

EXCHANGE

SEPTEMBER 2, 2010

Witness the Human Side of Genius: Albert Einstein



To start off the fall semester, the Cultural Affairs Committee at Millersville will present, “Albert Einstein: The Practical Bohemian,” featuring Ed Metzger, Thursday, September 9, 2010 at 7 p.m.

In “Albert Einstein; The Practical Bohemian,” Metzger portrays the human side of Einstein; the original absent-minded professor, confused and troubled father, outspoken protestor against war, philosopher and womanizer. Metzger brings out Einstein's sorrows as he was forced out of Germany by Hitler and his horror in learning that his theories were used for the development of the atomic bomb.

This performance, which will be held on campus in Lehr Room, Gordinier Hall, correlates with this year’s freshman common reading selection, *Einstein's Dreams*, by Dr. Alan Lightman. Common reading, held during freshman orientation, is an opportunity for students to meet fellow classmates and interact with members of the University faculty. It is considered an introduction to academic life at Millersville.

Metzger is an accomplished actor, writer and director with a unique ability to portray real-life famous people. The most famous of his portrayals is Einstein. Metzger is the only actor who has ever received an endorsement from the Einstein family, who recognized Metzger’s talents to personify their relative, one of the most famous men of the 20th century.

In addition to the September 9 performance, Metzger, along with wife and manager Laya Gelff, will conduct three workshops for Millersville students.

The performance is free, however, tickets are required. Tickets can be ordered Monday through Friday, 8 a.m.-4:30 p.m. at Gerhart Hall (22 E. Frederick St.) or by calling 717-872-3811. For more information, visit “Upcoming Events” at www.millersville.edu/.

Have you signed up *for* MU Alert?



What if there is a fire in your building or a lockdown on campus? What if severe weather strikes, leaving Millersville's campus covered in snow? In the event of an emergency on campus or a weather-related delay or cancellation, make sure you are signed up to receive MU Alert, the campus cell phone text messaging and email alert system.

Signing up for MU Alert is easy and you only have to do it one time, simply go to www.mualert.millersville.edu/, click "new user" and enter the required information.

When receiving MU Alerts, follow the instructions in the message and wait for follow-up messages. Up-to-date information will also be posted on Millersville's homepage, www.millersville.edu/.

"Millersville University has developed a systematic approach to emergency communication that uses multiple methods of communication including MU Alert, mass text message and email alerts; mass notification system, siren and public address alerts; reverse-911, mass phone alerts and website alerts and updates," said Pat Weidinger, Millersville's director of safety & environmental health.

"In an emergency, timely and accurate communication of information to those who need it, is critical," said Weidinger. "We encourage faculty, staff and students to sign up."

To learn more about emergency preparedness and emergency communication, visit Millersville University Police Department and Health & Safety websites at <http://www.millersville.edu/safetyandsecurity/>. For more information on MU Alert, contact Weidinger at Patrick.Weidinger@millersville.edu or 717-872-3715.

Library search made easy



The screenshot shows the Millersville University Library website. At the top, the university logo is on the left with the motto "SEIZE THE OPPORTUNITY". To the right, there is a "Library Quick Links ..." dropdown menu, the name "Helen A. Ganser", and the date "Monday, August 30, 2010, 11:05 AM". The word "Library" is prominently displayed in a large font. Below the header, there are four main navigation columns: "About the Library" (blue background), "Library Services" (green background), "Finding Information" (yellow background), and "What's New!" (red background). The "About the Library" column lists links like "calendar & hours", "code of conduct", "contact us", "library locations", "library publications", "library reports", "mission statement", "new items in the library", "policies", "student", and "employment". The "Library Services" column lists "ask a librarian", "citation style", "guides", "interlibrary loan", "patron services", "renew items / check due dates", "request it / ill reserve", and "for faculty". The "Finding Information" column lists "articles & databases", "books (and more)", "course guides", "list of journals", "reference resources", "special collections", and "website index". The "What's New!" column features a graphic titled "OIL SPILL RESOURCES" showing a sea turtle. At the bottom, there is a search bar with "Search Library Catalog:" and "by:" labels, a "Title Search" dropdown, a "GO" button, and a "Search" button. Below the search bar, there are links for "Browse: DVDs | Feature Films | Music CDs | New Items | Praxis Study Guides" and a "NEW! Library Search" section with links for "Library Search (nearly all library resources)" and "Library Search Computer Science (beta)".

Millersville University students, faculty and staff can now search nearly all University library resources from a single search box. The state system has been working with EBSCO Publishing (EBSCO) for more than a decade and Millersville recently chose the EBSCO Discovery Service (EDS) as its unifying library search solution.

The University's new "Library Search" service brings together in one place the ability to search the library catalog, dozens of research databases, full text research journals, newspapers, trade publications, government documents, image and video resources and the full text of thousands of electronic books, along with some digital content from University Special Collections and Archives.



Scott Anderson

"The University community should find this service familiar as the bulk of the library's research databases use the same platform and therefore have the same 'look and feel' and similar functionality," said Scott Anderson, professor and information systems librarian at Millersville.

"In addition, anyone who has created an account on the service will be able to create folders and manage citations to any item they find through the service or any other database available through the EBSCOHost platform."

The “Library Search” service allows users access to citations and text from nearly 50,000 magazines and journals, approximately 825,000 CDs and DVDs, nearly six million books and more than 20,000 conference proceedings.

“The ability to search nearly all of the library’s resources from a single point is great when you do not know quite where to start or if you want a very broad or interdisciplinary view of the research available on a topic,” said Anderson.

Millersville was the leading development partner for this product and the first customer. There are currently more than 100 other subscribing institutions around the world signed on to use this product and more than 100 other institutions evaluating the service. The “Library Search” box can be found on the library’s website, <http://www.library.millersville.edu/>. For more information, contact Anderson at Scott.Anderson@millersville.edu.

Learning about Ancient Sports



Dr. Jeffrey Wimer in Cambodia

Dr. Jeffrey W. Wimer, wellness and sport sciences, recently traveled to Cambodia as a representative of Millersville University to participate in a National Science Foundation supported Chautauqua short course for college teachers sponsored by the University of Texas at Austin. The goal of the Chautauqua program is to allow invited scholars to stay current, while exposing them to innovative concepts related to their teaching.

“Experiencing daily life in Cambodia was remarkable,” Wimer said. “From a wellness and sport sciences perspective, I was able to study Bokator, which is an all encompassing ancient fighting art that includes grappling and punches.”

The first known references to Bokator are in the carvings on the walls of Angkor Wat Temple—a site Wimer visited and researched with an expert guide. “Learning more about the culture and history of this ancient sport, based on Cambodian warrior practices, is important because there has been a surge in the popularity of mixed martial arts within the United States among many boys and young men,” Wimer said.

Having studied in Cambodia will allow Wimer to better inform his students, many of whom embrace mixed martial arts and openly discuss training techniques and injuries with him in his classes. In addition, Wimer was able to learn more about the dietary patterns of both Cambodian and Vietnamese families by visiting a typical village (see photo) and asking questions through a translator about the nutritional habits of the residents. Wimer’s work at Millersville University focuses on childhood obesity prevention strategies and eating disorders.

A Surprise Act of Kindness



Ana Borger-Greco proudly showing off the wonderful gifts the department received from eight Spanish graduate program students.

In an unexpected turn of events during the Spanish graduate program's traditional Gala Farewell Dinner, eight master's students, six of whom graduated in August and two who will graduate in December, presented the foreign languages department with a framed photograph of El Greco's "View of Toledo," as well as a framed poem by Antonio Machado, titled "Caminante no hay camino" that included a photograph of the eight students. The poem speaks to a traveler, telling him that there is no "path" to follow, that you make your own path as you travel along the road of life. "I have rarely been so touched by thoughtfulness," said Dr. Ana Borger-Greco, director of the Spanish graduate program and summer institute. These gifts will be on display in the foreign language department.

New Faculty and Staff, New Positions and Searches

When classes started on August 30, in addition to the new students, there were also several new faculty and staff members on campus. The following is a list of new employees, new positions for employees and a couple of the major searches taking place.

Band Director

Joshua Decker has been named director of the Millersville University Marauder Marching Band. He has his master's and bachelor's degrees in music education from West Chester. Decker studied saxophone and conducting and has previous experience conducting the Conestoga Valley High School marching, concert and jazz Bands. In addition, he taught band at Cumberland Valley, Mechanicsburg and West Chester High Schools. He performed with the Reading Buccaneers Drum and Bugle Corps and the West Chester University Marching Band. He is a member of the National Music Educators Conference as well as the Pennsylvania Music Educators Association. The Marauder Marching Band is open to all University students. For additional information, please visit <http://www.millersville.edu/~muband/>.

Social Equity & Diversity



President Francine G. McNairy recently announced that Hiram Martinez will serve as interim assistant to the president for social equity & diversity effective August 30. Since coming to Millersville in January 2001, Martinez, has served several roles within the social equity office including equity & diversity coordinator, interim assistant director and most recently, associate director. Martinez holds a bachelor's degree in political science from Bloomsburg University and a master's degree in public administration, with a concentration in

human resources management from Penn State University. The announcement comes in the wake of Patricia Hopson-Shelton's retirement from Millersville after 23 years of service.

Millersville Welcomes New Faculty



The new faculty orientation program was held August 18 & 19. In the picture are: Dr. Mark A. Boyle, music and Dr. Jennifer Jeffrey-Pearsall, psychology. Absent: Dr. Ofelia Traistaru, physics and Dr. Vera Volchansky, music.

Other announcements in academic affairs include:

- Cameron Kane was named as a new administrative assistant.
- Imani S. Powell was named assistant director of admissions.
- Elaine M. Raffucci was named director of Migrant Education.
- Dr. Angela M. Tekely was named associate dean, College of Graduate & Professional Studies.
- Paul Young was named director, Corporate University.

Finance and Administration

- Mike Mentzer was hired as an HVAC mechanic.
- Lisa Ulishney was hired as a food service worker.

Student Affairs

Financial Aid - Emiyaril Andino has been hired as the PHEAA Grant / Veteran's Coordinator. She was previously employed by the Spanish American Civic Association and, was a graduate assistant at Millersville University

Health Services –

- Joanne Ocasio, R.N., has been hired as a nurse supervisor. She was previously employed by Ephrata Community Hospital.
- Anne Pryzbylkowski, CRNP, has been hired as a nurse practitioner. She works part-time at SouthEast Lancaster Health Services.
- Jean Ressler was hired as a clerk typist. She was previously employed by Millersville's nursing department.

Intercollegiate Athletics -

- Shell Behrens, field hockey head coach, was elevated from part-time to full-time.

- Jennifer Constantino was named interim assistant volleyball coach. She previously served as head volleyball coach at Albright College.
- Mike O'Brien, women's soccer head coach, was elevated from part-time to full-time.
- Jamie Shadd was named assistant women's soccer coach. She previously served as an assistant coach at Allegheny College.
- Jon Shehan, baseball head coach, was elevated from part-time to full-time.
- Joseph De'Rail Sims was named a football coaching intern. He previously served as assistant coach at Pikesville College.
- Brian Smith was named interim head volleyball coach. He previously served as assistant coach at Millersville University.
- Steve Widdowson, men's soccer head coach, was elevated from part-time to full-time.

University Police

- Darrell Ware was hired as a police officer. He was previously employed by Pennsylvania Capitol Police and Cheyney University.
- A search is currently underway for a new police chief for Millersville University. Lieutenant Arthur White has been named interim police chief during the search. White has been a member of the MUPD since 1994, and has a wealth of experience with students, law enforcement and the community.

UC&M

A search is currently underway for a new marketing director in University Communications & Marketing to replace Elizabeth Braungard, who took a position at Elizabethtown College. During the search, advertising and marketing questions should be directed to [Amy Dmitzak](#).

Staff Activities

Seamus Mulryan, educational foundations, has recently published a review of James Page's *Peace Education: Exploring Ethical and Philosophical Foundations*. The review can be found in *Education Review* at <http://www.edrev.info/reviews/rev960.pdf>.

Dr. Mark Snyder, industry & technology, recently received the Fred J. Hartman Service Award from the International Graphic Arts Education Association (IGAEA). The award recognizes "devoted service over many years to the promotion of graphic arts education in industry and institutions of learning." Snyder has served the IGAEA for more than 12 years as a regional vice-president, treasurer and president. He hosted the national conference for the organization in 2000 and chaired the annual "Gutenberg Awards" student competition for three years. Snyder also served as the interim editor of the *Visual Communications Journal (VCJ)* and continues to serve on the Editorial Review Board of the VCJ.

Retired

Dr. Dennis Denenberg, professor emeritus, elementary and early childhood, continues to present keynote addresses to conferences and conventions for corporate, teacher and parent groups. Denenberg gave "Teaching American History" (TAH) grant programs on July 6 in Lakewood, N.J., and July 28-29 in Charleston, W.V. In addition he gave a workshop for the National Park Service on July 16 in Valley Forge, Pa., and a keynote address and TAH workshop on August 12 in Aiken, S.C., and on August 13 in Charleston, S.C.

Upcoming Events

September 6 – October 7

Art Exhibit: Darlene Farris-Labar
Sykes Gallery, Breidenstine Hall

This art exhibit features sculpture work and drawings by Darlene Farris-Labar. The exhibition will run from September 6 until October 7, 2010 at Sykes Gallery, located in Breidenstine Hall. A lunchtime lecture for the

exhibit will be held Monday, September 13, at noon. This event is free and open to the public. For more information, contact Line Bruntse at 717-872-3302 or Line.Bruntse@millersville.edu.

September 9

Einstein: The Practical Bohemian

7 p.m.

Lehr Room, Gordinier Hall

Ed Metzger, an accomplished actor and writer, has the unique ability to portray real-life famous people. In major films, on television and the Broadway stage, his list of characters include Albert Einstein, Ernest Hemingway, Teddy Roosevelt, George Washington as well as cops, mobsters and gangsters. Metzger tours his nationally acclaimed one-man live stage show, "Albert Einstein: The Practical Bohemian," at major theaters throughout the country as well as on Broadway and The Kennedy Center.

This event is free and open to the public; however, tickets are required to attend. It is sponsored by the Cultural Affairs Committee. For more information, contact Dwight Horsey at Dwight.Horsey@millersville.edu or call 717-872-3026.

September 16

Walk a Mile in Her Shoes Fundraiser at the Barnstormers

6:30 p.m.

Clipper Stadium, Lancaster

Millersville University's Elsie S. Shenk Wellness and Women's Program and the Millersville University Police Department are hosting a fundraiser and awareness night for Walk a Mile in Her Shoes, Thursday, September 16, at 6:30 p.m. at the Lancaster Barnstormers baseball game.

Walk a Mile in Her Shoes: The International Men's March to Stop Rape, Sexual Assault and Gender Violence is a project to inform the world of the contributions men are making to stop sexualized violence. It encourages men to walk one mile in women's high-heeled shoes to help understand and appreciate women's experiences and to raise awareness of the importance of involving men in ending gender violence.

Tickets for Millersville's fundraiser and awareness night at the Barnstormers game can be purchased by going online to www.LancasterBarnstormers.com and clicking on the "Fundraising Log-in" button. Click on the group's icon, "Millersville University Women's Wellness Center," and enter the fundraising code "wam." Then click "BUY," select seats and complete the order. Tickets are \$10 each and \$4 of every ticket will benefit Walk a Mile in Her Shoes at Millersville University.

Representatives from the Walk a Mile in Her Shoes planning committee at Millersville University and from Domestic Violence Services of Lancaster County will be at the event with a table to share information about Walk a Mile in Her Shoes and domestic violence.

Millersville's annual Walk a Mile in Her Shoes event on campus will be held on October 13. Campus and community involvement in the event is encouraged. A portion of the proceeds benefit Domestic Violence Services of Lancaster County. For more information, contact Jayme Trogus at 717-871-2238 or Jayme.Trogus@millersville.edu.

September 17

Humanities Film Series: Insignificance

7 p.m.

Myers Auditorium, McComsey Hall

"A comedy about life, death, sex and the universe relatively speaking." Nicolas Roeg's "Insignificance" remixes the past by focusing on a fictional meeting between "The Professor," Einstein (Michael Emil); Marilyn Monroe (Theresa Russell); Senator Joseph McCarthy (Tony Curtis); and Joe DiMaggio (Gary Busey) in a New York hotel room over the course of one night in 1954. The film uses flashbacks to capture intimate character details that shaped the lives of each of these larger-than-life personalities. During their meeting, Monroe

explains the special theory of relativity to Einstein using a model train, a balloon and a flashlight. This is a dark film, darkly humorous and darkly violent.

The discussion is led by Dr. Greg Seigworth, communication & theatre, and sponsored by the University Theme Committee and the Office of the Dean of Humanities and Social Sciences. This event is free and open to the public. No tickets required. For more information, contact Jill Craven at Jill.Craven@millersville.edu or call 717-872-3627.

September 21

2010 Wellness Fair and Farmers' Market

Quad

Millersville University will hold its 17th annual wellness fair and new farmers' market Tuesday, Sept. 21 in the quad area between the south residence halls.

Each year a different theme is chosen for the wellness fair based on the six wellness dimensions: physical, social, environmental, spiritual, emotional and intellectual. This year's theme is spiritual. There will be many community organizations, Millersville departments and student organizations with interactive displays and activities at this event.

For the first time this year, in addition to the wellness fair, there will also be a farmers' market featuring products from local vendors. Free snacks and music will be provided; free wellness fair T-shirts will also be given to the first 100 participants to visit 10 vendors at the fair.

The wellness fair and farmers' market will be held from 11 a.m. until 3 p.m. Due to campus construction, there will be no rain date or relocation for this event. In the case of rain, the event will be canceled. For more information, contact Deb Huslin at 872-3841 or wellnesscenter@millersville.edu.

September 24

International Film Fest

7 p.m.

Myers Auditorium, McComsey Hall

Join us for two screenings, one at 7 p.m. and one at 9 p.m., of foreign films. Presented by the Millersville University library and co-sponsored by the foreign languages department and the MU Cine Club. This event is free and open to the public. There is limited seating; no advance tickets. For more information, contact Erin Dorney at library.outreach@millersville.edu or call 717-872-3617.

September 30

Dr. Richard Carmona, former U.S. Surgeon General Public Lecture

7 p.m.

Pucillo Gymnasium

"Only in America: From High School Drop out to Surgeon General." Dr. Richard Carmona's path to becoming Surgeon General was characterized by numerous challenges throughout his life. As Surgeon General, Carmona focused on prevention, preparedness, health disparities, health literacy and global health to include health diplomacy. Recently, Carmona partnered with Lance Armstrong and the three other former US Surgeons Generals to launch the first National Call to Action on Cancer Prevention and Survivorship. The National Call to Action is a battle plan to make cancer prevention a national priority in the new war on cancer.

This event is free and open to the public. For more information, contact Kimberly Mahaffy at Kimberly.Mahaffy@millersville.edu or call 717-871-2344.

Who Makes Millersville Special



This issue of the Exchange features Richard A. Glenn, department chair and professor of government and political affairs at Millersville.

Q: How long have you been working at Millersville University? How long have you been department chair?

A: I am starting my 16th year. I have been chair for eight years.

Q: What are your favorite classes to teach?

A: Constitutional Law I: Federalism and Separation of Powers and Constitutional Law II: Civil Rights and Civil Liberties.

Q: Do you use a different curriculum or teach differently during election years?

A: No. I do set aside one class period in late October to discuss the election.

Q: Do you let your students have debates on candidates for elections, the 2008 election in particular?

A: No. I do not like formal classroom debates.

Q: What do you like most about your job?

A: The serious students.

Q: Why did you choose to teach at Millersville?

A: I was just out of graduate school and looking for a place that would allow me to become a specialist as opposed to a generalist. At many smaller schools, government departments have few faculty members, meaning each faculty member must teach a broad array of courses across the discipline. I preferred to teach within my subfield of courts and public law.

Q: I heard you use the “paper chase” theory of teaching. If this is true, can you describe what that is?

A: I do not think that it is often called the “paper chase” theory any more. It is the Socratic Method, however, I use it in my senior-level seminars. I want students to learn the development of legal principles. Rather than rote recitation, which is still important in many respects, there is a Socratic dialogue. For each class period, students are required to read and brief two to three Supreme Court decisions. In class, I ask students to “state the case,” which means to provide me with the facts, the route of litigation, the court’s ruling and its reasoning. Once that

information is presented, I want to know whether they agree or disagree with the result, whether the reasoning was correct or flawed, whether the conclusion was consistent or contrary to other cases previously decided and so forth. Instead of reciting what has been written in a case, students must, through reasoning, figure out the rule of law upon which the case relied.

Q: Do you use your own political views to teach the students, or must you keep them out of the classroom?

A: I am a fairly apolitical person. I think both parties have something to offer the American electorate. Even so, I do not care much for electoral politics or partisanship and I am not at all comfortable talking about my limited political views in the classroom.

Q: You once wrote a review on *To Kill a Mockingbird*. How many book reviews have you written?

A: I am a regular reviewer for the *Law and Politics Book Review*, a publication of the Law and Courts Section of the American Political Science Association (LPBR). I usually review one academic book for LPBR each calendar year.

Q: Do you have any favorite books or genres?

A: For nonfiction, I enjoy American history and baseball. For fiction, I enjoy espionage.

Q: You have many publications. Which one has been your favorite to write? Why?

A: I enjoyed most writing a book on constitutional privacy. It was my first major project and required that I use most of the research and writing skills I had learned in college and graduate school. I also enjoyed co-authoring a book on the Fourth Amendment with my major professor from graduate school.

Q: What is your favorite thing to do in your free time?

A: I like to run, read, play and coach baseball, and spend time with my wife and sons.

Q: What college/university did you attend?

A: I received my bachelor's degree from Carson-Newman College, a small, private, liberal-arts institution in Jefferson City, Tenn. I earned my graduate degrees from the University of Tennessee.

Q: What did you want to be when you were growing up?

A: The second baseman for the Chicago Cubs or Cincinnati Reds.

Q: Since you are a faculty athletic liaison, I assume you like sports. What is your favorite sport? Do you have a favorite professional sports team?

A: Baseball. The Chicago Cubs.

Q: What is your favorite job that you ever had?

A: The summer after my sophomore and junior years in high school, I mowed lawns.

Q: Have you ever been out of the country? If so, what country has been your favorite? If not, where would you like to travel the most?

A: My parents were foreign missionaries, so I was raised overseas. As a kid, I lived in West Germany, Liberia, Iran and Norway. I have also spent (as an adult) three summers in South America. For a variety of reasons, the two years I spent in Iran were the most memorable.

Q: If you were stranded on an island, what is the one thing you wish you had with you?

A: My family.

Marketplace

Furnished San Antonio Condo for Rent - Weekly or Monthly

Description: A perfect vacation retreat!! Beautiful San Antonio condo near Medical Center: 2 bedrooms, 2 ½ baths, living room, dining room, laundry, fully equipped kitchen, back deck, front patio, park-like setting, 2 car garage, walking trails across the street, cathedral ceilings, fireplace, flat screen TV, linens and free Wi-Fi.

Gated condominium complex includes 2 pools, hot tub, and tennis court.

Nearby attractions: Fiesta Texas (15 minutes), Sea World (15 minutes), San Antonio Riverwalk (15 minutes), Medical Center (2 minutes), the Alamo (15 minutes)

\$400 per week or \$1,500 per month. Call 210 541-8543 or e-mail dr.jackcassidy@gmail.com.

Resources

H R NEWS

Professional Development & Training

Learn a new topic, take a refresher, or use as a reference tool!

The Office of Human Resources is committed to providing you with valuable training and is excited to announce the availability of MindLeaders e-Learning courses. These courses are available through the Internet from both your home and the office. Titles include *Building Relationships*, *Communicating with Power*, and *Managing Change*. To register for your personal e-Learning ID, please contact Melanie DeSantis at X3272.

State Employee Assistance Program

Suffer a shock, loss or disappointment lately? “**The Art of Bouncing Back**,” the latest SEAP article, provides advice and practical ways to develop and build resilience, which is a positive way to deal with stress.

You can learn more about the SEAP program plus have the ability to access this article and previous articles on our website: [http://www.passhe.edu/executive/HR/SystemHR/Benefits/tap\)/Pages/seap.aspx](http://www.passhe.edu/executive/HR/SystemHR/Benefits/tap)/Pages/seap.aspx)

Benefits

PASSHE Health Plan Updates (Faculty, Managers, Police, Nurses, Coaches only)

Reminder Regarding Your Health Plan Premium

(From the Spring 2010 PASSHE Group Health Plan Open Enrollment Newsletter)

Effective July 1, 2010, the employee's portion of the health care premium cost-sharing has increased.

Employees who are covered under a Highmark plan (the PPO or the Indemnity Plan) and who have completed the participation requirements for Phase 3 of Healthy U now contribute **15%** towards the cost of their healthcare premiums, via their bi-weekly payroll contributions. Those Highmark covered employees who chose not to participate in Healthy U now contribute **25%** towards the cost of their healthcare premiums. Prior to July 1, 2010, these contribution rates were 10% (for Healthy U participants) and 20% (for Healthy U non-participants). **The increase in contributions was reflected on the pay check dated July 2, 2010.**

Employees who have elected coverage under one of the HMO options now contribute 15% toward the cost of their healthcare premiums. There is no wellness program currently associated with the HMO plan options. Prior to July 1, 2010, the employee contribution rate applicable to the HMO coverage was 10% of the premium cost.

Non-faculty athletic coaches' contribution has increased from 1.0% to **1.5%** of salary for Healthy U participants and from 2.0% to **3.0%** of salary for coaches who chose not to participate in Healthy U.

Healthy U

Phase 4 of the Healthy U Program began on July 1, 2010. The requirements of Phase 4 will be similar to Phase 3 with the addition of some new activities available to earn your points. *Watch your e-mail for further details and instructions on how to participate in Phase 4 to earn the lowest health plan premium*

For more information on the Healthy U program please visit:

<http://www.passhe.edu/executive/HR/SystemHR/Benefits/healthyu/Pages/default.aspx> You may also contact Human Resources at X3017 with questions about Healthy U.

Health Care Reform Update-Coverage for Children up to Age 26

You may be aware that the health care reconciliation bill recently signed by President Obama included a provision that would allow children to remain covered under their parent's health plan until age 26 regardless of student status. PASSHE has informed us that this provision will not be implemented for the PASSHE group health plan until July 1, 2011. At this time, we expect that PASSHE will provide further information in conjunction with Open Enrollment next year.

PEBTF Health Plan Updates (AFSCME, SCUPA and Physicians) Coverage for Children Up to Age 26

PEBTF is allowing children who turned 19 (or 23 if full-time student) after May 1, 2010 to remain on their parent's coverage through the age of 26 if they do not have coverage through available through an employer. Employees who have children between the ages of 19 and 26 who were dropped from their parent's policy prior to May 1, 2010 may add them to their health plan at Open Enrollment (September 20 to October 29) to be effective January 1, 2011. Further details can be found at www.pebtf.org

Get Healthy

Recently PEBTF mailed notices regarding participation in the Get Healthy program. The notice indicated whether you met the requirements of the Get Healthy Program. The employee contribution for PEBTF's health plan is increasing to 3% of biweekly salary in October. If you earned the Get Healthy Waiver, your contribution will be 1.5% of your biweekly salary beginning in October. If you did not earn the Get Healthy Waiver your contribution will be 3% of your biweekly salary.

Upcoming Changes to Health Plan Options

Effective January 1, 2011 PEBTF's health plan options will change. Highmark Blue Shield PPO will replace the Capital Blue Cross PPO. (Highmark's network is the same as the Capital Blue Cross PPO.) Health America will no longer be offered. PEBTF's plan of benefits will not be changing. More detailed information will be mailed by PEBTF to your home address in advance of Open Enrollment, which will take place from September 20 to October 29.

Tuition Waiver Deadlines

Winter Session 2010 - November 1, 2010 Spring Semester 2011 - November 8, 2010
Environmental Health & Safety

Hands on fire extinguisher training is coming soon!

All faculty and staff are welcome to learn how to use a fire extinguisher to fight a fire. Watch for announcements this fall.

Employee Wellness

Events

A variety of employee wellness events have been planned for the 2010-2011 academic year. Because of your participation in the employee wellness survey, our focus this year is on stress management, fitness, nutrition, weight management, and back care. For a list of wellness events, please go to the last page of the newsletter or check out our website by clicking <http://www.millersville.edu/hr/wellness/index.php>

Phone: 872-3017

Fax: 872-3700

E-mail: human.resources@millersville.edu

Website: <http://muweb.millersville.edu/~hr/> 3

Wellness Fair:

Awaken Your Soul, Enlighten Your Spirit 9/21/10, 11 a.m.-3 p.m., Quad

Weight Management:

Drop 10 in 10, 10 weeks beginning 9/8/10, 11:30 a.m.-1 p.m., Caputo 128

Physical Activity:

Let's Get Started 9/2/10, 12 noon-1 p.m., Gerhart 10

1/27/11, 12 noon - 1 p.m., Gerhart 10

Fitness Center Orientation 9/7/10, 12 noon - 1 p.m., Fitness Ctr.

9/9/10, 1 p.m. - 2 p.m., Fitness Ctr.

2/1/11, 12 noon - 1 p.m., Fitness Ctr.

2/3/11, 1 p.m. – 2 p.m., Fitness Ctr.
Dance 9/13/10, 12 noon - 1 p.m., Brooks Gym
11/1/10, 12 noon - 1 p.m., Brooks Gym
Earth Day Spring Walk 4/22/11, 11:30 a.m.-2 p.m.

Nutrition:

Analyzing Food Labels 10/5/10, 12 noon-12:30 p.m., Gerhart 10
Eat This, Not That! 11/2/10, 12 noon -12:30 p.m., Gerhart 10
Fuel Your Workout 2/9/11, 12 noon-12:30 p.m., Gerhart 10
Organic and Inorganic-Making Healthy Choices 3/2/11, 12 noon-12:30 p.m., Gerhart 10
Food Safety & Ingredient Substitution 3/18/11, 12 noon-12:30 p.m., Gerhart 10

Stress Management:

Meditation 9/15, 10/20, 11/17, 12/15
12 noon-1 p.m., TBA
Tai Chi 12/1/10, 12 noon-1 p.m., Fitness Ctr.
2/23/11, 12 noon-1 p.m., TBA

Back Care:

Ergonomics and Back Care 11/11/10, 12 noon-1p.m.,Stayer 302
4/5/11, 12 noon-1 p.m., Stayer 302

Extras:

Red Dress Luncheon 2/4/11, 11:30 a.m.-1 p.m., Lehr
Aging Parents 3/22/11, 1 p.m.-2 p.m., Gerhart 10
Quest Diagnostics 3/23/11, Caputo 128
Know Your Numbers 4/12/11, 12 noon-1 p.m., TBA

***Event details are subject to change.**