

NOVEMBER/DECEMBER 2023

# IN THE KNOW

Newsletter of EIU's Division of Student Affairs

## VPSA VOICE

It was wonderful to see everyone who attended the Student Affairs Celebration and Awards Ceremony last month when we recognized the many contributions of our team members and friends of the division! Thank you to all those who nominated colleagues and congratulations to each of our nominees and award winners! Included in this special issue of *In The Know* are the names and pictures of our award winners. Thank you for the impactful work you do every day to support our students and support your colleagues! And, I hope you continue to smile at the rain.

I am excited for you to read the first article of our new monthly wellness column, A Mindful Moment with Sarah Daugherty, Director of Campus Recreation. Thank you, Sarah! This month she describes one of my favorite mindfulness and breathing practices, Four by Four, or Box Breathing: <https://www.webmd.com/balance/what-is-box-breathing> Give it a try!

Next week some offices will be closed for the holidays. I hope this allows you quality time with loved ones and the opportunity to rest. I know I am excited to spend time with my family including my two college-aged sons who will be home for break! (Being a mom of college kids has given me helpful perspective in my VPSA role!) I wish you and yours a joyous season and a healthy and safe 2024.

See you in the new year. Cheers!

Anne G. Mahety



# NOW YOU KNOW...

## 2023 Award Recipients



**Liberty Robinson**, University Housing & Dining Services-Blue Star Worker Award; **Ceci Brinker**, Dean of Students-Legacy of Student Affairs Award; **Corey Cunningham**, Health & Counseling Services-Diversity, Equity, & Inclusion Advocate Award; **Monique Mays**, Dean of Students-Newcomer of the Year Award; **Karen Beason**, MLK, Jr. University Union-Outstanding Support Staff Member Award; **Lindsey Hunter**, University Housing & Dining Services-Outstanding Support Staff Member Award; **Rachel Ballinger**, University Housing & Dining Services-Unsung Hero Award; **Mark Bluhm**, University Housing & Dining Services-Unsung Hero Award; **Catie Witt-Danner**, University Housing & Dining Services-Rising Star Award; **Eric Davidson**, Health & Counseling Services-Employee of the Year Award; **Zaneka Kerr**, Campus Recreation-Graduate Assistant of the Year Award; and **Jarrett Williams**, University Housing & Dining Services-Graduate Assistant of the Year Award. Not pictured are the winners of the Friends of Student Affairs Award, **Danny Gourley Fischer**, **Dr. Jill Bowers**, **Julie Viertel**, **Dr. Melinda Mueller**, **Ryan Howard**, **Sam Laingen**, **Jenn King**, **Dr. Ed Treadwell**, **Dr. Katie Havercroft**, **Amy Annis**, and **Greg Aydt**.



Marlaina Harper and Lindsey Hunter, University Housing & Dining Services.



Sarah Daugherty, Campus Recreation.



John Marr, Career Services, Ceci Brinker, Dean of Students, Bobbi Kingery, Career Services, and Kevin Hoferer, Career Services.



Jody Stone, Dean of Students.

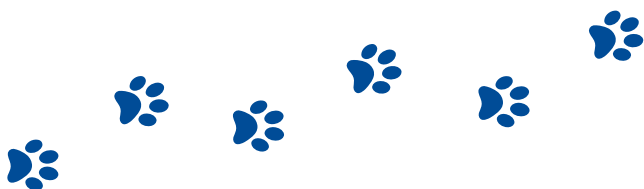
# NOW YOU KNOW...



Amy Tresner, Jenna Foreman, Jamie Huckstead, Karla Drum, and Brandy Babb all from University Housing & Dining Services.



Staff from the MLK, Jr. University Union working the Holiday Luncheon. Pictured are Colleen Peterlich, DJ Fox, Beth Reeder, and Chris Cougill.



Be sure to watch for the  
“Clearance Sale-late January 2024”

It is not too late to pick up a last-minute gift for your favorite Panther.  
**Holiday Bookstore Hours**

Tuesday, December 19 8-5  
Wednesday, December 20 8-5  
Thursday, December 21 8-5  
Friday, December 22 8-4:30  
Saturday, December 23 Closed

Question  
of the  
Month  
vpsa@eiu.edu

Last month's question: When is too early to put up holiday decorations?  
Catie Danner- Unpopular opinion, but not before Thanksgiving. I am a big believer that each holiday should get its time to shine! Personally, I wait until Dec. 1.

Next month's question: What would you consider Student Affairs best kept secret in terms of programming or services? Submitted by Eric Davidson

# DO YOU KNOW...

## A MINDFUL MOMENT *with Sarah Daugherty*



Sarah Daugherty, Director of Campus Recreation, has worked in the recreation and wellness field for 30 years. An EIU grad (2001) and veteran employee (18+ years), Sarah is certified as a Student Affairs Educator, mindfulness lifecoach, and personal trainer. In addition to leading Campus Recreation she also teaches meditation weekly and is an instructor for the Group Fitness Program.

Close your eyes and imagine the holidays. Festivities, presents, family, food, a beautiful collection of all the things you love. And all the things that stress you out. It's frivolity and cheer while at the same time being one of the hardest times of the year to keep yourself from burning out completely. You need a coping mechanism.

What?! But Sarah, this is the best time of the year! I don't have to go to work, my family is home, the food is great, and PRESENTS!

Does that mean there's no stress? Heck no!! Do we all need a way to relax in the moment, so we don't blow a gasket? Heck yes!! Let's try this together.

Close your eyes. Even if you are standing at the sink washing the 85th fork of the day, stand still and close your eyes. Take a deep breath in through your nose, all the way to the bottoms of your feet, and hold it. One...Two... Three...Four. Now exhale through your mouth, depleting the entire supply of air, blowing away feelings of stress, being overwhelmed, having to explain to grandma again why the cranberry sauce isn't homemade. Inhale again, through your nose, feeling your belly expand and your chest rise. Hold it for one...two...three...four. Now exhale through your mouth, collapsing the lungs.

One more: inhale, hold it for one...two...three...four, and exhale completely. Let your breathing return to normal and bring your attention to your body. Where are you holding tension? With every inhale focus on a different area and exhale away your tension.

Forehead...Ears...Jaw...Neck...Shoulders...Hands & Fingers...Abdomen...Legs...Ankles...Feet & Toes

Now do a total body scan back to the top of your head, inhaling down to your toes, then exhaling. When you're ready open your eyes and return to the space, feeling calm, cool, and collected, ready to jump back into the family drama. No, the turkey isn't made from tofu. Yes, the gravy is made from scratch. Whatever, fam, I found my Zen. Now, where's the pie?

# DO YOU KNOW...

## CONGRATULATIONS

### Dennis Christina

Thank you for three plus years of service as Assistant Director of Marketing and Leadership, University Housing & Dining Services. Best wishes on your next adventure.



Sergeant Jordan Hellman received his baccalaureate degree during our winter commencement ceremony.



Kristen Hupp and Jamie Huckstead, University Housing & Dining Services, enjoying the Holiday Hustle.



**Student Affairs Social  
11-16-23**

The fall Student Affairs Social was held during one of the EIU Women's Volleyball Team home matches. Pictured are Nathan Wehr, Dean of Students, Sarah Daugherty, Campus Recreation, Mackenzie Walker, Dean of Students, Crystal Brown, Dean of Students, Joel Stewart, UPD, Jason Cook, UPD, Annabelle Escamilla, Health & Counseling Services, DJ Fox, MLK, Jr. University Union, Matthew Warner, Health & Counseling Services, Eric Davidson, Health & Counseling Services, Brittany Floyd, Dean of Students, and Anne Flaherty, VPSA.

*Thank you to Mackenzie Walker for taking the lead on planning this event!*

Mark your calendar  
now for President Gatrell's  
**Spring Update**  
January 24 8:00 AM  
Doudna Fine Arts Center  
Donut holes and Coffee

# IN THE KNOW...

## EIU'S DIVISION OF STUDENT AFFAIRS

**EIU.EDU/STUAFF**



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Do you have an item for the newsletter? [Fill out the submission form here!](#)



### **VISION**

The Division of Student Affairs is committed to being forward thinking and providing transformative life experiences that foster student learning and development, empowering individuals to reach their optimal potential.

### **MISSION**

The Division of Student Affairs welcomes and celebrates our students' commonalities and differences, focusing on development, active citizenship, experiential learning, engagement, leadership, and preparation for a diverse, global society. Collaborating across campus, we ensure student success and retention and are dedicated to cultivating a sense of community on both our campus and beyond. We are committed to the health and well-being of our students and encourage them to lead balanced lives. We advocate for an inclusive environment where students feel safe and secure.

### **ANTIRACISM STATEMENT**

EIU stands in solidarity with all Black, Brown, Indigenous, and racialized members of our communities who are fighting for a more just and equitable society. We resolve to purposefully identify, discuss, and challenge issues of race, color, oppression, white privilege, and power, as well as the impact(s) they have on our community, its systems, and its people.

Racism is dehumanizing to everyone.

We strive to build a community in which all belong, while challenging ourselves to understand and correct inequities we discover. We must examine racism embedded in the very fabric of our society and demand action for positive change from systems of power.