

APRIL 2021

IN THE KNOW

Newsletter of EIU's Division of Student Affairs

VPSA VOICE



While mother nature teased us all with snow earlier this week, let's celebrate the (almost) arrival of spring. Happy Earth Day!

April is a very busy month as we wrap up the academic semester. In support of Sexual Assault Awareness Month, you are invited to "wear jeans with purpose" on Denim Day, April 28. We have also been honoring Asian American and Pacific Islander Heritage Month at a time when many in the AAPI community are facing hate and violence. This week, we also celebrate the contributions of our Fraternity and Sorority Life community through Greek Week.

We are only two weeks away from Commencement. Our students worked exceptionally hard to finish their degrees in the middle of the pandemic. I look forward to celebrating in person the many accomplishments of the Class of 2021 on May 8th. My sincere thanks to each and every one of you for your contributions to their success.

Our nation has made significant progress in addressing the pandemic through the development of vaccines. A vaccinated population will allow us to return to a more normal campus life. Eastern is thrilled to be hosting a Moderna Vaccine Clinic on campus next week. Details can be found on page 2.

Ending the semester while enduring a pandemic can take a toll on our mental health. One of my favorite techniques to combat stress and anxiety is through a four-by-four breathing exercise. A deep breath in for four counts, hold your breath for four counts, and then a slow and steady breath out for four counts. Repeat this four times. This technique has shown to significantly reduce the production of cortisol, a contributor to stress. Inhale, exhale, and take it outside for added benefits. Try it!

"Nature does not hurry, yet everything is accomplished" – Lau Tzu

Namaste,

Anne

KNOW WHAT IS COMING UP ...

Support Sexual Assault Awareness Month

There is still time to donate to the **Do Good Challenge**:
Let's help **SACIS**! Thru **APRIL 23rd** items can be dropped
off in the EIU Medical Clinic (Human Services Building) or
the Office of Civic Engagement & Volunteerism (University
Union, 3rd floor.)

Toiletries (Body Wash, Shampoo, Toothbrushes)

Kid Toys (Coloring Books, Puzzles, Markers)

Feminine Products Sheets and Blankets

Flip Flops Bill Organizers

Be sure to check out Old Main Wednesday evening as it
will be lit in teal in support of Sexual Assault
Awareness Month.

WEDNESDAY, APRIL 28TH

DENIM DAY

Wear your jeans to work today and support Sexual Assault
Awareness Month. Show your support for survivors and
educate yourself on sexual assault awareness by
participating in Denim Day.



COVID-19 News

Beginning Finals Week, **SHIELD TESTING** on
Wednesdays **ONLY** during summer months
on Court 5 of the Student Rec. Center.

MODERNA VACCINE CLINIC

Court 6 Student Rec. Center

Monday, April 26 9:00-3:00

Tuesday, April 27 9:00-3:00

Wednesday, April 28 9:00-3:00

Thursday, April 29 9:00-3:00

Friday, April 30 9:00-Noon



Friday, April 23
Faculty/Staff
Appreciation Day
Representatives
from Greek
chapters will be
visiting various
offices to say
THANK YOU for
the continuous
support!

April Student Affairs Retirees

SUSIE RAY
Ticket Office, MLK
University Union

CONGRATULATIONS

DIANE SMITH
Career Services

Congratulations to both Susie and Diane on
their retirement this month. Thank you for your
years of service to EIU and Student Affairs.

DID YOU KNOW?

Student Affairs Houses a Champion Cricket Spitter

A man of many talents, including EIU's one and only champion cricket spitter, Art Lauderback wholeheartedly enjoys his current position of Pest Controller. Having worked on campus previously as a BSW Sub-Foreman, Lauderback accepted the job of keeping our campus free of unwanted pests three and a half years ago. No matter if it walks, flies, scoots, or slithers, Lauderback has a plan for how to handle it.

Working out of Housing & Dining and being on call for pest control for the entire campus doesn't phase Lauderback. He feels the freedom of tackling a different challenge every day actually makes this job more satisfying. One of the most recent large-scale pest situations happened when a parcel of crows chose to come on campus and roost. Colder weather this February, taller trees on campus, and the warmth exuding from all of the concrete made for a perfect habitat for a flock of local crows to enjoy. Lauderback managed to get the very social birds to move off campus using both crow decoys and air horns.

With the help of Dr. Ann Fritz, Lauderback has successfully frozen and removed hornet and wasp nests for classes to explore and study. As a point of reference, Lauderback also looks to his son's fiancé who is an entomologist, often times sending her a picture of his latest "friend." If there is an animal or insect on campus creating a nuisance, chances are good that Lauderback is already working on removing the problem.

As for the cricket spitting....that is a real competition. During a "bug convention" Lauderback was encouraged to participate and recorded a first round 22 foot 10 inch cricket spit, moving on to win the competition. As you can see by his blue ribbon in the photo, this was a huge recognition in the bug community. Lauderback has also incorporated his passion for pests into his home art, stained glass work. The piece pictured was created as a gift for a fellow pest controller, and of course, features a bed bug.



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.

EIU DIVERSITY & INCLUSION STATEMENT

Eastern Illinois University is committed to fostering a learning community where all members feel welcomed and valued. The university provides equality of opportunity in all areas of campus life and we strive to recognize and appreciate the unique value of our students, faculty, and staff. Every member of campus has the right to learn and work in an environment free of discrimination and harassment, and beyond that, our goal is for all members of our community to develop a strong sense of belonging to Eastern Illinois University.

The Division of Student Affairs embraces and respects diversity in all forms and upholds these values through our programs and services.