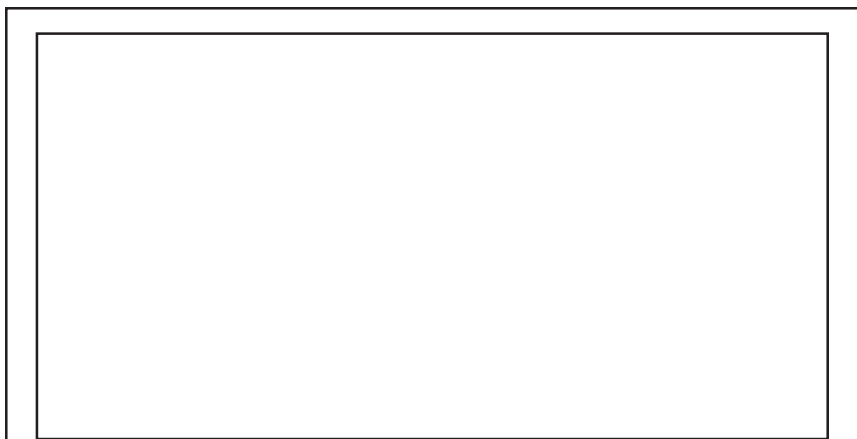


**July's Office of the Month: *Financial Aid*****University  
Picnic**for faculty, staff,  
and their families**Friday, August 18,  
2000 at 5:30 p.m.****Student Union  
Mall****Rain site:  
Georgian Room****RSVP**

Please RSVP by Tuesday, August 15, 2000. Although there is no charge for the picnic, the University Picnic Committee needs an approximate number of people planning to attend. Please call the Human Resources Office at 785-4031, with the number of persons who will attend the picnic.

\*RSVP will serve as registration for door prizes! (Only employees of Truman are eligible for door prizes.)\*

Pictured: *Financial Aid*

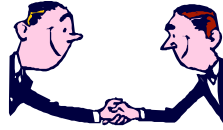
Row 1, Left to Right: Robin Pillen, Kathy Elsea, Brenda Embree. Row 2: Melinda Wood, Sue Neely, Julie Burns, Deanna Hunsaker. Row 3: Kristin McDougal, Brianne Shaver. Top: Brian Roscoe.

Change is constant in the Financial Aid Office as it has to adapt to three distinct sets of regulations - federal, state, and institutional - while processing and tracking approximately \$30 million dollars in aid to students. 87% of Truman students receive some type of aid - grants, scholarships, work, and/or loans. The majority of non-institutional aid funds are federal. Students must complete the Free Application for Federal Student Aid (FAFSA) as the first step in the process. The form and the process are constantly being upgraded and require that the Financial Aid Office be able to receive and report results and disbursements in electronic format. Many of the state-funded programs also require completion of the FAFSA. One exception to this is the Missouri Higher Academic Scholarship (Bright Flight) which requires that the recipients score in the top 3% of all students taking either the ACT or SAT test. Truman had 1,150 Bright Flight students enrolled during 1999-2000, with each receiving a \$2,000 award for the year.

The Financial Aid Office staff are very involved in helping families of high school students become familiar with the aid process and funding opportunities by presenting programs at many area schools. A major focus of federal and state agencies is promoting junior-high students' awareness of the college admissions requirements and financial aid. Staff at Truman are involved in workshops to inform families of junior-high students.

The Financial Aid Office, located in McClain Hall 103, is staffed by seven full-time staff: Melinda Wood, Director; Sue Neely, Assistant Director; Kathy Elsea, Staff Assistant; Deanna Hunsaker, Loan Coordinator; Robin Pillen, Applications Coordinator; Brenda Embree, Scholarship Coordinator; and Julie Burns, Workstudy Coordinator; along with five student employees.

# Meet Our New Employees!



Lana Dowell  
*Business & Accountancy*

Lana began her position as Division Secretary on July 5. She has attended Hannibal-LaGrange College and Pensacola Junior College. She previously worked as a staff writer for the Monroe City News and as a Training/Information Specialist at Diemaker, Inc. for several years.

Lana is married to Scott, a manufacturing engineer at Ortech, and has three children: Brittany, Hillary, and Phoebe. In her free time, she enjoys walking, swimming, free-lance writing, and spending time with her family.

Jim Bailey  
*Business & Accountancy*

Jim began his position as Division Head on July 1. He has earned a B.S. in Business Administration from Brigham Young University, a B.S. in Accounting and an M.B.A. from the University of Utah, and a Ph.D. from the University of Nebraska. He previously worked for Central

Washington University. Jim is married to Roberta, and has eight children: Bill, Becca, Robbie, Katie, Richard, Tim, Matt, and Danny. Jim also has two dogs and two cats, and his interests include music and the theater.

Marjorie F. McFarland  
*Physical Plant/Facilities*

Marjorie began her position as Housekeeper on May 22. She previously worked for BMG Enterprises in Jefferson City, Mo. Marjorie has five children: Theresa, Curtis, Melody, Ronda, and Ronald. She also has ten grandchildren and one dog. Marjorie enjoys working at

home and spending time with her grandchildren.

Dannie Dale  
*Business Office*

Dannie began his position as Assistant to the Controller on July 17. He previously worked for Helzburg's Diamond Shops in Kansas City for 15 years, and has a B.S. in Accounting from William Jewell College in Liberty, Mo. Dannie is married to Joani, and

has two daughters: Hannah and Lauren. He enjoys golf, softball, basketball, watching the stock market, and having fun with his children.

Kristin Sollars  
*Admission Office*

Kristin began her position as Admission Counselor/Visit Event Coordinator on July 17. She is a May 2000 Truman graduate with a B.A. in Psychology and a minor in Communication. She was a student worker in the Admission Office for three years. Kristin married Dustin Sollars on July 1. In her free time,

she enjoys running, hiking, landscaping, and gardening. She also enjoys restoring furniture, reading, and spending time with Dustin.

Tim Kelly  
*Fine Arts*

Tim began his position as Piano Tuner/Technician on July 15. He has been a private piano tuner since 1991 and a private piano teacher since 1992. Tim graduated from Truman in 1991 with a B.A. in Music with an emphasis in Music Business. He is married to Beth and has one four-year-old son, Grant.

His interests include carpentry, home remodeling, and writing music.

**Michelle Sharpswain**  
*Residential Living*

Michelle began her position as Ryle Hall Director on July 5. She previously worked for the University of Denver as Coordinator of Disability Services; the Illinois Mathematics & Science Academy as a Residential Counselor; and Prosser High School in Chicago as a teacher. Michelle has a Bachelor's in teaching the deaf and hard of hearing, a Master's in Social Work, and has completed coursework toward a Ph.D. in Education. She is married to Russell, and has a one-year-old son: Tennyson. Michelle's interests include running, adventure education, swimming, movies, learning new things, and working on her dissertation.

**DeWayne Preston Frazier**  
*Residential Living*

DeWayne began his position as Missouri Hall Director & Asst. International Student Advisor on July 1. He previously worked for the Office of International Programs at Northern Kentucky University. He has a B.S. in Political Science/Mathematics from Cambellsville University, and an M.A. in Latin American Politics/International Politics from the Patterson School for Diplomacy and International Commerce at the University of Kentucky. He married Sarah on June 10. DeWayne enjoys basketball, soccer, travel, international affairs, and international cuisine.

**Vern Hall**  
*Physical Plant/Facilities*

Vern began his position as Housekeeper on July 5. He graduated from Knox County High School and has worked for Hy-Test the last 20 years. Vern is married to Marsha, and his interests include showing horses.

**Toby Peavler**  
*Physical Plant/Facilities*

Toby began her position as Housekeeper on July 5. She is a graduate of LaPlata R-II High School, and previously worked at Florsheim/Wolverine for 19 years. Toby is married to Alvin and has two children: a son, Marty, and daughter, Courtney. Toby enjoys Bass fishing, gardening, and reading.

**Randall Bame**  
*Fine Arts*

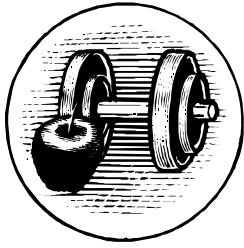
Randall began his position as Auditorium Manager on July 19. He previously worked for the Northwest Regional Jet Center and the Rogers, Arkansas school system. Randall is single and has a B.A. from Truman and an M.F.A. from Ohio State University.

**David Hudnall**  
*Physical Plant/Facilities*

David began his position as Custodian on July 16. He is a graduate of Kirksville High School and has attended Truman. In the past, David has worked at many different jobs.

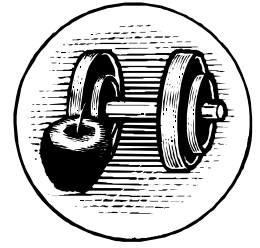
## STAFF CALENDAR, 2000-2001

<b>HOLIDAY</b>	<b>DATE (Offices Closed)</b>
Labor Day.....	September 4 (Mon.)
Thanksgiving.....	November 22 (Wed.) - Nov. 24
Christmas.....	December 25 (Mon.) - Dec. 27
New Year.....	January 1 (Mon.) - Jan. 2
Martin Luther King Day.....	January 15 (Mon.)
Spring Holiday.....	April 16 (Mon.)
Memorial Day.....	May 28 (Mon.)
Independence Day.....	July 4 (Wed.)



# Fit Tips From Liz

By Liz Hopkins-Jorn, Fitness/Wellness Director



## Tips to Help Control Your Weight

- **Make a Commitment**  
Avoid repeatedly losing and gaining weight. Decide why you want to lose weight. Remember, to attain your goal you need to be motivated by your own wants and needs, not someone else's.
- **Set a Realistic Goal**  
Set long and short-term goals keeping in mind your body type. The slower you lose weight, the greater the chance the weight will stay off. Aim to lose no more than five pounds in a three week period.
- **Don't Skip Meals**  
Don't skip breakfast or any other meal. Missing meals slows down the rate you burn calories and it will also make you feel hungry late in the day.
- **Eat Real Food**  
Begin with grocery shopping. Remember, make a list before you go to the store and don't shop when you're hungry. Stay away from aisles with chips, pastries and candies. Choose fresh fruits and vegetables over canned or processed ones. Look for ways to add fiber in your diet, e.g. whole grain breads and cereals, raw vegetables, etc.
- **Cut Your Calories**  
Don't cut your calories below 1,200 per day as this will prevent you from receiving the nutrients you need. Look for ways to cut unnecessary calories, e.g. soda every morning or a candy bar when you have a snack craving. By just cutting 250 calories (the equivalent calories of one candy bar) from your diet each day you will lose half a pound a week.
- **Get Active and Stay Active**  
Begin some form of aerobic exercise for 20 minutes, three to four times a week, and slowly build up as your endurance increases.
- **Drink Plenty of Water**  
Drink eight glasses of water per day. Water helps rid the body of metabolized fat and waste. Water makes you feel full and can be an excellent appetite suppressant.

*For more information on weight loss refer to your copy of the Mayo Guide to Self-Care (page 196), or stop by the Wellness Library in Human Resources where you will find many useful resources including the following brochures: Prune the Fat, How to measure weight loss success, and Low Fat Eating.*



## Hats Off Award Winner

The Staff Recognition Committee has announced a recipient of the Hats Off award.

The award recipient is:

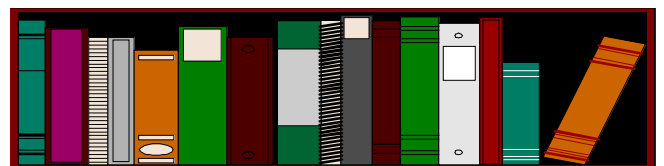
**Liyan Liao**

*Information Technology Services*

The Hats Off award is presented to University staff members who go *above and beyond* in an area of service. To nominate a staff member, submit a completed nomination form to Human Resources, MC 106. Nomination forms are available in Human Resources or in Division offices.

## Campus Crime & Security Act

The security of all members of the campus community is of vital concern by Truman State University. Information regarding crime prevention advice, policies concerning the reporting of any crimes which may occur on campus, and crime statistics for the most recent three-year period may be obtained at this web address: <http://www2.truman.edu/police/>. A paper copy of the report is available upon request from the Department of Public Safety, Truman State University, (660)785-4176.



**Remember to stop by the Human Resources Library for books, video, and audio tapes on a variety of topics.**