



the Exclusive

A unique perspective on our campus

Volume 3 :: Number 01
September 2014

Symposium Success

Dr Lisa Griffith, DrPH, MPH, RDN, LDN
Dietetics & Nutrition Program Coordinator

The Florida Academy of Nutrition and Dietetics Symposium was held on July 13th–16th at the Harbor Beach Marriott in Ft. Lauderdale, Florida. Faculty and students from the Dietetics and Nutrition department attended to hear topics such as *Diet and Cancer Prevention; What You Never Learned in School about FODMAPS; and IBS, Gluten Free Diet: Is There a Cause for Concern?; and Biomarkers in Nutrition.* They also participated in the exhibition session where vendors such as the US Army, WIC Department, Morrison Healthcare and Sodexo, to name a few, were present to showcase their companies.

Students raised \$950 for attendance by holding two bake sales, selling homemade pasta and serving a sit-down-style pasta lunch.

A special thanks to Massage Therapy students who also helped to raise money by holding a “massage during lunch” event. Thanks to everyone who participated in any way.

Andrea Schorr – “It was better than I thought. It was great, informative, motivational in what we will do.”

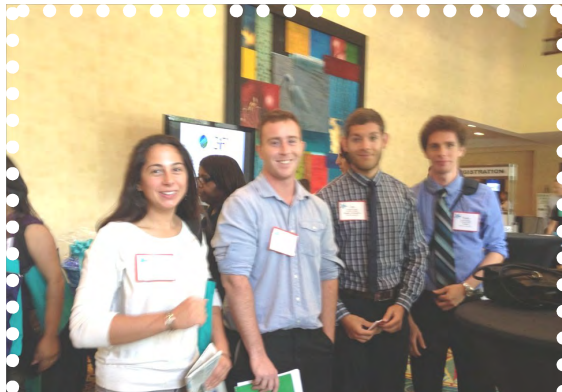
Francesca Maglione – “I feel like this whole experience was a good team-and trust-building exercise.”

Ryan Spellman – “Maybe one day I could be presenting my own topic at an annual symposium to show off my knowledge muscles.”

Gabriela Ispier – “The experience of going to Florida Academy of Nutrition and Dietetics Annual Symposium surpassed my expectations. I learned a great deal from it.”

Kelly Fernandez-Rojas – On the topic of frailty in elderly – “This information is great for future practice when dealing with the elderly because it shows that there’s a possible way to prevent frailty in the elderly with proper intervention.”

Jordan Cleckler – on the protein presenter – “Ferrando’s evidence is certainly compelling and extremely interesting.”



Students attending a session.



Yoga at 6:00 am with group.

Judge Macomber	2
Happy 3rd Birthday	2
Let Out Your Inner Ghoul	3
In Their Shoes	4
Constitution Week (FREE)	5
Six String Heroes	6
Mrs. Mills Goes to the CDC	6
RT presents CEUs	6
Don't Lose Your Flash Drive	7
Career Fair	7
Research Paper's Secret	7

INSERT

KUPSL Calendar of Events
5 Password Tips

SUBMIT* for October 2014 Issue by:
Sep. 16, 2014 @ 12 noon

**EARLIER SUBMISSIONS WILL HAVE
PRIORITY PLACEMENT!**

No guarantee of inclusion is made or implied for entries made after the above date and time.

If space doesn't allow for an approved submission, due to volume of entries, article length, or other reason, it may be held for a future issue.

*The Exclusive runs on a “first submitted, first considered” basis.

SRatcliff@KeiserUniversity.edu for all submissions and newsletter inquiries.

Credits
Editor Samantha Ratcliff
Proofreader Dawn Taggblom

Unless otherwise noted, photos, graphics, and clipart are from: Samantha Ratcliff, Microsoft Images, or Freemages.com.

All photos for this article were furnished by Dr. Lisa Griffith; used with permission.

Continued on page 2

Julia Cairns-Migone – “I feel that this experience was very worthwhile; it helped broaden my understanding of my potential place within the grand scheme of dietetics and that is very exciting indeed.”

Jon Bruno - “It was a learning experience I will never forget. It was just an overall great experience to expose us to what is out there as far as opportunities in employment and education.”

Kyle Barrette – on networking – “Through the conversation she was able to provide me with valuable advice on the proper way to go about marketing yourself to potential employers.”

As a thank you to Dr. Creola, students made him a “Thank You” meal! (Pictured below.)

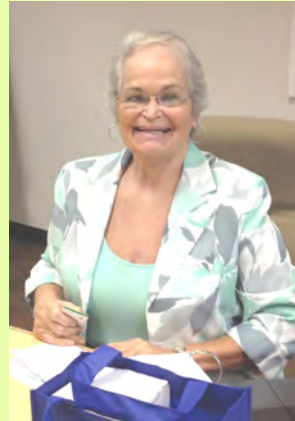


Judge Macomber

EACH YEAR, SCRIPPS TREASURE Coast Newspapers has a contest to recognize health care heroes within our four county areas. The public has the opportunity to nominate people in healthcare that are outstanding in their service to the community.

In 2011, Medical Assisting instructor Alice Macomber won the Non-Physician Healthcare Award and was forever humbled and appreciative of the honor. It was at this time that she became aware of the amazing things that the doctors, nurses, dentists and other care providers do to service others.

Another great honor came when she was asked to serve as a judge for 2012 awards. Judging is a tremendous responsibility to read all of the nominations and come together with hospital CEOs and other healthcare professionals to determine the winners. As a judge for the past three years, Macomber has enjoyed meeting with who she calls “the big wigs” of healthcare in our area and representing the university in that capacity.



Mrs. Macomber at judging luncheon, picture provided/used with permission

Macomber states, “Healthcare is not just a job but a calling. All of the nominations express above and beyond service and the selfless dedication to providing healthcare.” Macomber added, “Many of the nominations brought me to tears and choosing the winners is not easy, and the votes must be unanimous.”

After the winners are determined, all of the judges attend a *judge’s luncheon* with nominations for the candidates in each category. Macomber stated, “It is incredible that we are so close in those we choose.”

Macomber added, “As we train our students, we must emphasize community service and instill in them that giving your all often means above and beyond. Our students are the future health care champions.”

and beyond. Our students are the future health care champions.”



Mrs. Macomber with hospital CEOs, picture provided/used with permission



Happy 3rd Birthday, Exclusive!

WHY DOES THE Exclusive start in September? Why not start in January with the new year? From September 2007 until July 2012 we were strictly online, using a *BlogSpot* address as our website. Before that, we were sporadically printing issues. It was time for a change. We printed our first re-issue as a sort of “rebirth” in September 2012; hence the September to August “year.” So September 2014 marks the Exclusive’s “3rd Birthday.”

Officially, the minimal requirement is that once a semester, any given KU campus is to release one newsletter issue. KUPSL enjoys being a little more ambitious than that; we wanted to put out a fresh issue EACH MONTH! And so we have. Each month since September 2012 we have put out an issue without fail—limited printed copies are available and handed out a little before or little into the new calendar month.

Attention KUPSL STUDENTS, INSTRUCTORS and STAFF MEMBERS: This is “YOUR newsletter.” YOU can help make it dynamic and interesting, YOU can write a short blurb or article up to 800 words and upon approval have it published! YOU can even submit regularly to as a column each month, every other month, or each semester. Attaching photos as separate files is appreciated, but not required. From an awesome field trip to the birth of your first grandson to your first rescue pet to an experience in volunteering to what went on in the last AMT or SVA meeting ... write it and submit as Word Document attachment. Don’t worry about grammar—Dawn Taggblom, Librarian, checks each issue. (Thanks Dawn!) On the front of each issue is the deadline for the following issue; on the back of each issue is a list of guidelines and suggestions for submissions.

Submissions, questions regarding the Exclusive, or on how to have events added to the calendar, and requests for back issues from September 2012 onward, can be made by emailing Ms. Samantha at SRatcliff@KeiserUniversity.edu.



The current issue in PDF format is always made available for viewing and download via the Student Services part of the KU website (hyphens *are* intentional): keiseruniversity.edu/student-services/campus-connection.



Let Out Your Inner **GHOUL**

THE HALLOWEEN
COSTUME CONTEST
HAPPENS EVERY YEAR.



**This year:
THU., OCTOBER 30th.**

It's open to ALL STUDENTS, FACULTY and STAFF.

PRIZES for 1st, 2nd, and 3rd place will be given to the two groups: STUDENTS and FAC/STAFF.

Judging in the Auditorium

**12:30pm for Day/
Afternoon classes**
**7:00pm for Night
classes**

NO-FULL-FACE-MASKS are allowed around campus, if your costume "needs" it—you put it on just before entering the contest in the auditorium. If you do not wish to be entered and judged, you cannot have a full-face-mask at all.

Let your inner Ghoul out and have fun! "Too expensive" you say? Google "DIY cheap Halloween costumes" and you'll find site after site of cheap or last minute ideas. Some items may be things you already have—other supplies may cost you maybe a \$5 trip to the dollar store, depending on the idea. Many, but not all, ideas are puns, but may still be worth it.

Pictures will be taken and made available for download for a limited time. If you want a group shot done in costume, see Ms. Samantha anytime during the day.



Pictures are from previous Halloweens, used with permission.





Mr. Joe Walega

In Their Shoes

or

Why attend the Senior Sensitivity Seminars?

THIS SHORT SEMINAR allows the students to walk in the shoes of senior citizens. The students don't actually walk in their shoes (although with some of the foot problems seniors have, it's not a bad idea), but they will learn to understand and experience some of the frustrations and challenges that our senior citizens experience on a daily basis. The students of this seminar are better able to develop a sense of understanding and compassion for seniors by experiencing some of those issues.



This program can aid the student to become aware of misbeliefs and myths towards aging and our older population. For younger students, becoming a senior citizen may be a very distant thought, and most may not have a clue to what seniors have to deal with in the taking care of their basic life necessities. They can gain a better awareness of the physical and sensory impairments, changes, or losses that affect our older population.

The program began with vision issues of the aging population. The program's leader, Ms. Mary Craig, had the students put on various cardboard eyeglasses that mimic different types



of age related eye impairments. Students put on glasses with clouded lenses to mimic cataracts. Their vision was obscured and fuzzy and they had difficulty reading printed material. Another pair of eyeglasses had yellow lenses; these mimicked age related changes to the eye. When the students put them on they were instructed to open a pill bottle and look for various colored pills and segregate them from the others. Due to the yellow lenses, this task was next to impossible. The



students discussed not being able to find the correct color pill and the ramifications of what can happen with incorrect and under or over medicating. Other glasses mimicked macular degeneration and someone who has had a brain infarct or stroke.

The program continued with the students putting on a pair of heavy work gloves to simulate arthritis. The students were then told to thread a sewing needle. Ms. Craig made this task nearly impossible as she instructed the group to leave the gloves on and put on any of the eyeglasses. There were audible moans and groans emanating from the group!

Ms. Craig continued with seniors experiencing different levels of hearing loss and alternative strategies to combat this issue of communicating. Also included in the program was how sensitivity to nerves change during the aging process and how this may become challenging to our senior population.



The program's greatest impact for me was how some seniors fear losing their autonomy or independence. They face inability to do normally-taken-for-granted-tasks like being mobile, driving a car, walking, or living on their own without assistance. The fear placing a burden on their family, financially or otherwise. Ms. Craig mentioned the social and emotional factors that have a discernible effect on seniors and how they may lead to depression and isolation.


All medical students; no, all students in every discipline; should have to attend this seminar to be alerted to the many age related issues seniors face, and to gain a greater understanding of the need for compassion and empathy while working with them. . . .

Some day we will be in their shoes.



Pictures provided by Mr. Walega and used with permission.

With TLC Learn How to "Learn" - Ask Us Today!



Teaching & Learning Center Coordinators

Become a better learner!
Call 772-398-9990

Dr. Sokol, Mr. Van Allan, and Mr. Walega can help you.

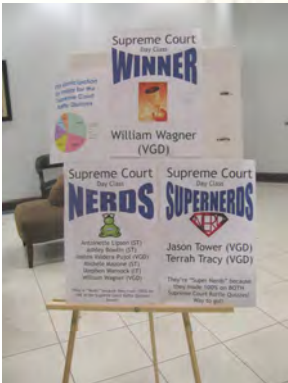
Constitution Week 14

A Free Events Week Competition Learning Prizes

ANNUALLY, EACH CAMPUS of Keiser University celebrates Constitution Week. This year Constitution Week falls on September 15-19.

WHY?!

Good question! The mundane reason: Many colleges and universities across the nation create Constitution Weeks based on when Constitution Day occurs (September 17th) in order to meet the requirements of the amendment by Senator Robert Byrd to the Omnibus spending bill of 2004. This requires any school that receives federal funds of



any kind to provide educational programming on the history of the American Constitution. The Port Saint Lucie campus tries to make it as fun as we can while keeping in mind everyone's tight schedule and not wanting to interrupt valuable class time.

The should-be reason: every American should be familiar with the Constitution. It's tricky since there is no one concrete interpretation of the constitution. It is a "Living Constitution" as it adapts with the times as needed. A great article on Constitution interpretation is located: http://www.usconstitution.net/consttop_intr.html.

SO... WHAT DO WE DO NOW?

The Port Saint Lucie campus will be celebrating with the following activities.

Sept. 8-19

SINCE IT'S A CONTEST between STUDENTS versus FACULTY/STAFF we thought we'd let everyone have a head start and take it to the very end of Constitution Week.

Please participate in the first ever *Students vs. Fac/Staff Constitution Challenge*. This online quiz only takes 5-10 minutes to complete. Winning team will be announced Monday, September 22. Please enter only once any day between Sept 8-19 by going to:

WWW.
[constitutionchallenge](http://constitutionchallenge.com)
.COM

STUDENTS ONLY, enter code: 8479QJ1

FACULTY / STAFF ONLY, enter: 8479HK0

Mon., Sept. 15

We'll post the Constitution Week Proclamation in the Lobby.

"Sign the Constitution" activity. Using the provided specialty markers, sign your name on the Constitution. We've removed the original signatures to make room for yours. Sign to show you're proud to be an American with a Living Constitution.



Tue., Sept. 16

Constitution Ten Raffle Quiz.

1 Day winner and 1 Night winner. Prize is a "study pack" which includes an 8GB USB drive and other items many students use to study with.



Wed., Sept. 17

Win LUNCH for your CLASSROOM ... Constitution Style!

Be part of the class that submits the most correct quizzes today and be eligible to win LUNCH from either Subway or Big Apple for the entire classroom!

Thu., Sept. 18

Naturalization Raffle Quiz

Could you become a citizen if you had to take the test? 1 Day winner and 1 Night winner. Prize is a "study pack" which includes an 8GB USB drive and other items often used to study with.

Fri., Sept. 19

Give-a-Ways



Various items with a patriotic theme will be given away. Take something for yourself, child, or someone else you know.

Pictures are from previous Constitution Weeks, used with permission.





Six String Heroes

LADIES AND gentlemen, faculty, students, staff; come one, come all to participate in an all-day open air concert. Music is the international language. It soothes, it heals and it moves people to tears, to joy and to love. Six String Heroes is a non-profit organization where volunteers teach our returning veterans to play the guitar. The music has healed, it has given purpose and provided joy and love to the veterans who have participated.

KUPSL will now join the effort to promote music and healing. The Student Veterans Association is pleased to be the sponsor of our own concert to support veterans. We are seeking musicians, with any instrument or vocal to participate. If you just want to help build the stage and help with the sound equipment, that is fine, too. The event is set to November 8.

Please see Dean Quattrocchi or volunteer with the sign-up sheet located in the front lobby. All profits from the event will be donated to Six String Heroes as a way of bringing the joy of music to our returning veterans.



Mrs. Mills Goes to the CDC

Helen Mills, RN, MSN, RMA, LXMO, AHI
Medical Assisting Program Coordinator and Advisor

FROM JULY 20-26, 2014, I was able to participate in an internship for the Center for Disease Control (CDC) at their headquarters in Atlanta, Georgia. It was an amazing week, to say the least. I was able to tour top secret areas of the CDC, meet many amazing educators from across the country, listen to awe inspiring presentations from world renowned scientists, and learn new/innovative methods of teaching health science in the classroom. I wrote a lesson plan and put together accompanying materials to teach high school kids about Cytomegalovirus. This will soon be made available on the CDC website for educators around the world to use in their schools!

This year, I was named "CDC Science Ambassador" for our region and will wear the title with pride. I now have a deeper understanding of the epidemiological process and how it is used to both prevent and control the spread of disease around the world. I have deeper respect for the measures that our government regularly takes to ensure and promote good health for our country, as well as the rest of the world.

I am deeply grateful for the support that this campus has shown toward my desire to further my education and improve my teaching skills. It is because of this that I strive to be the best that I possibly can be.



Picture provided by Mrs. Mills, used with permission.

RT presents CEUs

Neisha N. Mitchell, MSHSA, R.T. (R) (CT)
Radiologic Technology Program Director



AUGUST 2, 2014: The Continuing Education Seminar offered 5 free Continuing Education Units (CEUs) to the Radiologic Technology community which included graduates and all clinical affiliates. Breakfast and lunch were provided and there were 4 speakers. Topics included *Intrigue of Radiation Dose and Its Effects* presented by Glaister Ayr; *Developing & Implementing a Radiation Dose Reduction & Monitoring Program* presented by Luis Carvajal; *Production of an X-Ray Image - Then and Now* presented by Mabel Ayr; *Skin Cancer* presented by Kathyryn Almquist; and *Mammography* presented by Judy Sorge. Some current students also attended the event and volunteered. This educational event provided an opportunity for Keiser University and the Radiologic Technology program to give back to the community and strengthen our relationships.

There were more than 49 participants and the event was well received by all. We are currently considering doing this on an annual basis as the feedback was very positive.



Pictures provided by Ms. Mitchell, used with permission.

Don't Lose Your Flash Drive!



IF YOU'VE NEVER LOST your flash drive, then please, knock on wood; if you have, then maybe this tip can help you in the future.

With your flash drive inserted, open Notepad (or TextEdit) and "save as" a .txt file, be sure to name the file "000 IF FLASH DRIVE FOUND PLEASE RETURN TO"

- ☑ The 3 zeros should place it always near the top of a sort-by-name layout (most common).
- ☑ All caps brings attention to it.



In the document, label and list the following:

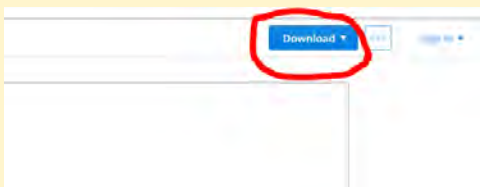
For Students: Your first/last name AND student number (located on student ID).

For KUPSL Employees: Your first/last name AND department or the program/class you typically teach.

For everyone: At the top list the date after this label "Info last edited on:" And then at the bottom, include "From: Keiser University 10330 S. U.S. 1, PORT SAINT LUCIE, FL 34952, phone: 772-398-9990."

Samantha has a template file for students, faculty, and staff to use if you'd like to add it to your flash drive; simply fill in the appropriate info and delete the instructions and what you don't need. Find the file at <http://bit.ly/ReturnMyDrive> (or email Samantha and she'll gladly send it to you).

The link will take you to Samantha's Dropbox document. Please use the download button in the upper right corner. Select Direct Download option from the blue download button's menu to get the file to your drive (image below).

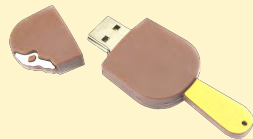


We hope this tip helps us get your drive back to you if you lose it at KUPSL; and if not, maybe an honest person will see it, and use the campus address (at the bottom of the included file) to give to us to return to you. Remember to update this file as your contact info changes (like upon graduation).

Lost flash drives are supposed to be turned in to Ms. Samantha so she can try to find out who it belongs to. Rather than searching the lost drive for several instances of a name in various documents, think how much quicker and more accurate this process would be with a "000 IF FLASH DRIVE FOUND PLEASE RETURN TO" file was on the drive! Even with several persons' work on a single drive (say a family shares one), this file would help Samantha (or any other honest person who finds it) get it to the owner that much quicker with no guesswork involved.



14 days before this article was written, this tip helped 3 people get their drives returned!



Icon from Windows 7 for a Notebook .txt file.



Icon from OS 10.5 for a TextEdit .txt file.

Career Fair

ON WED., OCTOBER 1ST, ChattyJob will host a FREE NATIONWIDE VIRTUAL CAREER FAIR for college students seeking employment and internships. Keiser University joins other colleges in Florida who are signed up to participate and they include: University of South Florida, Florida International University, University of Florida, and Nova Southeastern. Companies participating include: Xerox, Kaiser Permanente, Lilly, IBM, Apple, Kellogg, and many more. The virtual career fair will launch from www.chattyjob.com and will be a great way for students to connect with recruiters LIVE online!

Research Paper's Secret

*Mr. Richard Cameron,
Director of Keiser Writes Studio*

Mr. Cameron explains that Google can be your "secret weapon" to use before finding your academic articles.

OFTEN, STUDENTS FIND it difficult to begin research for a major paper. Please consult with the instructor and make sure you have a clear thesis. This must be established and approved by the professor before you can begin research.

Then get academic articles from the Keiser Libraries Databases. The difficulty is creating a keyword search to find the information. Sometimes it's best to go to Google first and find an easy to understand article that explains the topic. The article may include terms and ideas to get you started. An example: A Criminal Justice student came to me trying to find information on "community policing." We used that in the Keiser databases and it came back "no matches." We "Googled" the same keywords; we found numerous articles, though not academic, that listed terms like "Take a Bite out of Crime" and "Neighborhood Watch." These were types of community policing terms. We entered those new terms in the Keiser Libraries Databases and immediately found the source information needed for the paper.

Mr. Cameron may be found in the Writing Studio for assistance with research or formatting your APA papers. For help using Keiser Libraries Databases see Librarians Justin Rogers or Dawn Taggblom.





Submission Guidelines and Ideas

See the front cover for next submission deadline. **Earlier submissions will have priority placement. Entries may be made by Students, Faculty and Staff.**

Just a couple of ideas

- ◆ **Tell an anecdote** about what happened in class/lab or on a field trip; it must be "rated G."
- ◆ **Share your good news!** Expecting a baby? Just had a baby? Just adopted a child? Just got engaged? Just married? Related pix are always welcomed as *attachments*.
- ▶ **Pix may be included, as attachments**, of Students, Faculty and Staff for an article.
- **Ideas are limitless.** Submit what you'd like to share; if approved, it will be included.

ALL entries...

- ◆ *need to be attached to an email* at the below email address (.doc or .docx files only) OR as the body of the email.
- ◆ *have a space limit.* Please submit at least a few sentences and **no more than 800 words.** Once approved for an issue, your entry will be a one-, two- or three-column piece.
- ◆ *are subject to approval and editing for space, content, and grammar.*
- ◆ *must have your first and last name AND* include either your **major (students)** or **job title (faculty/staff).** If more than one person authors it, we need everyone's info as described.
- ◆ *are subject to holding for a future issue.*

~~ **Anyone at KUPSL may submit material from any department.** ~~

Submit articles to Samantha: SRatcliff@KeiserUniversity.edu

Scheduled Spirit Days for 2014

HOW TO PARTICIPATE

- **Wear approved apparel** (see below).
- **Pay \$1* (cash only) for each day of participation** in Lobby or Student Services.
- **Wear sticker on approved shirt.** Sticker places you back in dress code.

WHAT TO WEAR

- **A Keiser University logo shirt:** shows school spirit, hence "Spirit Day."
- **Jeans or Khaki Pants, or Mid-Calf Length Capris**
 - "Capris" shorter than mid-calf are considered shorts and not permitted.
- **NO SHORTS**
- **NO HOLES or RIPS IN PANTS/CAPRIS**

	TH	FRI
Sep.	25	26
Oct.	09	10
Oct.	23	24
Nov.	20	21
Dec.	18	19

*SPIRIT DAYS ARE SUBJECT TO CHANGE OR CANCELLATION, WITH OR WITHOUT NOTICE.
*No refund as this is a charitable event; proceeds go to a monthly charity or charities.

*Occasionally Student Services will have an optional "theme" for a specific Spirit Day(s). For this event, there's a choice: wear the Spirit Day Attire (above) OR the Option. An example is "wearing any non-offensive purple-shirt for CTF on _____ only."

View or download the *Exclusive* and/or our calendar online today!

www.KeiserUniversity.edu/Campus-Connection.php

SUI GENERIS You may have noticed the Latin in the *Exclusive's* seal. *Sui generis* means "of its own kind, unique." We like to think of our KUPSL family as a cut above the rest; hence the name *Exclusive*. You only need to talk to any of you to discover how truly *unique* each of you are!



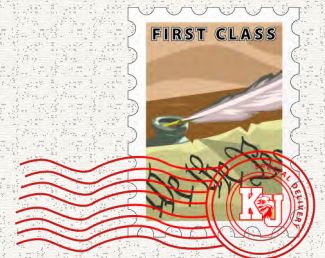
FREE SUBSCRIPTIONS AVAILABLE!

Email Samantha today to start your subscription. (SRatcliff@KeiserUniversity.edu)

Tell her if you want it...

- **ELECTRONICALLY:** Email Samantha from the email you want the subscription to go to. *Faculty and Staff are automatically included on this subscription list via their KU email.*
- **...Or in PRINT:** Faculty/Staff will have issues delivered to their mailboxes. Student "print-subscribers" will have their issues placed in their current instructor's box to have the instructor deliver to the student.

Cancel anytime by emailing Samantha and letting her know you want off the list.



A KEISER UNIVERSITY NEWSLETTER
PORT SAINT LUCIE CAMPUS
the Exclusive
A unique perspective on our campus

10330 South US1, Port Saint Lucie, FL 34952

phone: 772.398.9990

DATE (S)	EVENT	LOCATION	TIME (S)	NOTES
2	Graduate Seminar	Auditorium	1:00 pm 5:00 pm	Every student is required to attend Graduate Seminar within 4 months before graduating. Questions: See Leslie Haviland in Student Services

STUDENT APPRECIATION DAYS:



Tues., Sept. 2: Snacks in the Lobby at 10am & 5pm

Thur., Sept. 4: Coffee/Doughnuts 7-9am outside Lobby and Snacks in the lobby @ 5pm



8	SGA Meeting	Student Lounge	1:15 pm	Attend a meeting to join. Membership is FREE. Volunteer opportunities available. Online students and Alumni are always welcome.
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8	Student Veterans Association (SVA) Meeting	Auditorium	1:15 pm	SVA meets every second Monday of the month.
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9	LDP: Time Management & Goal Setting	Auditorium	1:00 pm	Sign up at the Student Services table in the Lobby. Need at least 5 people signed up before today to hold the class.
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CONSTITUTION WEEK September 15-19
*** FREE Events * Prizes * Something going on each day ***

16	LDP: Resume Writing and Cover Letter	Rm. 140	1:00 pm	Sign up at the Student Services table in the Lobby. Need at least 5 people signed up before today to hold the class.
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25 & 26	Keiser Spirit Day (\$1 required EACH DAY to participate)	Lobby or Student Services	Approx. Lobby Times: 7:15am-9:00am & 4:45pm-6:00pm	Wear correct Spirit Attire and pay \$1. Proceeds go to current charity/charities. (Unsure about attire? Consult the poster in the Lobby.) THIS IS <u>NOT</u> A FREE DRESS DOWN / JEANS DAY.
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SEPTEMBER 2014

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

ALL calendar events are subject to change or cancellation with or without notice.
LDP = Leadership Distinction Program
SGA = Student Government Association

ADDITIONAL DATES
Sept. 1: No Classes / KU Closed for Labor Day (Return 9/2)
Sept. 2: Day/Night New Start, Term A
Sept. 29: Day New Start, Term B

THIS MONTH'S CHARITY*
McCarthy's Wildlife Sanctuary

A rehab for native animals (sick or injured), confiscated animals from neglect, abuse, or illegal possession. A safe haven for over 170 animals.

*Charities are subject to change or cancellation with or without notice.

View/download the newsletter or calendar online:
keiseruniversity.edu/student-services/campus-connection

This printed calendar is accurate as of: 8/28/2014

CREDIT CARDS ACCEPTED (cash too)
 11:00am in the Student Lounge on:
 Sept. 04 ❖ Sept. 11 ❖ Sept. 18 ❖ Sept. 25
 Subway will continue to visit on most **Thursdays** as long as turnout continues to be good.
 (See display outside Student Lounge for days planned for 2014.)

Big Apple switched to **TUESDAYS** at 11:00am in the Student Lounge.

CASH ONLY.

Cheese or Pepperoni slices; garlic knots too!



5 Password Tips That Could Save Your Assets



GETTY IMAGES

1.6 billion online passwords were recently stolen by a Russian crime gang.

REPORTS OF DATA BREACHES, stolen passwords, hacked companies and identity theft are on the rise. This is the dawn of the next war, the *Cyber War*. According to a *Washington Post Report*: Cybercrime and espionage costs the world economy \$445 billion annually.

Don't end up a statistic; following these five tips for creating secure passwords could save your assets.

TIP #1
Change Your Password Regularly
 You should get into the habit of changing your passwords on a regular basis. Change them at least twice a year (every six months).

TIP #2
Make Your Password Strong
 A good password consists of at least one of the following: Uppercase letter, a string of non-sequential numbers, and at least one "special character" (i.e. !@#\$%^&*)

TIP#3
Leave No Trace
 Don't use things like: birthdays, phone numbers, social security numbers, family names, pet names, addresses etc. for your password! Your password should be unique with no strings attached.

TIP#4
Write It Down
 It might sound like a contradiction, but actually IT professionals see this all the time. A person will forget their password; then try to contact Google, Yahoo, or another web company. They will search on the internet & shortly get a call from a person claiming to be a rep from the company. Next thing you know, your data is encrypted and they are holding you for a \$200-\$300 ransom. Write your passwords down and keep them in a safe place.



Getty Images

Like your favorite book on the shelf, or a home safe. This one is HUGE!

Tip#5
Make Multiple E-mail Accounts
 This is another huge one that can save your data. Keep all of your personal information and accounts tied to one e-mail account AND THEN make ANOTHER one for EVERYTHING ELSE. Bank accounts, bills, credit cards, all financial accounts should have a dedicated email address that is only used for that. Use the other account for sites like: Facebook, Twitter, YouTube, Instagram etc. The mentioned sites are hotbeds for spammers, e-mail scams, spyware & malware. Again, huge tip here.

Following these simple tips can save you a ton of grief, loss & money in the long run.

BONUS TIP
 Make sure your anti-virus & anti spyware/malware software is up to date. This is very important, new threats to your computer are being released every day. Having a solid anti-virus program like McAfee is vital.



About Charles and his company
 Charles Watson is an IT student at Keiser University's Port St. Lucie Campus. He is a professional IT consultant and a Senior Level Bench Tech at *Computer Fix of South Florida*.

Charles is also the founder of ITLyfe.net. This is a social community that offers advice, repair services, consultations and raises community awareness about Information Technology & computers.

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