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Staff Appreciation Week Begins Monday

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Staff Appreciation Week Begins Monday

MAY 11, 2015 BY INSIDEOLEMISS



Patricia Oswalt tells about plants she brought to the 2014 Staff Appreciation plant swap at the Union. Photo by Kevin Bain/Ole Miss Communications

OXFORD, Miss. – **University of Mississippi Staff Appreciation Week** gets underway Monday, kicking off a week of lectures, yoga, meditation, bike-to-work events, a field day and free admission to the Turner Center, among other activities.

“Staff Appreciation Week is a very important event because it gives us a chance to show our staff members just how much we appreciate all that they do for our university,” said Carl Hill, president of the Staff Council. “It gives staff members a chance to get away from their desk

or office and enjoy some fellowship with their colleagues. After such a busy semester, it is nice to be able to relax a little and take part in some fun events.”

Here’s a schedule of the Staff Appreciation Week activities:

Monday-Friday (May 11-15) – Staff members can use the Turner Center without charge during Staff Appreciation Week. The \$5 guest fee will be waived (guests must be accompanied by the staff member and must remain with family). Upon entry, the staff member must show his/her university ID and sign in. All rules and regulations pertaining to use of the Turner Center will be in effect.

Monday, May 11

- **10-11 a.m. “Landscaping Ideas for Your Home”** – A lecture by Jeff McManus, director of UM Landscape Services, is set for the Student Union Ballroom. The presentation will include a question-and-answer session.
- **11a.m.-Noon Kick off to a Healthy Staff Appreciation Week** – Join staff members of the Department of Intercollegiate Athletics for a healthy walk from the Lyceum to the Manning Center, where there will be a light yoga session.
- **4-5 p.m. Maintenance Monday** – At the UM Bike Shop, a bicycle mechanic will teach participants ways to keep their bikes in good working order to improve safety, comfort and speed. To register, email green@olemiss.edu.

Tuesday, May 12

- **9 a.m.-4 p.m. Blood Drive** – A Day for Giving Life: Mississippi Blood Services will have a coach bus parked at the Union Plaza. All donors receive a T-shirt. Great prizes and give-a-ways will be available. Please bring a form of ID.
- **Noon Bike to Lunch** – Meet at the Lyceum at noon and enjoy a group ride to the Square for lunch.
- **4-5 p.m. Zumba** – Do you like to dance? Do you want to get in your exercise while you dance? Here’s how you can participate: Come to the Grove Stage with your workout clothes and tennis shoes to participate in one of the most popular workout routines around.
- **5:15-6:15 p.m. Aqua Aerobics** – Bring your swimsuit to the Turner Center pool. It’s going to be a fun, high-resistance workout. In addition to the standard benefits of exercise, aqua aerobics supports the body and reduces the risk of muscle and joint injury. You don’t have to be a swimmer to enjoy this class; deep or shallow water, pool staff will keep you afloat while you burn calories doing cardio, core, arm and leg exercises.

Wednesday, May 13

- **9 a.m. -4 p.m. Blood Drive** – A Day for Giving Life: Mississippi Blood Services will have a coach bus parked at the Union Plaza. All donors receive a T-shirt. Great prizes and give-a-ways will be available. Please bring a form of ID.
- **10-11 a.m. Music and Meditation** – Join us for The UM Family: A Celebration of Togetherness. This program at Paris-Yates Chapel will include inspirational messages and music from some of

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Campus Briefs

Students Learn ‘Real Politics’ in Washington, D.C., Winter Session

OXFORD, Miss. – Eleven University of Mississippi students spent their winter break learning about the people who work behind the scenes of the American government in Washington, D.C. Lead by Jonathan Klingler, assistant professor of political science, the students of Pol 391: Applied Politics met not with candidates, but with the people who make candidates’

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Young Alumna Gives Back to School of Accountancy

OXFORD, Miss. – Stephanie Jennings Teague, of Chicago, sees her commitment of \$100,000 to the Patterson School of Accountancy’s new building at the University of Mississippi as a means of saying “thank you.” “It is a way to show a small token of my appreciation to Ole Miss, the faculty and staff, and the accounting

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Ole Miss In the News

Reuters: Keep an Eye on the Money Supply

U.S. inflation roller coaster prompts fresh look at long-ignored money supply By Michael S. Derby NEW YORK – The amount of money sloshing around the U.S. economy shrank last year for the first time on record, a development that some economists believe bolsters the case for U.S. inflation pressures continuing to abate. The Federal Reserve’s

our most talented staff members.

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- **2 p.m.-3 p.m. Introduction to Belly Dancing** – Have you ever wanted to try a Community class? Belly dancing is a great low-impact workout perfect for all ages and sizes. At the Yerby Auditorium, participants will learn the technique and isolations that make up the core movements of Middle Eastern dance movements.

Thursday, May 14

- **10-11:30 a.m. Plant Swap** – Do you have duplicate plants? Would you like new ones? Bring a plant, or two or three, and swap them with friends. Please make sure the plants you plan to swap are rooted and bring a card with the common name and planting directions (sun/shade, etc.) This year, seeds can also be swapped. Place your seeds in a labeled envelope or closed plastic bag for exchange. The event will be held on the Student Union porch, but if there's rain the event will be held in the Student Union lobby.
- **12:30-1:30 p.m. Yoga & Yogurt** – Yoga can revitalize your body and mind with just a few minutes of gentle stretches. The best part – yoga can be done right at your desk if you are short on time. Join us for 20 minutes of “desk yoga” instruction, followed by a complimentary yogurt treat. Student Union, Room 404.
- **5:15-6:15 p.m. Aqua Aerobics** – Bring your swimsuit to the Turner Center pool. It's going to be a fun, high-resistance workout. In addition to the standard benefits of exercise, aqua aerobics supports the body and reduces the risk of muscle and joint injury. You don't have to be a swimmer to enjoy this class; deep or shallow water, pool staff will keep you afloat while you burn calories doing cardio, core, arm and leg exercises.

Friday, May 15

- **7-9 a.m. University Bike to Work Day** – Breakfast will be available for cyclists on the Union Plaza and in front of City Hall
- **9 a.m. Staff Recognition Awards Ceremony** – Join us in the Ford Center to recognize employees who have served the university from five years up to 45 years. The university will also recognize outstanding staff members. Join Chancellor Dan Jones, Whitman Smith and the Staff Council as we honor our employees. Door prizes will be awarded at conclusion of ceremony, but you must be present to win!
- **11 a.m.-1 p.m. Staff Lunch** – Join Staff Council for lunch at the Rebel Market in the Paul B. Johnson Commons
- **1-3:30 p.m. Fun Time**
- **Field Day** – Want to relive the glory days of field day? Sign-up in teams of five to compete against your fellow staff members. Be prepared for classic games such as the three-legged race and tug-of-war. Show off your cycling skills in the trike race. Intramural Fields, Circle. Team registration and volunteer forms can be found at <http://staffcouncil.blog.olemiss.edu>. The registration deadline is Tuesday (May 12).
- **Ride your Bike to Field Day** – Participants will meet at the Ole Miss Bike Shop at 12:30 p.m.
- **Basketball Tournament** – Registration forms for the 3-on-3 basketball tournament at the Turner Center are available on the Staff Council's website <http://staffcouncil.blog.olemiss.edu> or by contacting Carl Hill at cdhill@olemiss.edu. Registration deadline is Tuesday (May 12).
- **Karaoke** – Please join us in the main lobby of the Student Union for fun and fellowship in a party atmosphere. Show off your talents. Amaze your co-workers. This is your chance to shine. Perform as an individual or as a group. There will be a wide variety of musical selections to choose from. Several prizes will be awarded.
- **Bingo** – Everyone receives one card for the admission price of a “white elephant” gift in the Student Union food court. (Keep in mind that a “white elephant” gift is something that you have at home which is usable, but you do not need or want anymore). Please do not wrap your “white elephant” gifts. Bring extra dollars (optional) for our Jar of Dollars. Every dollar that you put in buys you a chance to win all the dollars in the jar. Also, additional bingo cards can be purchased for \$1, with the proceeds benefitting Children of Staff Scholarship Fund.

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