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University Relations Staff

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Northeastern Illinois University

FOR YOUR INFORMATION

Nov. 28, 1989

FYI is published by University Relations, Northeastern Illinois University, for university faculty and staff members. Please send information to University Relations, C-437.

PAT WYMAN NAMED EMPLOYEE OF THE MONTH FOR NOVEMBER

The Civil Service Employee Excellence Award Selection Committee has chosen **Patricia Wyman**, Staff Clerk, University Computer Services, for the November employee of the month award. Pat's nominators wrote that she always calls in a warm and friendly way; never hesitates to put aside what she is doing and offer her help to solve problems, and "makes significant suggestions to improve our use of computers." It was a common observation among the nominations that Pat "goes beyond the parameters of her job description to offer services to individuals, which, in turn, benefit university programs." As one nominator put it, "she makes you feel good about University Computing."

WELCOME NEW STAFF!

Cassandra Riemer has been appointed a Program Associate for Women's Services and New Directions. She has a Bachelor of Arts in Psychology from Mundelein College and is nearing completion of the Master of Arts program in Counselor Education. Riemer's office is located in D-213, ext. 3699. . . . **Thomas Lake** was appointed as Sports Information Director and cross-country coach in the Athletics, Intramurals and Recreation Department. He was formerly sports information director at Triton College. Lake's office is located in PEB 2103, ext. 6241.

DECEMBER'S "VANTAGE POINT" SCHEDULE

Northeastern's radio show, "Vantage Point," hosted by **David Unumb**, chair, speech and performing arts, has been moved up one half-hour and now airs at 7:00 a.m. Sundays on WTMX-FM (101.9). **December 3:** "The Role of the Probation Officer," with **James Lipman**, adult probation, Skokie Courthouse; **December 10:** "Ethics in the Corporate Setting: White Collar Crime," with **Karen R. Hamilton**, associate director, The Center for Ethics and Corporate Policy; **December 17:** "Treating Drunk Driving As a Crime," with **Marti Page**, state administrator, M.A.D.D. (Mothers Against Drunk Driving); **December 24:** annual Holiday Special featuring the "Vantage Point" production staff; **December 31:** "Talkline/Kids Line/Crisis Intervention," with **Lori R. Scacio**, community education director, Talkline/Kids Line.

PRESIDENT LAMB'S OPEN HOURS FOR NOVEMBER/DECEMBER

The scheduled times for the pre-holiday break, informal monthly meetings with **President Gordon H. Lamb** in his office (C-211) are, for **faculty and A&P:** Thursday, November 30, 1:30 p.m.; **students:** Monday, December 4, 9:30 a.m.; **civil service:** Tuesday, December 12, 2:00 p.m.

BOG TO MEET AT NORTHEASTERN

The Board of Governors will hold its next monthly meeting at Northeastern on Thursday, December 7. The meeting will begin at 8:30 a.m. in Alumni Hall and members of the university community are welcome to attend.

A REMINDER ABOUT INVITING PUBLIC OFFICIALS

A reminder from University Relations: please let us know when your department or student club is planning to invite a public official such as an alderman or state legislator to appear on campus. Both the university and the Board of Governors need to know when such visits take place. Contact **Marti Sladek** at ext. 3291.

RABBI YEHIEL POUPKO TO LECTURE

Rabbi Yehiel Poupko, director of Judaica for the Jewish Community Centers of Chicago, will lecture on Thursday, November 30, at 7:00 p.m. in Room 217 at the Commuter Center. His topic will be "Jews, Poles and Auschwitz, Patterns of Tragedy." The lecture is a presentation of Students for Israel: Hillel for its Third Annual Distinguished Lecture Series in Jewish Studies.

OTHER NOTABLE CALENDAR NOTES

Thur., Nov. 30: Northeastern Opera Workshop's Opera Scene Recital of the one-act musical, "The Adventures of Winnie the Pooh," and scenes from Verdi's "Rigoletto" and Smetana's "The Bartered Bride"; 8:00 p.m., Auditorium. . . . Mon., Dec. 4: Northeastern Alumni and Friends Band, 8:00 p.m., Auditorium. . . . Tue., Dec. 5: Athletic Substance Abuse Education, 12:30 p.m., CLS 1002. . . . Wed., Dec. 6: Northeastern Wind Ensemble, 8:00 p.m., Auditorium. . . . Thur., Dec. 7: Ensemble Espanol Christmas Concert, 7:30 P.M., Auditorium. . . . Tue., Dec. 12: Karen Horwitz (soprano) Graduate Recital, 8:00 p.m., Auditorium. . . . Thur., Dec. 14: Theodore J. Faur (trumpet) Senior Recital, 8:00 p.m., Auditorium.

(The following information is presented courtesy of the Employees Assistance Program.)

'THE HOLIDAY SAGA OF 1989'

On your mark, get set . . . you're off and running for the holiday season. The extra work and worry is worth it because it brings so much joy to those around us. Are we having fun yet? Why isn't everybody smiling?

Sometimes our expectations of ourselves and others get caught up in the stress of our own, or someone else's, holiday visions. Let us look at some common anxieties we experience during this hectic time. It is very advantageous to have some control over how we cope and respond to persons, places and things. Maintaining a healthy attitude can be a real challenge, so you might want to consider a few suggestions.

- * **Take one thing at a time**; don't try to do everything at once. Budget your time and be realistic.

- * **Plan and budget for the financial crunch**. Discuss it, negotiate and stick by your decision.

- * **Take care of yourself**. Irritability or feeling overwhelmed and resentful can be cues that you may be neglecting your body. Proper sleep, diet and relaxation time are crucial.

- * **Pay attention to your emotional barometer**. There is a very private, personal side of holiday times that many experience but rarely talk about. Taking the time to reflect can help us recognize emotional reactions and determine what we need to do to feel better. Don't let this stress build up inside you.

- * **Be considerate of others**. Make it a practice to learn and respect their feelings and needs. A kind word or charitable act can mean a great deal to those we live with and, sometimes, even more to a stranger.

HAPPY HOLIDAYS FROM YOUR EMPLOYEE ASSISTANCE PROGRAM!

ABOUT EAP AT NORTHEASTERN: The Employee Assistance Program (EAP) at Northeastern is designed to provide employees and their families with professional help regarding personal, family or job-related problems. Its staff interviews and counsels on such issues as marital or family problems, job stress, financial or legal difficulties, alcohol and drug dependencies, psychological problems such as depression or anxiety. They also assist supervisors in working with employees who are having performance problems such as tardiness, excessive absenteeism, or inability to relate to other employees. To arrange an appointment on campus, call 894-7113 or 800-233-4960.

Mary Roberts is the primary clinical representative for the campus. She holds a Master of Social Work and a post-masters certification in employee assistance programs from the University of Illinois-Chicago.