td>Debbie Marshall</td>
<td>Academic Advising</td>
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**PRINTING EXCELLENCE IN THE CAROLINAS**

ASU Printing & Publications wins PICA Award

Printing & Publications was chosen as a winner of three Awards of Excellence in the prestigious PICA Awards given by The Printing Industry of the Carolinas, Inc. (PICA). The three Awards of Excellence were designed by Angie Norris and printed by Charlie Perkins & Chris Earp. Since 1966, the PICA Awards have been the premier symbol of excellence for the graphics industry in North and South Carolina. The PICA Awards demonstrate a company’s commitment to excellence in graphics communications.

Winners were announced March 21, 2009, at the 42nd Annual PICA Awards Banquet, held at the Grandover Resort & Spa in Greensboro, North Carolina. The PICA Awards, which are the most prestigious symbol of printing excellence in the Carolinas, is open to PICA members only.