

11-19-1990

FYI- Nov. 19, 1990

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Recommended Citation

Staff, University Relations, "FYI- Nov. 19, 1990" (1990). *FYI*. 172.
<https://neiudc.neiu.edu/fyi/172>

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FOR YOUR INFORMATION

Nov. 19, 1990

Northeastern Illinois University

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

LUTHERAN GENERAL, NORTHEASTERN TO COLLABORATE ON HEART RESEARCH

NOV 21 1990

NOVEMBER EMPLOYEE OF THE MONTH: ELMER HENNING

ANNUAL FOOD DRIVE UNDERWAY

ENSEMBLE ESPAÑOL UPCOMING EVENTS

OTHER NOTABLE CALENDAR NOTES

Northeastern's Center for Exercise Science and Cardiovascular Research and Lutheran General Hospital recently signed a contract to develop a cooperative, comprehensive cardiovascular research training program. Students and faculty in exercise science and cardiovascular research and physicians from Lutheran General will collaborate on studies of people who participate in the university's wellness and athletic and recreational programs and on cardiac patients who have been discharged from the hospital. The research will focus on factors such as exercise, rehabilitation, heart failure, risk factor identification and health-care cost-containment. The joint systematic research program will study the feasibility and efficacy of both preventative and rehabilitative programs with special emphasis on cardiovascular disorders. The research is expected to develop information about the patterns of healthy people that lead to heart attacks and heart failure. The researchers hope to set forth guidelines for predicting premature incidence of heart disease. The agreement also allows for the medical involvement of cardiologists from Lutheran General in the preventative and rehabilitative programs at the Center.

Elmer Henning, Carpenter in Facilities Management, has been selected as the Civil Service Employee of the Month for November. Henning's many nominators cited his qualifications both as a model employee and an exceptional individual. He is appreciated as a highly skilled carpenter and craftsman, a friendly man of strong character, and an individual committed to service to the university community and everyone he comes in contact with. In addition to many acts of voluntary assistance, Henning has contributed much of his own time in service on the Parking Appeals Board.

The Public Safety Department and other groups within the university community are participating in the annual holiday food drive sponsored by **Eddie Schwartz** of WGN radio. In addition to the 24-hour drop-off in the Public Safety building, there are drop-off sites all over campus: Health Services, P.E. building, Beck's Bookstore, the Student Government and Student Support Services offices, and the Handicapped Educational Liaison Program (H.E.L.P.) office, Rm B-110. On December 14, at 7:00 p.m., Public Safety officers will take several vehicles loaded with food to the radio station, a tradition they started when the food drive began almost ten years ago. University volunteers are welcome to form a Northeastern convoy of vehicles carrying food to the station. For more information, contact **Lt. Jack Baker**, ext. 2990.

Northeastern's Spanish dance theater, Ensemble Español, will be holding auditions for its All-City "Jr." Ensemble Espanol and scholarship apprenticeships, conducting workshops on regional and Flamenco repertory technique, and presenting a Christmas concert between Thanksgiving and Christmas. **Sat., Dec. 1:** the 2nd Annual Audition for the All City "JR." Ensemble Español, with student scholarships valued at \$2,000, will be held in the Dance Studio, Room A-113, from 10:00 a.m. to 12:30 p.m. Students, grades 7-12, should come prepared to dance in either dance or gym clothes. For further information and audition applications, call **Millie Parnias**, ext. 3014. . . . **Thur., Dec. 6:** the Scholarship Apprenticeship Program Auditions will be held in the Dance Studio, A-113, 6:00-8:00 p.m., under the direction of company director **Dame Libby Komaiko**. Several scholarships valued at \$3,000 each are available for young men and women 17 years or older. . . . **Fri./Sat., Dec 7-8:** Special weekend Classical, Folkloric and Flamenco Workshops will be held in Room A-113, 6:30-9:45 p.m. on Friday and 9:30 a.m.-1:00 p.m. on Saturday. Workshop costs range from \$8-10, with special rates for students. . . . **Sat., Dec. 15:** Concierto Navideño, Spanish Dance in a Christmas Concert, 8:00 p.m., Auditorium. For information on classes and concert tickets, call ext. 3015 (583-4062 on weekends).

Tue., Nov. 27: Mostly Music Children's Concert Series, The Harlequin Players, 12 noon, Auditorium. . . . **Fri., Nov. 30:** Graduate Recital, **Jim Sierzega**, trumpet; 7:30 p.m., A-131. . . . **Mon., Dec. 3:** University Alumni Band Concert, 8:00 p.m., Auditorium. . . . **Tue., Dec. 4:** High School Showcase Series, Chicago All-City Band 12:45 p.m., Auditorium. . . . **Thur., Dec. 6:** University Chamber Orchestra, 8:00 p.m., Auditorium. . . . **Mon., Dec. 10:** University Wind Ensemble, 8:00 p.m., Auditorium. . . . **Wed., Dec. 12:** University Chorus, 8:00 p.m., Auditorium.

The parents in a divorce are always faced with a couple of big problems: resolving their own feelings surrounding the separation and divorce and attempting to lessen the victimization of the children. These problems can be particularly troublesome for the parent who has left the home and does not have primary custody of the children.

The family environment after a divorce is usually insecure and chaotic and often fraught with conflict. At this point, it is essential to avoid placing the children in the middle of your separation and divorce. There are five key tips in the keeping your children out of the middle. It is also important to note that following these tips will help you to remain an effective parent.

1. Avoid badmouthing the other parent in the children's presence.
2. Be aware of your child's anger regarding the other parent and avoid hooking into it.
3. If children have a problem with the other parent, ask them to speak directly to that parent so that you stay uninvolved.
4. Be sure you follow the above rule and talk to your ex-spouse directly if you need any information.
5. Don't ask the children about the other parent's personal life. This places the children in the roles of informants.

Once you have worked on keeping the children out of the middle, it is important to address your feelings and concerns about becoming a non-custodial single parent and leaving your children.

The non-custodial parent misses the daily involvement in their children's lives and fears losing contact with them. The non-custodial parent also loses his/her symbolic authority. For instance, Dad can't provide for the safety or security of his kids or Mom is no longer able to fulfill a nurturing role. Further, every departure is like another separation leaving you feeling guilty, sad, lonely and possibly even exploited. You may feel as you have become nothing but an income source for your children rather than a provider.

Of all these feelings and concerns, guilt can be your greatest enemy. Guilt over putting your children through a divorce and leaving them can prevent you from maintaining any kind of discipline. Your child will have strong feelings about the divorce (i.e., anger, hostility, guilt, fear); however, it is important for you to be consistent with understanding and love and to be available to your child to talk about his/her feelings.

It is a fact that love from a caring parent is an important foundation in building self-esteem in a child. **Your children are eager, even desperate to have consistent contact with both parents during and after the divorce process.** Considering these facts, the "quality time" a parent spends with his/her children is far more important than the number of activities and events scheduled to fill the time. Quality time is concentrated and relaxed; it is being together, even when the time is limited. Here are a few ground rules:

1. Don't overdo entertaining and gift-giving, especially out of guilt or in competition.
2. Try not to let the pain of separation interfere with your relationship.
3. Delay and be discreet about introducing your children to girlfriends/boyfriends.

In addition to following these rules, there are also several concrete techniques which may also be helpful in establishing an effective part-time parenting role as well as a close relationship with your children. First, acquaint your children to your new neighborhood (i.e., geography, neighbors, police and fire phone numbers, etc.). Second, reestablish a few past rituals and routines you shared with the kids. Third, attempt to keep a schedule consistent with your ex-spouse's home (e.g., bedtimes, meal times, personal chores, private time). Fourth, call a family meeting to discuss and agree on rules and consequences of the house. This will be an important step in establishing your authority as well as creating a secure and stable atmosphere for your children. Finally, make an effort to be a part of your child's life outside of your home, including school, homework, sports and other activities.

Remember, it is also important to take time for yourself, your activities, interests and friendships. Try not to become over-involved with your kids but to strive for a balance in your life. A frazzled, over-extended parent cannot give quality time to their children. Undoubtedly, a part-time parent is faced with many obstacles. If you find you're having difficulty overcoming these obstacles after trying out the techniques and tips presented here, we encourage you to contact your EAP (894-7713) to discuss your individual needs and concerns.

Several books on the subject are: *How to Single Parent* by Dr. Fitzbergh Dodson (New York, Harper & Row, 1987); *Mom's House, Dad's House* by Isalina Ricci (New York, MacMillan, 1980); *Daddy's House* by Mike Clary.