



the Exclusive

A unique perspective on our campus

Volume 3 :: Number 04
December 2014

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INSERT
KUPSL Calendar of Events

SUBMIT* for January 2015 Issue by:
Dec. 19, 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 another 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 inquires.

Credits

Editor Samantha Ratcliff
Proofreader Dawn Taggblom

Photos, graphics, and clipart are from: Samantha Ratcliff, Microsoft Images, FreeImages.com, Google Images or are provided by the submitter of the article.

Key Tips to Ace Your Job Search

Leslie Haviland, MBA
Associate Director of Student Services



1. Research the company!
2. Find the employment section on their website. Find the contact's name.
3. Write a cover letter addressed to an actual person.
4. Read the directions for submission (email, online uploads, in person, or fax). If they give you the option to apply in person, **do it. They are less likely to tell you "NO" to your face.**
5. Submit resume, cover letter and supporting documents such as letters of recommendation, degrees and/or transcripts.
6. **FOLLOW UP!!!** Don't miss out because you didn't follow up to see if they received your application. Go in person, call or email.



CREDIT CARDS ACCEPTED (cash too)

11:00am in the Student Lounge on:

Dec. 04 ♦ Dec. 11 ♦ Dec. 18

(WINTER BREAK: Dec. 22-Jan. 2; return Jan 5)

*Subway will continue to visit on most **Thursdays** as long as turnout continues to be good.
(See display in hallway for days planned for 2014.)*

Breast Cancer Awareness Fair 2014

DID YOU VISIT the Breast Cancer Awareness Fair that occurred October 24, 2014? We spoke to one of the instructors about the event: **Ms. Neisha Mitchell**, Radiologic Technology Program Coordinator.



What was the fair about? The fair was held to raise breast cancer awareness.

Why did you have it? October is Breast Cancer Awareness Month and many students and faculty have had some type of experience with the disease with either friends, family or themselves. I thought it would be a good idea to collaborate with other allied health programs to raise awareness, as they also interact as health professionals with these types of patients.

What did they talk about? The Dietetics and Nutrition students discussed antioxidants and the benefits of consuming healthy grains and berries. The Radiologic Technology students discussed mammography and other imaging modalities as they relate to diagnosis with imaging, survival rates, and outcomes. The Nursing department demonstrated breast self-examinations using a plastic model.

What was your feedback from people coming in AND from participants at the "booths?" Many of the visitors to the booths enjoyed the information session and learned something new about the disease. The students thoroughly enjoyed being able to share the information and they are looking forward to having many more events where they can participate in this type of setting.



Will there be another fair in 2015? Yes, we would like to do another fair next year in October.

Safe Toys and Gifts

Copy/pasted from: <https://www.healthtradition.com/december-is-safe-toys-and-gifts-month/>

ACCORDING TO THE U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. 72% were to people less than 15 years of age. Additionally, in 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets.



When it comes to toys and gifts, the excitement and desire to get children their favorite toys may cause shoppers to forget about safety factors associated with them. Before you make these purchases, it is critical to remember to consider the safety and age range of the toys.

Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give suits the age and individual skills and abilities of the individual child who will receive it, especially for infants and children under age three.

This holiday season (and beyond), please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.



When purchasing **toys for children with special needs**

try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it. Consult the “AblePlay” website at <http://www.ableplay.org/> for more information.

- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – “ASTM” means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard).
- Keep kids safe from **lead in toys** by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your children wash their hands frequently; and calling



your doctor if you suspect your child has been exposed to lead. Consult the last two websites listed below for more information.

- Do **NOT** give toys with small parts (including magnets and “button” batteries which can cause serious injury or death if ingested) to young

children, as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.

- Do **NOT** give toys with ropes and cords or heating elements
- Do **NOT** give crayons and markers to young children unless they are labeled “nontoxic.”

For more information:

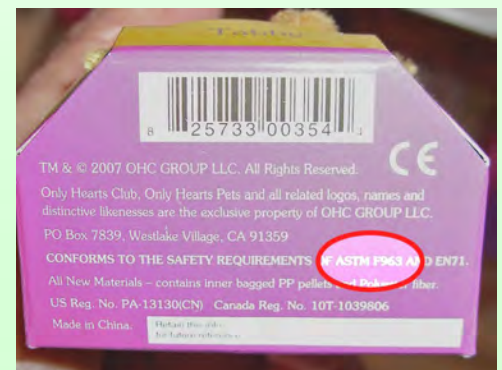
Call Prevent Blindness America at (800) 331-2020 or go to their website: www.preventblindness.org/children/safetoys.html.

Other online assistance:

- ◆ www.cpsc.gov/cpsc/pub/prerel/category/toy.html
- ◆ http://kidshealth.org/parent/firstaid_safe/home/safe_toys.html
- ◆ www.cdc.gov/nceh/lead/faq/toys.html
- ◆ www.nlm.nih.gov/medlineplus/article/002473.htm



Examples of ASTM labeling on toys; please see circled area in the Google images above and below.



Do Write by Your Friend

WHEN WAS THE LAST TIME your mail box gave you something besides another pre-approved credit card or other junk mail? (Amazon or other online order deliveries not withstanding; those are awesome to get.) If you're of a certain age, before email, texting, Twitter and Facebook were second nature, you may remember receiving letters from relatives and friends on a fairly regular basis. Maybe you maintained a pen pal exchange when you were younger. December is "Write to a Friend Month."

Step away from the computer or smart phone.

Decide who to write to:

- ◆ Grandparent? Godparent?
- ◆ Cousin? Sibling?
- ◆ High school best friend who lives a few states over?
- ◆ A friend/family member who lives across this state?
- ◆ Deployed family or friend?
- ◆ You could even decide to write to your significant other who lives with you. (It's the last thing s/he'd expect!)

Now gather those old-fashion writing supplies!

Choose the paper and envelope:

- ◆ Will it be lined or unlined?
- ◆ Colored or white?
- ◆ Will it have a design on the side or top?
- ◆ Will it be the standard #10 (4.125" x 9.5") envelope? Many bills and preapproved cards use this size too. You only need to fold regular 8.5x11" paper into thirds to fit it inside.
- ◆ Another common envelope size for letters is to use the number 6 3/4 (3.625" x 6.5") envelopes
- ◆ Of course you can cheat a little and use a greeting card and its envelope and insert your heartfelt letter inside the card (not writing it on the card; use a separate piece of paper or two).
- ◆ Many envelopes now come as self-sealing where you remove the backing of the flap and press to seal. If your envelope is not like

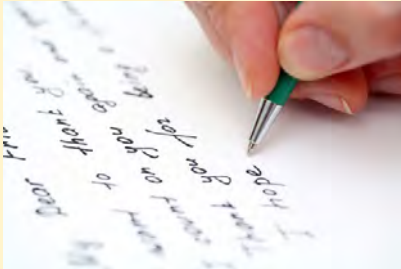
this, you can use a glue stick to seal the envelope.

Now choose what to write with:

- ◆ Pen or pencil?
- ◆ Gel ink or regular?
- ◆ Scented or glittery ink?

Optional Accents:

- ◆ Add stickers to the paper (before you write in the area you stick them to, so you can make room). Or use stickers on the envelope as accents or to "seal" the envelope after you've sealed it for real. Stay away from 3D stickers—the USPS may charge more if it has to be hand-sorted. Keep it flat.
- ◆ Print out the digital pictures you've recently taken. Cut them out so they're separate. Place these in loose within the finished folded letter.



- ◆ Perfume or cologne. If you wear a scent and are writing to your sweetheart: spritz some of it on your paper when you're done writing—let it dry before folding. Don't get too close to the paper or your ink may immediately run. If you

find you have more than one sheet done—be sure to spritz each sheet! When s/he opens the letter not only will s/he be holding something you crafted with your own hands — it will smell like you.

Optional Extras:

- ◆ Dictionary (no spell check here).
- ◆ Erasers (if using pencils).
- ◆ Tape (just in case the paper tears or to seal your envelope).
- ◆ Correction fluid or tape (Wite-Out®)

Leave the Twitter and texting shorthand out. Spell out what you mean. Use your vocabulary. Look up words you're unsure about. This is about putting your love of your friend or family member down on paper. Part of that is the respect you show him/her by writing things out even if your hand starts to cramp.

TAKE YOUR TIME. This isn't a contest. Many of us no longer have "neat handwriting" thanks to a world filled with typing near-everything. Many younger people have not been taught to craft their handwriting into something legible; many schools have removed cursive/handwriting from the

curriculum. Whether you print or use cursive or a combination—take your time and do it as neatly as you can—your friend/family deserves this extra touch. Even if it means it takes you the whole day to finish your letter because you had to take breaks, or had to restart if you're a perfectionist, it's worth it.

Decide what to write:

- ◆ If you write during the holiday season, write about what the plans are this year; or write about a favorite holiday memory that you thought of when you decided to write to them.
- ◆ Maybe ask for advice about a subject that s/he knows about. Tell what bits you know and why you need assistance.
- ◆ If this person has done something awesome or gotten a promotion, or maybe they're expecting their first child—you could talk about that.
- ◆ What would you say if you were emailing or Facebooking or Twittering? Start with that (remembering to write things out).
- ◆ Don't write "lol." Tell him/her how you were literally laughing out loud — maybe tears were streaming down your face because it was *that* funny; don't use "lol" as a crutch.

And who knows, maybe, just maybe your friend or family member will write you back in the same way.

Why bother?

Writing by hand to someone you care about is a dying art. Why not revive it?!

It shows the other person you CHOSE to take the TIME and think about what to write.



What a surprise to open the mailbox to find a letter from YOU, and not a bill! No one is asking you to forsake the technology based mode of communication; just put it on hold maybe once a year, or more often if the mood strikes you. Besides, they're holding something you were holding not too long ago ... it connects you both.



HOW TO PARTICIPATE

- **Wear approved apparel** (see below).
- **Pay \$1*** (CASH ONLY; **PLEASE NO \$20s**) for each day of participation on the scheduled Spirit Day. Pay in the Lobby before classes or stop by Student Services before going to class.
- **Wear sticker on approved shirt†.** This is a "Specific Casual Uniform" but Spirit Day attire is out of dress code; the sticker shows you've been approved to wear this attire and you're helping a charity. Ergo, it "puts you back in dress code."

The above procedure applies to both Students and Employees.

WHAT TO WEAR

- **Any Keiser University logo shirt‡:** shows school spirit, hence Spirit Day.
- **Jeans** (pants or skirts) or Khaki Pants, or Mid-Calf Length Capris.

NOT PERMITTED

- **NO SHORTS:** "Capris" shorter than mid-calf are considered shorts, and not permitted.
- **NO HOLES or RIPS IN PANTS/CAPRIS.**

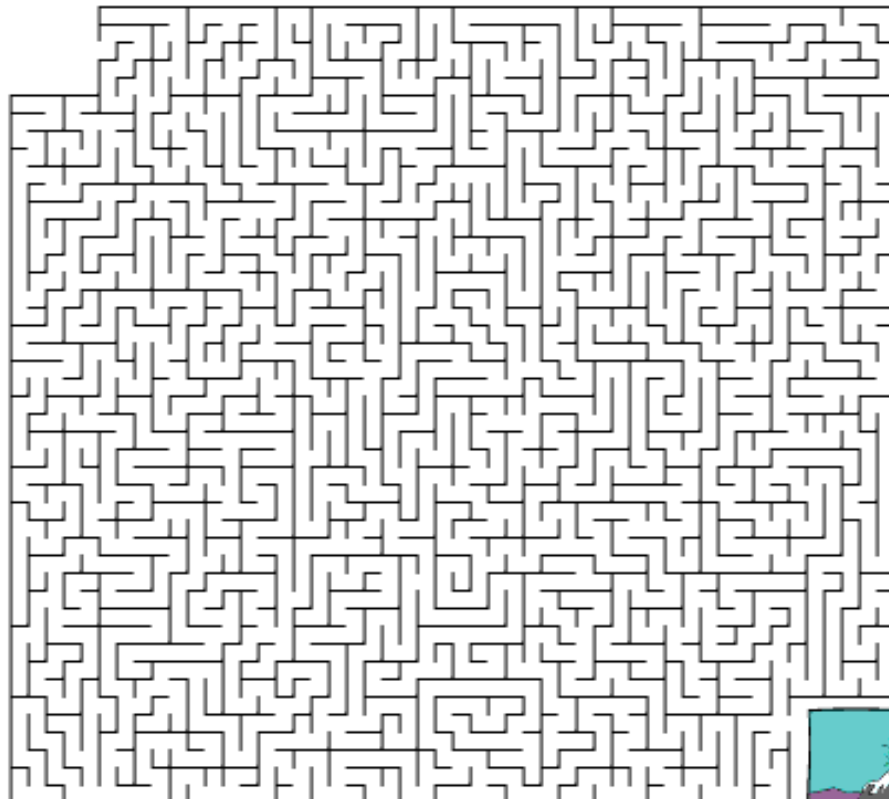
SPIRIT DAYS 2015

	TH	FRI		TH	FRI
Jan.	29	30	Jul.	23	24
Feb.	26	27	Aug.	20	21
Mar.	26	27	Sep.	24	25
Apr.	23	24	Oct.	08	09
May	28	29	Oct.	22	23
Jun.	25	26	Nov.	19	20
			Dec.	17	18

Spirit Days are subject to change or cancellation, with or without notice.

Keiser University Logo T-Shirts **SMALL to 4X:**
\$3 cash only available in Student Services
(Please no \$20s)

* No refund as this is a charitable event; proceeds are for a monthly charity/ities.
 ‡ Occasionally Student Services will present an optional "theme" for specific Date(s). In this event: wear standard KU shirt or the Option. An example is "wearing any non-offensive purple shirt for CFF on MM/DD only." The optional theme is not "transferable" to a non-advertised date by the wearer.



The Keiser University Student Government Association

Meeting Schedule 2015

January 12 September 14

February 9 October 5

March 9 November 9

April 13 December 7

May 11

June 8

July 13

August 10



All meetings take place in the
Student Lounge at 1:15 p.m.





Pinterest Winter Craft Ideas



Refrigerator snowman!



Pasta snowflakes—now spray it white and glittery!



Bottle snowmen!



Kids/adults place their fingerprints, then draw the bulb base and wire line.



Fingerprint lights have been upgraded to a placemat featuring "mistletoes."



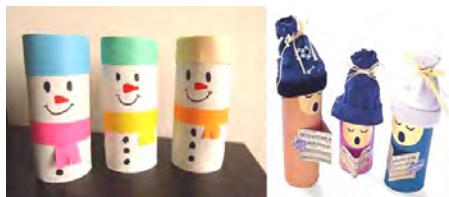
Candy cane place holder they can eat!



Shape your next homemade pizza!



Tree on the wall.



Toilet paper tube holiday friends!



Add pretzels and candies to create reindeer cookies.



IN THE COMMUNITY



with Leslie
Haviland

Associate Director
of Student Services

Free Dentistry for Kids*

From: R. Ian Murray, DMD
Date: February 6, 2015
Time: 9am to 2pm *By Appointment
Location: 1038 East Ocean Blvd,
Stuart, FL 34996
**CALL TODAY to secure your child's
appointment:** 772-287-5222

ADULT SOCCER LEAGUE

Sign up to join the Soccer League!

From: BASL.com (Beaches Adult
Soccer League)

URL: <http://tiny.cc/n4w3ix>

Questions?: info@basl.com

Monday Nights: 7:30 or 8:30

Where: Halpatiokee Park
830 SW Lost River Road
Stuart, FL 34997



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

CASH ONLY.

Cheese or Pepperoni slices,
garlic knots too!



HONOR ROLL

Did you know you can
view the High Honors and
Honors list on the TV in
the lobby?

*Being on the TV display or receiving a certificate is
NOT from your cumulative GPA.*

Honors: 3.50-3.74
High Honors: 3.75-4.0

The pinning ceremony is to give recognition to the
student's accomplishment upon the completion
of all the required core courses.



December 2014

RADIOLOGIC TECHNOLOGY

**James Poole
Kerry Young
Paul Edwards
Steven Cruz**

*Names listed above were submitted by
program coordinators/directors and are
copy/pasted from an email; spelling
errors are not intentional.*

*For the **January 2015** issue: Program
Director/Coordinators please email
Samantha your list of students getting
pinned in **January/February** by **NOON**
on **December 18th**.*

Find a PenPal

IN CONJUNCTION WITH *Do Write by
Your Friend* on page 3, we did a
Google search on finding a Pen Pal to
write to. Note that you must use
common sense with any of these sites.
Many sites try to filter out the "bad guys;"
however, some scammers get through the
cracks and tell a sad, sappy story and
ask for money; or they pretend to be a
love interest and then ask for money or
worse. The sites below are supposed to be
used for creating friendships, not
romantic interests.

Some are FREE; others have a fee:

- ◆ **Student Letter Exchange.**
Established 1936. "...focuses on
younger writers aged 9-20, across the
US and around the world." Might be
a great option for those with
children.
 - www.pen-pal.com
- ◆ **International Pen Friends.**
Established in 1967... "providing
more than 2 million people aged from
8 to 80+ years with pen friends and
offering services in six languages."
 - www.ipfworld.com
- ◆ **Global Penfriends.** Established
1995. "Global's caters for people of
all ages; we have international
members from 5 to 80 years of age.
All new profiles are reviewed by
penpal administrators to ensure our
pen-pal site is up-to-date and family
friendly!"
 - www.globalpenfriends.com
- ◆ **Pen Pal World.** Established 1998.
 - www.penpalworld.com
- ◆ **Sassociations.** Established 2004.
 - www.sassociations.net





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 "Split 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**

Dec. 18 19

† SPIRIT DAYS ARE SUBJECT TO CHANGE OR CANCELLATION, WITH OR WITHOUT NOTICE.

† Occasionally, Student Services will have an optional "theme" for a specific Split Day(s). In this event, wear standard KU shirt or the Option. An example is wearing any non-offensive (color) shirt with jeans (khakis or capris) pay \$1 to help (charity) on [date(s)] only.

**As supplies last.

*No refund as this is a charitable event; proceeds are for a monthly charity/rites.

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!



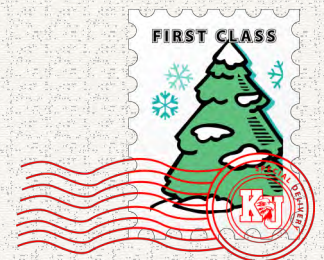
FREE SUBSCRIPTIONS AVAILABLE!

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
Operation Homefront TOY DRIVE for children of veterans Accepting NEW, UNWRAPPED toys until DEC 12!				
Bring a new, unwrapped toy and join us in the KUPSL Lobby at 2pm on Dec 2nd for the Kick Off Event! Pictures with Santa, refreshments and activities for the kids.				



2 TU	Graduate Seminar	Rm. 140	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
4 TH	LDP: Interviewing with Ron Lewis	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.
8 MO	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.
8 MO	SVA Meeting	Auditorium	1:15 pm	The KUPSL chapter of the Student Veterans of America meets every second Monday of the month.
18-19 TH-FR	Keiser Spirit Day* (\$1 required <u>EACH DAY</u> 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 NOT A FREE DRESS DOWN / JEANS DAY.

NURSING STUDENTS CAN NOW PARTICIPATE IN SPIRIT DAY!

Wear your Nursing Tshirt with scrub bottoms on Spirit Day and pay \$1 cash to participate and help a local charity!
(If you cannot afford the participation dollar this month please wear your standard scrub top.)

DECEMBER 22 to JANUARY 2
WINTER BREAK

KU Open throughout break EXCEPT on: December 25 & January 1.
Return Monday, January 5, 2015!

DECEMBER 2014

ALL calendar events are subject to change or cancellation with or without notice.

LDP = Leadership Distinction Program
SGA = Student Government Association
SVA = Student Veterans of America

ADDITIONAL DATE(S)

Dec. 19: End of Term C
Dec. 29: New Student Orientation



THIS MONTH'S CHARITY*

DOGS & CATS FOREVER

A local no-kill shelter for dogs and cats.

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

Newsletter & calendar online:
keiseruniversity.edu/student-services/campus-connection

Harvest Food and Outreach Center (HFOC)

EACH NOVEMBER WE ASSIST The Harvest Food and Outreach Center with the November Spirit Days, this year we helped them with \$85 plus the food we collected during November in our 365 Food Drive Box. This year we allowed participants to pay with a food donation rather than a dollar for each day of Spirit Day participation. The HFOC is located in Fort Pierce, FL. They provide food and hope to those in need on the Treasure Coast of Florida



by providing food to hungry families, crisis services and educational programs to assist families fighting to break the cycle of poverty. In 2006 Harvest Food & Outreach opened an additional 18,000 square foot facility in St. Lucie County which is currently serving over 500 families per day. The St. Lucie County Campus, located in central Fort Pierce was conceptualized to meet growing needs of our community. According to the US Census Bureau, more that 24% of Fort Pierce families are living below the poverty level (which is \$23,050 for a family of 4). This location now houses the St. Lucie County Department of Children and Families and Career Source employment services as well as offering a unique one stop program for families in need. The organization also has operations in Vero Beach and Orlando.

Pictured are Father Joe Ceullar, Community Outreach Coordinator and Jennifer Costa, CEO of Harvest Food and Outreach Center alongside Leslie Haviland and John Hooker of the KUPSL Student Services team.