



the Exclusive

A unique perspective on our campus

Volume 2 :: Number 11
July 2014

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INSERT
KUPSL Calendar of Events

SUBMIT* for August 2014 Issue by:
July 15, 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 inquires.

Credits

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



Healthy Snack Choices

DON'T AVOID A SNACK ATTACK. It is a misconception that you should avoid snacking in order to lose weight. Snacking between meals can help to keep blood sugar levels balanced and can help to give you an energy boost between meals. Snacking between meals can also help to prevent you from eating too much at mealtimes. The key to snacking is portion control and choosing healthy options. So how do you become snack savvy?

Be proactive with snack attacks by planning ahead. This will help to prevent you from giving in to instant gratification by grabbing anything in sight that may be unhealthy and have a high amount of calories. Planning for the times when you know you will be hungry can help. You can carry non-perishable snacks like granola bars and nuts with you in the car and in your purse or backpack.

Try to stick with snacks that are healthy. Snacking gives you more of an opportunity to get more servings of nutritious foods into your diet. Some of nature's most perfect portable snacks that don't have to be refrigerated are apples and bananas. Pair those with a tablespoon of peanut butter or almond butter and you have a perfectly balanced snack of energy-producing carbohydrates and protein.

Calories count when it comes to snacking, so it is important to try and stay around 100 calories if you are trying to lose weight.

- So what does a 100 calorie snack look like?
- 1 hard-boiled egg
 - ½ cup of fat-free cottage cheese and ¼ cup blueberries
 - 2 oz. turkey and 1 oz. reduced-fat cheese roll
 - 4 tbsp. hummus and 2 stalks celery
 - 1 cup sliced apples and an ounce of low fat cheese
 - 2 cups of raw mixed veggies and 2 tbsp. fat-free dressing

What are the best nutritional components to look for in a snack?

Soluble fiber not only helps you to feel satisfied longer but is also beneficial to help with blood sugar stabilization, which can help to prevent you from feeling hungrier sooner. Soluble fiber can be found in oatmeal, lentils, apples, oranges, nuts, celery and carrots. Protein can help you feel more satisfied for a longer amount of time. Protein also helps to build lean muscle. And what about beneficial fats in snacks? No, this is not an oxymoron. Beneficial fats are mono- and poly-unsaturated fats. They can help to improve your cholesterol levels and decrease your risk of heart disease. These beneficial fats can be found in avocados and in nuts and seeds. Beneficial fats also help to keep you feeling full longer.

Eat more negative calorie foods as snacks.

Yes, you heard right. There are foods that actually cause the body to expend more calories than they contain. Some



Google Images

of these foods are: apples, celery, oranges, strawberries, carrots, lettuce, tomatoes and zucchini to name a few. You can eat these foods to your heart's content and not have to worry about feeling guilty.

So now hopefully you're armed and dangerous with food for thought when the next snack attack hits. Please stay tuned; next month's topic will be about Nature's Top 10 Nutritional Powerhouses. If you have an idea for an interesting topic, please feel free to e-mail me at:

info@nutritionnurtured.com.

Abundant health to you!

Independence Day -Gedamke Style-

by Kathryn Gedamke,
General Education, Mathematics Instructor



Gareth the fifer, 7-4-08

WOULD LIKE to share some pictures from the past several years of what my family does for Independence Day at Flagler Park in Stuart.



Planting the flag 7-4-12

Back in '05, when we began to attend the annual gathering and fireworks display, my husband was shocked and appalled to discover how little that people, especially kids, knew about what they were there celebrating.



Nathan, Dan, Ian 7-4-05

So he ran home, put on some gear and paraded his Betsy Ross flag. (Being a history buff and part-time re-enactor he, of course, had these at home in a closet!) The first year some people called him a pirate. So he and the boys (and later my daughter) kept adding to their uniforms. One year they actually made a newspaper!



Now he has people stop and thank him, some with tears in

their eyes, for reminding us of why we gather to celebrate on the fourth of July,

My favorite picture is my daughter on horseback, looking like Paul Revere!



Sarah Revere! 7-4-10

Intuitive Eating

by Allyson Joy MS, RDN, LDN
Clinical Coordinator, Dietetics & Nutrition



HOW MANY TIMES have you or has someone you know jumped on the band wagon of the latest diet craze? And how many times have these diets failed to keep their promise for quick weight loss, a faster metabolism, or better health? The majority of diets today are unsustainable and difficult to follow. This leads to fluctuations in body weight, psychological changes, and often a sense of hopelessness.

What if instead of dieting we tried to actually listen to our bodies? The Journal of the Academy of Nutrition and Dietetics recently published a review of 20 studies that examined the outcomes of eating by internal cues. Intuitive eating focuses on a health-centered approach, meaning that physical and psychological wellness is the ultimate focus compared to weight loss being the primary goal. Below are key principles to successful intuitive eating.

Unconditional permission to eat. At first glance this may seem counterproductive. With diet rules

being eliminated, almost all participants in these studies actually lost or maintained weight. Remember, the goal is to listen to hunger cues, not to restrict calories. Diets should be rich in fruits and vegetables, whole grains, and lean protein. If you are following a balanced diet and your body is saying you are hungry, you probably are.

Respect of your body. Body dissatisfaction may lead to disordered eating and can make eating intuitively very difficult. In non-diet study participants, self-esteem and self-acceptance increased while depressive symptoms decreased. Accepting and appreciating your body type is a crucial component of overall health. Every body is different — and that is a good thing! We only get one body; make an effort to learn to be comfortable in your own “genes.”

Mindful eating. How many times have you sat down to eat and watch a TV show only to realize an hour has flown by as well as the bag of chips? Mindful eating is simply being aware of what you are eating and how your body feels about eating that food. This principle will take practice but may improve your physical and psychological health. We are all busy and sitting down to eat a meal may be a challenge. But the investment is worth it.

**BREAK
THE BAD HABITS
AND MAKE
better ones**

Relaxation and Spirituality. Those who were able to manage stress effectively were more capable of eating intuitively. In addition, participants who had a high “spiritual readiness,” and therefore purpose, scored higher on body satisfaction scores. Find activities that help you relax and engage spiritually, and do them regularly.

Your challenge is to choose one healthful principle this month that you can apply to your life. Shifting the focus from the scale to awareness is not always easy. Anything worth having is worth striving for—an intuitive approach to eating included!

FRIENDLY FINANCES

with
Geoffrey Stam



Office of the Chancellor

Director of Default Management
and Financial Literacy

Back to the Spending Diary

PREVIOUSLY WE HAVE discussed the concept of paying ourselves first to be sure we have the savings in place to reach our financial goals. [The Exclusive, Vol. 2 No. 10, June 2014, "Savings: The Importance of 'Paying Yourself' First," p5] How do we make sure to do so, but still have the money to cover our necessary expenses? Where do you find extra money to put away for a rainy day, pay down outstanding debt, go on that special vacation, or buy that item you have been wanting? Recognizing a n d understanding our monetary behavior is of u t m o s t importance when it comes to achieving f i n a n c i a l success. Using a spending diary can be one of the most effective tools (in conjunction with a budget) to clearly identify those behaviors and help reach financial objectives.

The purpose of a spending diary is to track every penny of income and identify where it is being spent. Yes, this includes money going to savings! Remember, "Pay Yourself" is considered a must-pay expense in the fixed expenses portion of your working budget. By tracking your expenditures down to the penny, you will have a clear picture of where your money is going, or at least where it went last month. With this view in mind, it is easier to identify opportunities to reduce some expenses or potentially cut some out altogether. Putting this in practice for 3 to 4 months should give you a very good idea of what your spending habits are, where the "little"

items add up, and what potential changes to spending might need to be made.

It is important to make sure that L.I.F.E. (Listed expenses, Impulse buying, Forgotten bills, Emergencies) is covered. Tracking spending down to the penny can help make that happen.

- ? For each listed expense, was enough money allocated for the budgeting period?
- ? What are the impulse buys that affected the budget, potentially leaving it in the negative with no money for savings? The budget was in balance the last 2 months but out of balance this period; what occurred that may have been unplanned?
- ? Are there any bills that have been forgotten since they only happen periodically or on an irregular cycle?
- ? Is the emergency fund (savings) growing adequately to cover issues that may happen along the way?



Google Images: A blogger was tracking her spending in a diary. Some saved receipts and handwritten entries.

After 3 to 4 months of tracking where the money is going, a good visual tool has been created that can provide some ideas of where to make some changes. Sometimes it is simply cutting back on some of the "little things" such as buying a specialty coffee or going out to lunch. Other times it

may be recognizing a need to modify the grocery shopping behavior by using more coupons or store-brands to reduce costs. Just remember, some simple savings here and there will usually add up to a much larger number over the course of a year! And if part of the goals are to make it to the end of each pay period breaking even or with a small amount left over, those small savings can add up to a very significant amount as time goes on. The small steps will lead to bigger leaps over time.

Once you have fully implemented the spending diary as part of your budgeting tools, you will be able to:

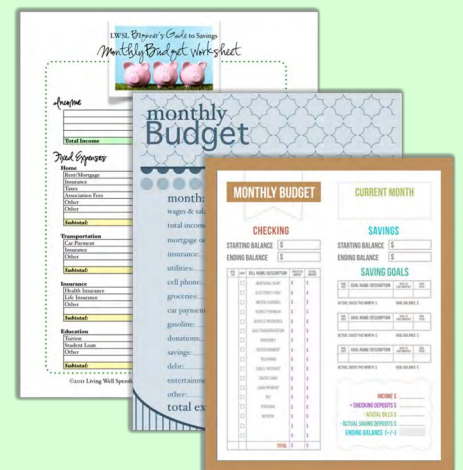
- 🔧 Create a budget that most closely fits your spending needs and habits but still reflects your goals.
- 🔧 Identify expenses that could be

reduced or done away with.

- 🔧 Make sure that L.I.F.E. is covered.
- 🔧 Finally, retrain the brain to stick to the financial goals that have been established.

A final thought for this article is to find a method of recording your spending diary (and budget, for that matter), that is comfortable to how you normally do things, whether it is manually or in an electronic format. Do not reinvent the wheel to create the spending diary tool. There are many websites available that can provide free worksheets that can be used for this purpose, both manually and electronically. Just do an internet search on "budget worksheets" or on "spending diary" to find a few. Yes, there is an "App" for that for just about any "smart device." Just search the app store that you use for "budgeting" or "spending diary" or "expense tracking" apps. Some are free; others may charge up to \$4.99 for the app. Find one that fits how you want to do things and be sure to put it to good use!

Please feel free to contact me if you have any questions or suggestions that have worked for you. If there is a specific topic you would like to hear about, please let me know. I am based at the Keiser University Jacksonville Campus and can be reached at (904) 296-3440 extension 139, or gstam@keiseruniversity.edu



Google Images: Samples from a budget worksheet internet search



Graduation

THE GRADUATION CEREMONY was held on Friday, June 13, 2014 at the Port Saint Lucie Civic Center. Those eligible to participate had to have graduated between June 2013 and May 2014. We had Mrs. Belinda Keiser as a special guest along with our Commencement Speaker, the honorable Senator Joe Negron.

The excitement was high and the families were brimming with love and pride. Tears of joy fell as laughter healed the goodbyes.

A picture is worth a thousand words; here's what you would have seen if you joined us! Current students, faculty and staff may feel free to join us NEXT year on June 12, 2015 at the PSL Civic Center!

Graduates may view/purchase their pictures on the Lifetouch website:
<http://events.lifetouch.com/keiser>

All pictures are ©2014 *Lifetouch Studios*, used with permission.



n 6/13/14



JOIN THE RADIOLOGIC TECHNOLOGY DEPARTMENT AT KUPSL FOR A CONTINUING EDUCATION UNIT EVENT!

When: August 2, 2014

Time: 8:00am to 2:30pm (Breakfast & Lunch provided!)

Place: Keiser University, Port Saint Lucie Campus (KUPSL) - Auditorium

RSVP: Neisha Mitchell at 772-398-9990 or NeMitchell@KeiserUniversity.edu

Topics include...

“Intrigue of Radiation Dose and Its Effects”

presented by: Glaister Ayr (1 CEU credit)

“Developing & Implementing a Radiation Dose Reduction & Monitoring Program”

presented by: Luis Carvajal (1.5 CEU credits)

“Production of an X-Ray Image - Then and Now”

presented by: Mabel Ayr (1 CEU credit)

“Skin Cancer”

presented by: Kathyryn Almquist (1.5 CEU credit)

“Mammography”

presented by: Judy Sorge (1 CEU credit)

Fun,
Prizes,
Give-a-ways,
...oh...
and learning!
RSVP TODAY!

In addition to RTs in the local community, Radiologic Technology Students and Alumni are welcome to attend the CEU event!

“Excellence in Forensic Science” Award

OUR CAMPUS HELD an event on Tuesday, June 17, 2014 in honor of faculty member Babu Thomas. The festivities took place at 7:00 p.m. in the auditorium. Mr. Thomas has had an overwhelming impact on the criminal justice community, from an educator’s perspective, as well as his involvement in hundreds of investigations throughout the tri-county area. He has worked on easily more than 10,000 cases. He has been a certified expert and testified in more than 2,000 State and Federal Court trials. He has been a teacher and lecturer at Florida Institute of Technology, Indian

River State College and Keiser University. He has been published in the *Journal of American Chemical Society*, *International Journal of Pure & Applied Chemistry*, and the *Journal of Chemical Physical Letters*.

“Babu’s career has touched many of our lives as an educator and as a scientist within the crime lab, so it is only fitting we honor him for his more than 30 years of experience and contributions to the field of forensic investigations,” stated Derek Brieske, Forensics Program Coordinator. The semi-formal event allowed for the invited guests who have known and worked with Thomas throughout the years to share stories of his influence before the ceremony where he was honored with the “Excellence in Forensic Science” award. This award

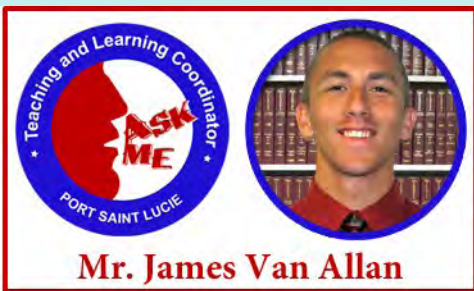
will become an annual honor bestowed upon a student within the Forensic Investigation program who maintains a high GPA, is a leader within their class and the community, and goes above and beyond their own program to help shape the future of the field of forensics.



Congratulations Mr. Babu Thomas and to all future recipients of the award!

L-R: Derek Brieske and Babu Thomas





Mr. James Van Allan

Ultimate Cliffhanger

DO YOU REMEMBER the 1993 action-thriller “Cliffhanger” starring Sylvester Stallone? The opening sequence from the movie shows Stallone precariously hanging by a wire over a deep mountainous ravine trying to rescue a woman who is about to fall. You can’t take your eyes off the screen as you are left breathless, wondering if the hero will save the day by rescuing the damsel in distress. The scene hooked audiences and caused them to want more, see more, and experience the whole movie to the end.

Excuse the reach, but are your classrooms like this? Do students genuinely want to be around you and your teaching style? Do you leave them wanting more? A classic episode of *Seinfeld* documents Jerry teaching George to go out on a high note because that is true showmanship. In Speech class, I am constantly teaching students that in any type of presentation, professional or casual, there should be an element of entertainment value. Audiences need something to hook onto to stay with the speaker the whole time. The minute an audience decides the speaker is not worth their time, they will check out. Students do this all the time in the form of the mental check-out. We realize this is a natural occurrence for a listener and they tend to come back to us after a minute or so. What we need to prevent is the physical check-out, where we unfortunately do not see our students anymore.

Retention (yep, there’s that word... again) starts and ends with the classroom experience and the instructor is an obvious force behind that. It’s important to develop relationships with our students and create a sense of likeability about yourself. It’s no secret that we want to be around people we perceive as

likeable...if I don’t like you, I’m going to find a way to avoid you. With the month-to-month class schedule, we must repeat this process early and often with each new class. Try spending the first few minutes of class and after breaks to simply talk with students about their day, their life, and even current events and pop-culture issues. Look away from the clock or textbook for a few minutes and let the casual conversation fill the classroom. It’s a terrific icebreaker and goes a long way in showing the students that you are in fact...human. They will like you more for it and hopefully respond better to your teaching. On a side note, for those of you who don’t care if students like you or not: good luck.

The next section highlights an area that TLC has been promoting since its early days: active learning. Think about it from a student’s perspective and especially the modern-day, want-it-now type student. Would you rather sit through a lecture and power-point for 4 to 5 hours or engage with the professor, other classmates, watch short videos, do group work, and be invested in the classroom? I’m assuming the correct answer stood out to you. Now it is true that every class is taught differently and not everything will always work according to your material. However, be willing to try new things and realize that force-feeding a student will never work. They desperately want to be a part of the learning process; if for nothing else it gives them something to do!

Students will always rise to new challenges and to expectations that we set. I, along with many of you, know that our students are completely capable of completing high level work, and we should expect that out of them. Let’s try giving the students something to work toward all month so they are striving for a specific goal. Perhaps there is a large group presentation that they work on a little each day with the big pay-off on the last day. Also, there could be a field trip during the last week that encompasses the major themes learned in class. Cliffhangers like these keep students invested in the classroom and invested in you. We should not forget that students trust us to deliver accurate information and treat them like the high-level students they are. While we don’t always know what is going on at home, or who is telling them what about completing or

not competing school, they know when they come to Keiser PSL, we are here for them, we support them, and we genuinely want to help and be with them. That’s just what we do.

Mr. James Van Allan is a coordinator of the Teaching and Learning Center (TLC). He is joined by Mr. Joe Walega, a Radiologic Technology Instructor; and by Dr. Louis Sokol, a General Education Instructor. The purpose of the TLC is to assist ANY student with learning. Topics include how to learn better, how to study for a test, how to manage their time, and how to be the best student they can be. TLC is also there to guide fellow instructors and staff members, to assist them with issues such as time management; working in group projects; to give encouragement; and to help them further engage their students. TLC helps instructors and staff reach their “A+ game.” If you are a STUDENT or FACULTY/STAFF member and would like to become better, please contact Mr. Van Allan, Mr. Walega, or Dr. Sokol today!

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.

A&P (Anatomy & Physiology)
TUTORING

Mon. & Wed. 1pm-3pm

See front desk for Instructor and room, or call 772-398-9990





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.

TH FRI

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**

Jul.	24	25
Aug.	21	22
Sep.	25	26
Oct.	09	10
Oct.	23	24
Nov.	20	21
Dec.	18	19

SPRIT 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. For this event, there's a choice: wear the Spirit Day Attire (above) OR the option. An example: "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!



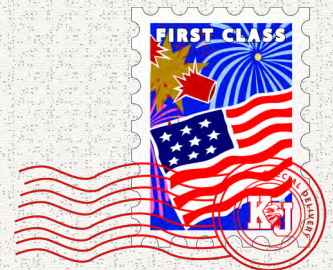
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Email Samantha today to start your subscription. (SRatcliff@KeiserUniversity.edu)

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
1	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
4	INDEPENDENCE DAY Enjoy the day off; KU is closed.			
8	LDP: Interviewing w/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.
14	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.
14	Student Veterans Association (SVA) Meeting	Auditorium	1:15 pm	SVA meets every second Monday of the month.
15	LDP: APA Workshop with Mr. Kennard	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.
22	LDP: Resume Writing and Cover Letter	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.
24 & 25	Keiser Spirit Day (\$1 required <u>EACH DAY</u> to participate)	Lobby or Student Services	Lobby Times: 7:00am-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.

JULY 2014

S	M	T	W	T	F	S
		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	31	1	2
3	4	5	6	7	8	9

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

LDP = Leadership Distinction Program
SGA = Student Government Association

BIG APPLE PIZZA Thu @
Student Lounge 11:00AM

CASH ONLY
BY THE SLICE

BIG APPLE PASTA \$1.50/Pepperoni
\$1/Cheese

THIS MONTH'S CHARITY*

Savanna Ridge Elementary (SRE)

In 2006, KUPSL adopted this PreK-5th grade elementary school to help the children and teachers throughout the year.

*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: 6/23/2014



Pet Supply Drive
Ongoing
Box in Lobby



School Supply Drive
Now thru Aug 6
Box in Lobby



Food Drive
Ongoing
Box in Lobby