
the notebook

Southern Utah University Student Services

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SUU SOUTHERN
UTAH
UNIVERSITY

LEARNING LIVES FOREVER

College Ruled

A Paradoxical Beginning

by *Dina Nielsen*

I love spring ... everything is beginning. The flowers and trees starting to turn green, the baby animals playing as babies do universally, baseball season ... We even celebrate our beginnings with Founders' Day.

But my favorite beginning is graduation. I know ... it is the end of college ... but it's called "commencement" for a reason. The students we have nurtured along and watch grow from high school kids to men and women ... they are all beginning their lives. I love that hope and optimism. And this year will be extra special because we are watching these young people go off into an uncertain world, confident that they will turn it around.

My entire life changed during the four years of my undergraduate program. My Mom became very ill and had to stop working, so I had to fend for myself through much of that time. There was a woman in the Financial Aid Office at my school who sort of took me in. I had a scholarship, but I didn't know anything about other financial aid. Tula helped me find a better job and a small student loan. She didn't know it, but she

saved me. I was terrified that I wouldn't be able to finish by myself.

Years later, I serendipitously found myself working in financial aid, and at my very first conference (held right here at SUU) I was able to walk right up to Tula and tell her what she'd meant to me. She remembered me, but had no idea the impact she'd had on my life.

I miss the closeness I had with the students in financial aid, but the new reward comes when I walk with students who need something special from your various offices. I hand them off to the most competent staff I've ever seen, and I know they'll be okay. And you don't know it, but when I call to check on them later, so many tell me such wonderful things about the people I handed them off to. I know that when they graduate, when they commence with what is next in their lives, they will take with them a small piece of the wonderful people you all are.

Thanks for all you do!





Just Who Will You Be?

Since we are close to graduation, I wanted to share an address given by Maria Shriver to her nephew's graduating class, after spending some time struggling with her identity, going from being an award-winning journalist and news anchor to governor's wife to house wife (because her son reminded her that the people elected Arnold, not her). These are her thoughts after delivering the address. It is from her book, "Just Who Will You Be?" published in 2008 by Hyperion, New York. If you have the opportunity to read the book, I highly recommend it.

Remember that we are starting midstream and it has been edited for space...

by Maria Shriver

I had told [the graduates] "the only way to find a life of meaning and joy is to find your own voice, follow your own heart, and live your own life, not an imitation of somebody else's.

But then it hit me over the head. I realized I was still looking to others to tell me who I should be, instead of answering the question for myself.

My friend said to me, "Maria, you have a choice. You can spend the rest of your life trying to measure up, trying to figure out and then fulfill other people's expectations of you – or right now, you can make a decision to let all that go. And you can start by talking about what you know, what you feel, what you think. You can start talking about just who you want to be!"

For this people-pleasing, leg-

acy-carrying, perfection-seeking Good Girl, that was a news bulletin – because that's exactly what I'd been struggling with for the last few years.

I felt like I'd lost who I was when I'd lost my job. In my mind, I'd even lost my name, because after all, when people came up to me in the street all excited now, they'd ask me, "Aren't you Somebody? Aren't you famous? Aren't you the Kennedy who's

married to the Governor?" And I wanted to scream, "Hey! I'm ME! I'm MARIA!"

After all the years I'd struggled to make a name for myself people didn't seem to know who I was anymore. And the truth is, I'm embarrassed to say, I allowed that to chip away at my self-worth.

I felt like a shadow of myself. And I found myself wondering on more than a few occasions, "If I'm not that newswoman on TV anymore, who am I?"

[My] plan was to go back to work as soon as my husband was re-elected.

But then something happened. I stood up at my husband's inauguration and recited a Hopi Prayer that I'd come across in a book. It goes like this:

We have been telling the people that

This is the eleventh hour

Now we must go back and tell the People that this IS the Hour.

Here are the things that must be

Considered:

Where are you living?

What are you doing?

What are your relations?

Where is your water?

Know your garden.

It is time to speak your truth.

In the days that followed, I read that prayer over and over again. Those questions resonated deep inside of me – and I struggled to answer them.

I went to a beautiful place, and I sat. I thought. I breathed. And I asked myself, "If this is the hour – how do I want to spend it?"



What do I want to do with it? Do I really want to go back to the TV news business – and if so, why? Do I want to try to churn out another best seller – and if so, why? Do I want to try to be the best First Lady California's ever seen – and if so, why? If it's time to speak my truth, what is my truth?"

All I got were more questions.

And then when I came home, I started really paying attention to what was on television news these days. It seemed to be all about actors overdosing and former sports stars getting in trouble and actresses getting DUIs. I knew deep down that when I went back to work, those would be the kinds of stories I'd be doing, too. It made me realize that the news business had changed – and so had I.

So I picked up the phone, called NBC, and said, "I'm not coming back."

For the first time in my life, I had no plan of action. And where I come from, that's a big no-no.

I'd been taught that if you weren't doing, if you weren't serv-

ing, if you weren't accomplishing and accomplishing big – then you really weren't being. You weren't even seen.

So with no new high-profile goal of my own, I was in uncharted waters. I had been living a life of privilege, power, and fame – filled with all the excitement, glamour, and high drama people dream of – but now when I stood still, I felt empty. And that scared me to death.

For me, it was a moment of truth to realize deep in my soul that the old solutions – the external fixes that had motivated me for so long – just didn't work for me anymore. It shocked me. And that sent me on an inward journey to answer the question: Just who did I want to be?

When I reflected on that question, I realized I'd been answering it wrong my whole life. I'd always answered it with my resume'. But the true answer, I saw, is about my heart, my values, and my soul. Who I am, not what I am.

We worry, "Am I fulfilling

my parents' expectations of me?" "What will my friends think of the school I'm going to?" Later on we worry, "Will they like the person I fell in love with?" and "Will people be disappointed with my career choice?" And then it's "What will others think of the way I'm raising my kids?" or "What will they think if I decide not to have kids? Or decide not to get married? What if I gain weight or show signs of aging?"

Well, I now see that who we are has nothing to do with any of that outside stuff. What I've learned on this journey is that I have worth as a human being – not just because of the job I have or the resume' or how I look or who I married or the family I was born into. I've learned that we're all worthy of being loved just for being ourselves.

I've also learned it's OK to change. Sometimes it's not just OK, but mandatory. You can let go of some beliefs that may have served you well along the way, but just don't work for you anymore. We're supposed to grow and evolve. We have to give ourselves the permission and freedom to stay open to change.

I'm not talking about running away or having plastic surgery or a dye job. I'm not talking about throwing away our core principles and values and morals. I'm talking about exactly the opposite. I'm talking about letting life's experiences affect you and mature you. I'm talking about going down deep and finding out where you're at and where you need to go next.

Life intervenes in many ways. People close to us pass away. New friends come into our lives. We go off to college or graduate school or move to another city. Children grow up and leave. Or our interests change, and we want

"The true answer ... is about my heart, my values, and my soul. Who I am, not what I am.

to learn something new. We might remember old dreams and goals we once had and decide it's time to work toward them. Or we're just plain stuck and need something different to jump-start our lives.

That's the time to unwrap the person you are and ask the question, "Just who will I be?"

I now realize that everyone I've ever met in my life who's interesting, who has a life of deep meaning and joy, is still open to new answers to that question, new opportunities for change and growth.

It can be a seismic shift on the inside. Signing up for school on the Internet. Refocusing on your health and doing something real about it. Beginning and sticking with a spiritual practice. Committing to sitting quietly with yourself twenty minutes a day to see what you learn.

The change doesn't have to be huge, but it may have to be deep.

A deep change for me was realizing I'd have to take the time to know what I feel, in order to know who I am and who I want to be.

The truth is I've always felt that "who I was" – my personal story – was written and pre-ordained before I lived it. That's why I was scrambling to live up to the myth, always worried others would think I wasn't fulfilling my role.

I now realize that's no way to live.

Many of you may also feel that you're scrambling to fulfill your roles in everybody's life but your own. You may feel you're not entitled to show up as anyone but the perfect student, the perfect son or daughter, the perfect spouse or partner, the perfect employee or parent.

You may believe you're not allowed to think of yourself as separate from your job, your family, and all the other legacies you inhabit.

But what I've come to understand is that we are first and foremost human beings in our own right. We're entitled to our own lives, our own dreams and goals, our own legacies.

I've finally learned after all these years that I don't need to define myself with a certain job or a certain name or a certain role in order to tell myself who I am. I've learned that all my roles are simply a part of me – but they're not all of me.

I've learned that by looking at myself apart from my roles – by softening and taking off some of the armor I put on as a child and wore my whole life – I can more clearly see and feel the people

around me. Now that I'm not so obsessed about whether I measure up to other people's expectations, I've found a new gentleness and kindness in myself, for myself and for others.

What matters most to me now is what I expect of myself. What matters to me now is that I know myself – what my heart feels, what my inner voice is telling me.

So just who am I?

Well, I've been amazed to discover that inside that tough, dutiful, responsible girl who always worked about what everyone was thinking and always "got with the program" – why, there's actually a free-spirited, adventurous, and creative person inside.

That's who I am.

And Just Who Will I Be?

I'll be Maria, but not the same Maria with the same motivations I had in my twenties or my thirties or my forties. And that's a good thing.

I will continue to work on issues that are important to me – like trying to give a hand to help people out of poverty and shining a light on extraordinary things women are doing all over this country. I will continue to be of service in my community, because that helps give my life meaning.

I will continue to encourage my family to discover and pursue their own passions.

I will continue to pass along my life's lessons, because that gives me joy. Remember: You are the only person on this planet with your story. What's the point

of being here unless you share it, pass it on, and help somebody else?

I will try to help my aging parents live with dignity because that gives me peace.

I will figure out what my own next job will be, and go do it.

But most important, I will try to live an authentic life that feels true to me – which means living life as myself, not an imitation of anyone else, and not the reflection of myself in anyone else's eyes.

Above all, I will be a work in progress, because when I told my daughter, "I don't know what I want to be when I grow up," I really meant it.

Meantime, who I'll be is up to me. Same as it is for you.

Maria, meet Maria.

The Bookstore: Beyond Books

by *Sherri Batt*

Whether you are a "newbie" or an "old timer" at SUU, the bookstore is a place for all seasons! The SUU Bookstore moved into its current location in March of 1996, 13 years ago this month. Since the move to a larger location, many services provided have expanded also.

The bookstore is more than just a book & clothing store. We offer many products and services that you may not even be aware of. One of our best is Guaranteed Reading. Here is how it works: Professors are asked to turn in their text requests by a certain date for each semester. If they do, we will guarantee the book. If we

run out of books for that class, we will make copies of assignments for any student who orders and pays for a copy of the book. This keeps students current in their class. What online bookstore do you know that serves the students this way? And it's not just students that benefit from our service! We also provide professors with the opportunity to use course packs. Course packs are materials put together by the professor for use in their classes. We copy, bind, and sell these materials for the professors. And while we are on the subject of books, did you know that the SUU Bookstore has been documented and commended by the State of Utah for carrying more used books than any other state owned institution?

Talk about a great value for our students! If online ordering is your thing, check out our website at www.bookstore.suu.edu. You can order anything from books to clothing!

Of course we are more than textbooks. We carry all genres of books from sci-fi to self help, humorous to historical. We also have books for children, feature local authors, and carry a full line of New York Times Bestsellers.

Departments on campus can place orders for office supplies and receive same day service in many instances. Remember, we deliver anywhere on campus!

If you're a technology buff, you

can find a full line of "Education" priced software here. Many software companies offer their software at a substantial discount to the education community. In most cases these are full version products. And if you don't see your favorite, we will special order it for you.

Our gift assortment changes with each new season. We carry many specialty gift items and also make and deliver gift baskets! Our gift baskets are custom made to your order and delivered to that special someone, on or off campus! We also have a large selection of balloons and greeting cards to brighten someone's day

If your sweet tooth is calling, step

across the hall to our C-Store. We will satisfy your cravings with everything from Jelly Bellys to our delicious homemade fudge. The C-store is open til 6pm for that afternoon snack of hot popcorn and an ice cold soda at the best prices on campus!

Watch for us at many campus events throughout the year. If your a sports fan, look for us at the football & basketball games. We sell books at Convocations, the annual Reading Conference, and numerous author appearances on campus. We also sponsor book signings for local authors. Summer finds us selling clothing at the Utah Summer Games and you don't want to miss our Utah Shakespearean Festival store lo-

cated in the Auditorium.

We provide much more than just a daily presence on campus. The bookstore pays its own way. We receive NO public funding and provide student jobs. We cover our own salaries for both contract and student employees. We also pay for our own rent & utilities. This frees up valuable assets for other departments on campus. Any profits made by the bookstore go to fund student scholarships. Money and merchandise is donated for career fairs, campus conferences, SUUSA activities, and athletic events. No internet presence watches out for SUU like we do!

The Binding

In Patience & Serenity: Nellie Unthank

Did you ever wonder why Nellie Unthank warranted her own statue between the Music Center and South Hall?

Nellie, when nine years of age, left her home in England to come with her parents to Utah. Nellie's parents were among those who died and were laid to rest in snow banks. Survivors of the company were rescued and brought to Salt Lake City. Poor little Nellie, nothing could be done to save her feet. The doctor said her feet must be taken off to save her life. They strapped her to a board and without an anesthetic the surgery was performed. In poverty and pain she reared a family of six children but never asked for favors of pity or charity because of her tragic handicap. According to one friend, "her wrinkled forehead" and "her soft dark eyes" bore witness to the "pain and suffering" she had endured in her life, yet her face bore "no trace of bitterness" at her fate. In "patience and serenity" Nellie touched the lives of all with whom she associated. She died at age 69 in Cedar City. - She Stood Tall On Her Knees by William Palmer (retrieved from <http://www.suu.edu/campmap/statues/nellie.html>, 03/07/09)



Change is the Theme in SUUSA Elections

by *Dennis Busch*

2009 continues an era of political change in America, and there is no exception in the Student Association. This year, there are many successful changes being made the SUUSA elections procedure. Building on the already successful facets of the process, these changes ensure that the student body has ample opportunity to voice their opinions and get involved.

When students went to the polls this year, they had the opportunity to cast their ballot on more than one day, a first in SUU History. The primary and general elections each covered a Tuesday and Wednesday in consecutive weeks, a move increasing the number of students who take the time to vote. The practice of multi-day voting is common among most colleges and universities throughout the state, yet SUU has stuck to single-day voting and still claimed top numbers in percentages of students who vote. With little room for harm, increasing the number of days that students can vote will hopefully only bring our numbers up, and is more on par with what other schools are doing, even CNU.

The process of electing delegates to the Clubs and Student Involvement Assembly has been extremely ineffective in previous years, with very few

club presidents voting, and few delegates running. The delegate election process has never been codified in the SUUSA constitution or the Election Bylaws until this year. SUUSA officials put together the procedure, and the senate passed them in the Election Bylaws, instituting a democratic election of the Delegates. Each student who is on an official club roster elects delegates who will represent them, and thus produces a more representative body.

For executive and senate candidates, the entire student body casts their vote in the primary and general election, selecting ultimately one person for each executive position, and two senators from each college or school.

This election season has also seen a higher turnout of executive council candidates, with the number of individuals vying for the office of Student Body President, doubling this year. This increase in student's willingness to get involved, especially from those outside student government, is a refreshing change and an affront to the myth of total student apathy.

Change simply for change's sake is never a wise idea. Though some of these changes will carry a large impact, progressive and thoughtful alterations to even the most time-honored of rituals is a step in the right direction.

SUUSA Election Results

SUUSA EXECUTIVE COUNCIL

Cody Alderson, President
Megan Spiva Lloyd, Academic Vice President
Alayna Ferrin, Involvement Vice President
Amy Shupe, Activities Vice President

SUUSA SENATE

Beverley Taylor Sorenson College of Education & Human Development
Greg Hyde,
Tina Swadley

College of Computing, Integrated Engineering & Technology
Tyler McAllister,
Trevor McDonald

School of Business

Matthew Argyle
Andy Davis

College of Humanities & Social Sciences

Cameron Brown
Russ Kennedy

College of Science

Nate Anderson
Taylor Foulger

College of Performing & Visual Arts

Jayde Udall
Shani Worthen

Dominic Yeager, *Graduate School*

Bullet Points



Student Services Division Announcements

SERVICE EXCELLENCE AWARD NOMINATIONS

Don't forget to nominate the Student Services All-Stars for the Service Excellence Award! The deadline is March 16th. Visit <http://suu.edu/ss/award/> for details.

INCREASE IN CONVENIENCE STORE SALES

The Convenience store remains one of the bright spots for the SUU Bookstore. All product categories sales are up dramatically for the C-Store, with an overall increase of 50% over last year. Pricing, selection, and a clean friendly environment continue to be a hallmark for this store. Lynn continues to add that personal touch that keeps the regulars coming back.

BOOKSTORE REARRANGES

The Bookstore has undergone some product rearranging since the holidays. SUU memorabilia has made its way up to the front of the store with gift and general trade moving to a more central location. The changes have been met with accolades from those that have seen it first-hand. If you haven't been in the Bookstore for a while, we invite you to pay us a visit!

FIRST ANNUAL SUMMER SALES FAIR

Career Services is hosting the first annual Summer Sales Fair on Monday April 6th from 10 a.m. – 1 p.m. It will be held in the Sharwan Smith living room. To see a list of employers coming go to this web address <http://suu.edu/ss/career/Sales09cf.html>. Some students use this opportunity as an internship.

CAREER FAIR ATTRACTS 10 NEW EMPLOYERS

Career Services had another successful Spring Career and Summer Job Fair despite the economy. In addition to our faithful employers who know about our great students, we had 10 new employers at the career fair this year and they only had positive things to say about our students, staff, and faculty. Many of them commented that they will be back again to recruit our students. If you would like to see the list of who attended the career fair please visit this web address <http://suu.edu/ss/career/Spring09cf.html>. Special thanks to Don Kuhn and his staff at Chartwells for doing a fantastic job with breakfast and lunch. We would also

like to recognize the student ambassadors, SUU R.O.T.C. students, Professional Accountancy Club, and many School of Business students that helped out throughout the day. We could not have done it without you. THANK YOU!!!

SENATOR'S OFFICE SUMMER POSITIONS

Senator Bennett's office was on campus March 3rd interviewing potential Washington D.C. candidates to work in his office over the summer.

Senator Hatch's office was on campus March 5rd interviewing potential Washington D.C. candidates to work in his office over the summer.

STUDENT SUPPORT SERVICES HONORS STUDENTS

Student Support Services (SSS) is excited to honor the achievements of three outstanding students at the annual TRiO Achiever Luncheon on April 15th. The three students who are being honored for their academic and personal achievements are Shauna Muir Johnson, a senior majoring in Accounting, Brenda Bentley, a senior Nursing student and Chip Sanders, a senior majoring in Marketing. Chip is also served by the Office for Students with Disabilities and is therefore going to be given the Frank Behunin Award which recognizes a student who has overcome the challenges of significant disabilities to achieve academic goals. Each of the students honored will receive a small scholarship and also have an opportunity to share their personal story with the faculty and staff attendees. This luncheon is a reminder of the dedicated students we have at SUU and how with a little extra support and academic assistance they can achieve against the barriers of being low income, first generation and/or disabled. Our SSS program is proud to host this TRiO Achiever Luncheon.

ASPIREing TO NEW HEIGHTS

The staff of ETS, UB and SSS have worked with energy and dedication to coordinate the Utah ASPIRE Conference which was held March 11-13th in Springdale UT at the Zion Park Inn. This statewide conference, "UTAH ROCKS: ASPIREing to New Heights" brought together TRiO and academic support staff from all around our state. The conference started out with two service projects, one in Zion National Park and one at Best Friends Animal Society and a fabulous Dutch Oven dinner prepared by award winning chef Mark Leavitt (SSS). Many thanks go to SUU staff who willingly shared their expertise in conference workshops and presentations: VP Donna Eddleman, Pam Branin, Jill Wilks, Dina Nielsen, Carmen Alldredge and Bob Ogie! Our great SUU staff were again the key to a successful conference!

INCREASED VISITS AT STUDENT HEALTH CLINIC

Patient visits at the have increased in the Student Health Clinic this year! Visits were up 30% in January 2009, compared to January, 2008. The beginning of fall and spring semesters is particularly busy in the Student Health Clinic. This is when students who need tuberculosis testing and vaccinations for their majors, EMT classes, work, and volunteer experiences come to our clinic. Since hiring our full time medical assistant, Terri Overson, we can help these students on a walk in basis. This allows students to receive these services in a timely manner; and they don't have to leave campus. Of course, an increase in patient visits increases the workload of our administrative assistant, Debbie Foster. Debbie has done a great job of keeping the clinic schedule, charts, and fees organized; answering phone calls, making appointments, keeping track of purchases, and all the other things that are so important to having a well functioning clinic. The best thing is she does it with a smile on her face, and a positive attitude.

ECONOMIC DOWN-TURN AFFECTS STUDENT HEALTH RESOURCES

The down turn in the economy has affected the health care resources of our students. Students with health

insurance coverage have decreased 1% when compared to the same time last year. The local health department is not taking new patients into their family planning program. Other community resources have been cut or will be cut in the future. The Student Health Clinic can help or provide information on community resources if a student is struggling with health concerns. The Student Health Clinic staff can examine, diagnose and prescribe for most health conditions. We are very familiar with low cost prescriptions plans offered by local pharmacies. The Student Health Clinic can help students' access prescription assistance programs if they need help paying for ongoing medications and do not have insurance. The Student Health Clinic has in office laboratory testing for strep throat, mononucleosis, pregnancy, glucose, anemia, bladder infections, and HIV for the same cost as a co pay or less. We have out of office laboratory testing for women's pap smears, and STD testing for both men and women.

INCREASE IN RESPIRATORY ILLNESS CASES

The Student Health Clinic had a 20% increase in the number of patients we saw with respiratory illnesses this year compared to the same time last year. To prevent you from getting one of these illnesses please remember to wash your hands, and avoid touching your face. If you do come to work when you are sick, try to stay three feet away from other people, do not share anything, cough in your elbow or a tissue (then throw it away), and wash your hands frequently. Better yet, stay home if you are sick, especially if you have a fever.



Between the Lines

Milestones

DONNA EDDLEMEN (*Vice President for Student Services Office*)

A HUGE congratulations to Donna Eddleman for successfully defending her dissertation proposal in only 30 minutes on a day when the rest of the east coast was closed down due to snow. She begins her research immediately, and we'll look forward to calling her Dr. Eddleman by fall semester.

DONNA EDDLEMEN (*VPSS Office*) & **STEPHEN ALLEN** (*Enrollment Management*)

Donna and Stephen wowed us all last Thursday at the 3rd annual Dancing with the Stars! Stephen started out in his famous red Snuggie and then showed off his quickstep with Maralayna Sheeran. This was followed by Donna and Chris McGahan doing a dramatic tango. Both were amazing performances, and Donna even made the finals! If you weren't able to make it but have a chance to see the video, do! It left many in attendance in awe!

PATRICK CLARKE (*Student Success Center*)

Speaking of PhDs, if you see Dr. Patrick Clarke around campus, be sure to congratulate him on his dissertation defense. He is officially done, and his family is looking forward to actually seeing him in the evening and on weekends. Way to go, Dr. Clarke!

PAM BRANIN (*Service & Learning*)

Pam Branin has long been known as the most passionate and giving of her time and energy, but now the rest of the state will be able to recognize her service as well. Pam has been selected as SUU's recipient of the Utah Campus Compact's Civically Engaged Staff Member. This award recognizes individuals with leadership in advancing community engagement as a critical component within their higher education institution; evidence of supporting faculty, administrators, and students; formation of innovative campus and community partnerships; and engaging, modeling, or influencing students to be involved in community service and/or service-learning. Well done, Pam!

TINA CALAMITY (*Multicultural Center*)

Tina Calamity and her family are also examples of service in action. They brought three foster children into their home (in addition to their own three girls). The youngest girl has since moved in with a family

hoping to adopt her, but the older two still reside with the Calamity family. What a great example!

JON MCNAUGHTON (*SUU Student Association*)

Jon McNaughton, our newly-relieved student body president, has done the T-Birds proud by being accepted at Stanford, the University of Nebraska-Lincoln, and the University of Utah in Higher Education Leadership. We've already seen his leadership skills here, so we will look forward to having him back at SUU when he finishes up. Great job, Jon!

JOHN SHAFER (*Student Support Center*)

You may have noticed John Shafer hobbling around the Student Center as if someone ripped off his toes ... well, you're close. Actually just one toenail, but anyone who has had a needle in the toe (or even stubbed one really good) knows how painful it can be. Get well, John! We hope to see you running laps in a week or so!

DALE ORTON (*Vice President for Student Services Office*)

Finally, rumor has it that Dale is planning to take his lovely wife, Netta, on a seven-day cruise to either Alaska or around the Caribbean. Anything you can do to nudge him out the door would be appreciated by those trying to get him to take a little time for himself! It would also be greatly appreciate by Netta ... I'm sure.

Highlighting Keri Mecham



Dream career:

VP of Student Services

Favorite way to spend "spare" time:

Traveling

Favorite movie of all time:

I love movies, so I can't choose just one. Here are a few of my favorites: Nuovo Cinema Paradiso, The English Patient, Young Frankenstein, The Mission & Shawshank Redemption

Full name:

Keri Mecham

Favorite book:

Little Women

Nickname:

Ker Bear (embarrassing but true)

Favorite website:

facebook.com

Place of birth:

American Fork, UT

Favorite subject in school:

Math

Hometown:

Magna, UT

What were you involved in during college?

Alpha Phi International Fraternity/Phi Alpha Beta, SUUSA (Activities VP & United Arts Director), Presidential Ambassador, Phi Alpha Theta History Honor Society, Braithwaite Fine Arts Gallery Intern

Dream car:

Alfa Romeo GT Coup

Words of inspiration:

Be the change that you want to see in the world. - Mohandas Gandhi
Luck happens when preparation meets opportunity. - author unknown

First car:

Saturn

The song that says it all:

The Israel Kamakawiwo'ole version of Somewhere Over the Rainbow/It's A Wonderful World

Pet peeves:

Blaming others and not taking responsibility for one's own mistakes

What do you wish you could tell ALL freshmen?

This is the time to take advantage of all SUU offers. Choose wisely--these opportunities only come once in your lifetime.

Birthdays

March 2	Dina Nielsen	VPs Office
March 5	Mary Jane Higley	Financial Aid & Scholarships
March 8	Cindy Nelson	Bookstore
March 14	Lee Chamberlain	Housing
March 14	Kristin Wiggins	Registrar's Office
March 16	Annette Damavandi	Chartwells
March 20	Leanne Maxwell	Upward Bound
March 21	Quinn Mortensen	Admissions
March 23	Juliann Smith	Admissions
March 29	Tonya Taylor	Bookstore
March 29	Paula Parry	Admissions
April 2	Pat Gardner	Public Safety
April 7	Lauri Garfield	VPs Office
April 21	Delene Small	Bookstore
April 22	Lynn Pruitt	Bookstore
April 27	Cindy Nelson	ETS
April 28	Jamie Orton	Admissions
April 29	Mark Leavitt	Student Support Center
May 2	Julie Walker	ETS
May 12	Jared Hallows	Financial Aid & Scholarships
May 21	Steve Harrison	Residence Life
May 22	Chris Proctor	Admissions
May 29	Neuman Duncan	Housing
May 29	Terri Overson	Student Health Center
May 30	Jennifer Ellsworth	CAPS
June 3	Deniece Allred	Student Involvement & Leadership
June 5	Meaghan Cottam	Registrar's Office
June 12	Cathlyn Allred	Registrar's Office
June 15	Taylor Nelson	Public Safety
June 17	Scott Atkin	Housing
June 19	Susan Linder	Career Services
June 26	Tina Calamity	Student Support Center

About This Publication

The Notebook is an electronic newsletter published bi-semesterly for the Division of Student Services at Southern Utah University. It includes the following four sections:

College Ruled

This section emphasizes continuous personal and professional improvement by featuring articles that provide insights into the world of higher education. It also contains an article from the Vice-President for Student Services office and articles related to the improvements realized by Student Services departments.

The Binding

This section celebrates the purpose of Student Services: SUU and its students. Each issue features an article revealing obscure SUU history and culture. Surrounding articles focus on student achievements, reinforcing the connection between SUU students and Student Services.

Bullet Points

Content within this section is administrative and professional related. Division announcements, upcoming events, departmental news, professional achievements and department recognitions characterize *Bullet Points*.

Between The Lines

Focusing on individuals within the division, this section announces personal achievements/milestones, anniversaries, birthdays, special non-professional recognitions, etc. Each issue also features an article highlighting a division member.

PUBLICATION SCHEDULE

Next issue: Fall 2009 (TBD)

Content Submission Deadline: TBD

CONTENT SUBMISSIONS

Individual departments are encouraged to submit articles and information to The Notebook, particularly information for the *Bullet Points* and *Between The Lines* sections. Guidelines for submissions can be

found below or requested from the Vice President for Student Services office. Please email submissions to Dina Nielsen (NielsenD@suu.edu) before the content submission deadline.

CONTENT SUBMISSION GUIDELINES

The Notebook is designed to be relatively informal; however, in an effort to foster clear communication, please consider the following guidelines and suggestions when submitting content:

- Differentiate personal from professional information (i.e. A co-worker experiencing two events—1) receiving a professional honor and 2) celebrating a marriage—requires two separate articles).
- Announcements excluded, article submissions for *Bullet Points* should report significant administrative or professional events (e.g. major promotions, honors, departmental advancements, etc.).
- Use full names
- Use specific dates or time references
- Employ 3rd person point of view when articles are of a more professional nature. For personal related articles, 1st person point of view is suitable, but not required.
- Include pictures when possible (except photo directory pictures, which are already filed)
- Submit the article to Dina Nielsen (NielsenD@suu.edu) in an electronic format (word or text document, email, etc.)

For assistance or clarification with content submissions, please contact Dina Nielsen (NielsenD@suu.edu) or Ty Jewkes (JewkesT@suu.edu).

SUBSCRIPTION REQUESTS

To request The Notebook for yourself or a co-worker not currently receiving issues, please email your name, department, and email address to Dina Nielsen (NielsenD@suu.edu).