In her spare time, Jan enjoys dining out with friends; her current favorites are Bedrock Bistro in Avon-by-the-Sea, Mom’s Kitchen in Neptune, and Old Man Rafferty’s in Asbury Park. She also loves attending different events within the community.

Sharon Miggins has been the Assistant Director of Special Events and Programs for nine years. Sharon has discovered that the most important thing to have when working in the department is enthusiasm, and “if you can’t have a laugh at the events, you’re doomed.” She adds how much she loves the people in Special Events: “Working with them is a joy. It’s amazing that with these events there is nothing at first, and then there’s everything. And we are nothing without the Service Response Team (the boys from Dover)!"

Before her position at Monmouth, Sharon worked for 23 years with Consolidated Edison, pursued television as a videographer and directed a news program, “In and Around Ocean County,” and ran a non-profit theatre group, among other occupations.

Sharon responds, “It came to me that everyone needs a second act. I’m hoping to have a fifth act. You need to see, five years down, where the job is going to take you.”

She has a Bachelor of Science in communication from Staten Island College, and received her Master’s degree from Monmouth in liberal arts and professional studies. She is currently pursuing a second Master’s degree in history.

Moreover, Sharon is extremely proud of her three former student workers, who she assisted with constructing their resumes and now have successful jobs post-graduation. In her spare time, she enjoys gardening, writing, reading and photography, and is also taking a class in Irish (Gaelic) at Brookdale Community College.

Questions for University Advancement: Special Events and Programs?
Visit Wilson Hall 321 • Call: 732-571-3509 • E-Mail: jconnoll@monmouth.edu
URL: http://www.monmouth.edu/support/specialevent.asp

(continued on pg. 2)
Marian Dalton has been the Senior Special Events Coordinator for a year and a half, but has worked in the Special Events department for eight years. She assists with the department’s annual events, and is also dedicated to supporting events at the Doherty House.

Prior to working at Monmouth, Marian held a position with ABC and also worked for their local television program as a production assistant. She attended Brookdale Community College and obtained an associate’s degree, and is halfway towards completing a Bachelor’s degree in communication with a concentration in public relations at Monmouth.

Marian enjoys the variety that comes with her job in Special Events. “Even if I’m working on the same event year after year, it’s somehow always different.” She loves being creative and coming up with original ideas for events. “I tend to be very organized and that’s helpful with my position.”

She also expresses her gratitude for her co-workers. “I would have to say that the best part of my job is working with such great people in Special Events. They make me smile every day. We have a great time together and that’s extremely important when working so closely on projects.”

Coordinating the Wyeth Exhibit and Lecture at the Pollak Gallery in March 2007 was a major accomplishment for Marian. It contained 23 pieces of artwork from a private collection. “It was the first time that I had ever worked on a project mostly on my own and one of that magnitude. It was a tremendous success.” She also mentions that going to school and working full-time is “an accomplishment in itself.”

When not in the office, Marian spends her free time remodeling and decorating, traveling, and walking her chocolate Labrador retriever, Jake, along the beach. She resides in Eatontown with her husband Jim, and has two children.

Nicky Kelly is the Office Coordinator who has been assisting the department with a variety of tasks for three years. She supports the events wherever she is needed and handles office budgets, purchasing, filing, and supervising student employees, among other duties.

When it comes to her job, Nicky says, “It can be pretty hectic before an event, but it can also be a lot of fun working alongside my colleagues.” Her favorite aspect of the job is meeting the donors and the public when they attend events. “I really like the interaction with the different people I meet. I handle all of the RSVPs, so it’s nice to be able to meet them face-to-face.” She is proud of her work on the Annual Scholarship Reception, where she is involved in pairing up the student scholarship recipients with the donors.

Prior to working for Special Events, Nicky worked in the University’s Foreign Languages department and for many years as an investment banker prior to having children. Originally from Jamaica, Nicky also has resided in England. “Foreign languages are my first love,” Nicky smiles. She has her undergraduate degree in humanities from Thomas Edison College.

In her leisure time, Nicky likes to garden and read as well as spend time with her children. She also loves to travel, especially to Jamaica, England and New Zealand to visit her family.
Campus Connection 3

Say “Hello” To... 

Anthony Conard

Anthony Conard joined the University this past July as an Area Coordinator in Residential Life. He received his Bachelor of Science degree in Physics from Loyola University in Baltimore, and a Master of Science in Higher Education with a concentration in Student Affairs from Florida State University in Tallahassee. Before coming to Monmouth, Anthony was a First Year Advisor at Miami University in Ohio. He is affiliated with the National Association of Student Personnel Administrators (NASPA) as well as the National Orientation Directors Association (NODA).

Sandra Kosinski

Sandra Kosinski was hired as the Assistant Director of Internal Audit in August. She obtained her Bachelor of Science degree in Accounting from Kean University in Union. Before arriving at Monmouth, she taught general business studies and accounting at a private school in Cranford. Prior to that, she worked in various capacities as a CPA in both public and private accounting. She holds a license as a Certified Public Accountant, and Standard Certificates from the State of New Jersey Department of Education. Her affiliations include the New Jersey Society of Certified Public Accountants (NJSCPA) and the American Institute of Certified Public Accountants (AICPA).

Gregory Ott

Gregory Ott became the Assistant Director of Athletics Communications on September 6. He received his Bachelor of Science in Communication/Sports Journalism and English from Springfield College in Massachusetts. Before joining the Hawks, Gregory was the Assistant Sports Information Director at Quinnipiac University in Hamden, Connecticut. He is affiliated with the College Sports Information Directors of America (CoSIDA).

Employee Activity Committee (EAC) News

Employee Activity Committee

On Saturday, July 23 we embarked on a cruise on the Shrewsbury and Navesink Rivers on the two-tiered boat called the Venture and witnessed a beautiful sunset. The weather was very warm and all of us enjoyed the lovely evening.

Blue and White Day was held Friday, October 28, the day before our annual Homecoming football game against Duquesne. Employees in attendance proudly wore our University colors and participated in a special raffle.

On Saturday, November 5 we travelled to New York City to see Broadway’s Tony award winning musical “Priscilla, Queen of the Desert.” This spectacular show tells the story of three best friends on the wildest road trip ever. There were over 500 dazzling costumes and a hit parade of dance-floor favorite songs.

We will be taking our 10th annual trip to Rockefeller Center on Saturday, December 10. The bus will leave from the Rebecca Stafford Student Center at 9:15 am and leave NYC at 4:15 pm for the trip home. Tickets are $20.00 per person. Family members and friends are also invited.

We continue to sell discounted AMC movie tickets for $7.00 per ticket. Please remember to make use of the discounted offers from The Buyers Edge and Plum Benefits. If you have any suggestions, please contact Sharon Smith by e-mailing ssmith@monmouth.edu or by calling extension 7594.

New Helpdesk Integrated Voice System

Dear Campus Community,

Information Management (IM) continually strives to improve the services it provides to the Monmouth University Community. The HelpDesk has implemented an integrated voice system that has been launched and includes the following features:

- Announcements of current system outages or issues
- Automatic identification of the caller allowing IM personnel to know your concerns faster
- Automatic notification of your issues to Information Management personnel during off-hours

You will hear this new system the next time you call the HelpDesk at 732-923-4357 (HELP) or 732-571-3539.

Sign up for DIRECT DEPOSIT

All Monmouth University Employees can participate. Simply complete the form, which is available on the Monmouth website: Resources, Office of the Controller, Payroll.
Welcome Aboard!

7/1/2011 - 9/30/2011

Kelly Barratt .......... Center of Distinction for the Arts
Gregory Bordelon .......... Political Science and Sociology
Marco Cabrera ............. Facilities Management
Deborah Cannata .......... Admission Processing
John Comiskey ............ Criminal Justice
Anthony Conrad .......... Residential Life
Kathleen Dell .......... School of Social Work
Lynn Dietrich ............ Mathematics
Gil Eckert .......... School of Education
Dana Ehret .............. Biology
Kathryn Fleming .......... School of Nursing and Health Studies
Eileen Ghent ............ Athletics
Edward Gonzalez-Tennant .... History and Anthropology
Matthew Harmon .......... Communication
Mary Harris ............ Communication
Jacob Hinkson ........ English
Mariama Hubbard .......... School of Nursing and Health Studies
Lars Jensen .......... Facilities Management
Edward Kelsey .......... Chemistry, Medical Technology and Physics
Susan Kirwin .......... Admission Processing
Tonya Kneipp .......... Facilities Management
Sandra Kosinski .......... General Counsel
Amanda Kuperavage .......... Athletics
Stacy Lauderdale .......... Educational Leadership, School Counseling and Special Education
Jean Li .................. History and Anthropology
Jia Luo .......... Chemistry, Medical Technology and Physics
Megan McAllister .......... Athletics
Carol McArthur-Amedeo .......... Educational Leadership, School Counseling and Special Education
Kenneth McQueen .......... University Police
Gregory Moehring .......... Chemistry, Medical Technology and Physics
Cynthia O’Connell .......... Educational Leadership, School Counseling and Special Education
Richard Oliveri .......... Athletics
Gregory Ott ............. Athletics
Terry Palmateer .......... Facilities Management
Kathleen Rapp .......... Curriculum and Instruction
Peter Reinhart .......... Real Estate Institute
Stephen Reithinger .......... Athletics
Ellen Rubinstein .......... Chemistry, Medical Technology and Physics
Gary Rutledge .......... University Police
Julie SchAAF .......... School of Nursing and Health Studies
Tara Shirk .......... Undergraduate Admission
Sherry Sukienik .......... Communication
Robert Tompkins .......... Facilities Management
Janine Vasconcelos .......... School of Social Work
Login Wolfenden .......... Undergraduate Admission
Chiu-Yin Wong .......... Curriculum and Instruction

Promotions

7/1/2011 - 9/30/2011

Gilda Agacer .............. Associate Dean
Gwendolyn Alexis .......... Associate Professor
Mary Kate Azcu .......... Associate Professor
Rosemary Barbera .......... Associate Professor
Jason Barr .......... Associate Professor, Chair
Mirta Barrea-Marlys .......... Associate Professor, Chair
Carolyn Bradley .......... Associate Professor
Susan Bucks .......... Specialist Librarian
Kenneth Campbell .......... Professor, Chair
Kim Carpenter ............ Custodian-A
Kevin Dooley .......... Dean
George Kapalka .......... Professor, Chair
Freda Karpf .......... Director of Prospect Research and Resource Development
Leah Lazzaro .......... Assistant Director of Field Education
Min Lu .......... Associate Professor, Chair
Jose Maldonado .......... Associate Professor
Robert McDonald .......... Patrol Officer III
Ken Mitchell .......... Associate Professor
Joseph Mosc .......... Associate Professor, Chair
Luis Nieves .......... Custodian-A
Julia Riordan .......... Assistant Professor
Deanna Shoemaker .......... Associate Professor
Sheron Topham .......... Custodian-A
Lisa Vetere .......... Associate Professor
Michael Waters .......... Professor

Transfers

7/1/2011 - 9/30/2011

Linda Cranmer .......... Human Resources
Michele Lassen .......... Student Employment
Rosaly Rivera .......... Public Affairs
Claude Taylor .......... Provost

Save The Date

EMPLOYEE HOLIDAY GATHERING

Friday, December 16, 2011
1:00 - 3:00 p.m.
COPING WITH MIGRAINE HEADACHES

There are a wide range of symptoms when it comes to migraines. Some sufferers report a throbbing headache accompanied by severe nausea. Others describe aura or vision changes and tunnel vision. Swelling of the tongue resulting in difficulty speaking is yet another symptom. Migraines usually affect one side of your head as opposed to other types of headaches. These debilitating conditions can last from several hours to two or three days.

There are some more obvious and well-known triggers such as stress. Tension and sensitivity in the nerve pathways to the brain can make you more vulnerable to headaches. Extreme heat is another contributing factor to migraines as well as changes in barometric pressure, such as before a heavy rain. Vigorous activity or exercise can also bring on a migraine. The odor from such things as paint or perfume or chemical smells of cleaning fluids can stimulate the nervous system and the result; a migraine. Additional causes are foods high in tyramine or nitrates. Tyramine is produced in foods from the natural breakdown of the amino acid tyrosine. Tyramine is not added to foods like nitrates. Tyramine levels increase in foods when they are aged, fermented, stored for long periods of time, or are not fresh. Therefore foods such as aged cheeses, red wine and cold cuts are often labeled culprits connected to migraine headaches. Cigarette and cigar smoke also contain a multitude of chemicals that can trigger or aggravate a headache. For some caffeine is a cause.

TREATMENT Since there are many contributing factors when it comes to migraines, the important first step is to identify what sets off your condition. Once identified, plan to avoid as best as possible the items that prompt your migraine symptoms. Incorporating a low tyramine diet where you steer clear of cold cuts, aged cheeses, red wine and even fermented vegetables such as olives or pickles is a suggested place to start and monitor the results. Changing your vigorous exercise routine to yoga or walking if you find the vigorous exercise leaves you with a migraine afterwards. A variety of drugs have been specifically designed to treat migraines. In addition, some drugs commonly used to treat other conditions also may help relieve or prevent migraines. Medications used to combat migraines fall into two broad categories: Pain Relievers and Preventive Medication. It is never suggested that you take any medication with consulting your physician.

Pain-relieving medications. These types of drugs are taken during migraine attacks and are designed to stop symptoms that have already begun. These medications, such as ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) may help relieve mild migraines. Drugs marketed specifically for migraines, such as the combination of acetaminophen, aspirin and caffeine (Excedrin Migraine), may also ease moderate migraine pain but aren’t effective alone for severe migraines. If taken too often or for long periods of time, these medications can lead to ulcers, gastrointestinal bleeding and rebound headaches. For some triptans are the drug of choice when it comes to migraines because they are effective in relieving the pain, nausea, and sensitivity to light and sound that are associated with migraines.

Preventive medications. These types of drugs are taken regularly, often on a daily basis, to reduce the severity or frequency of migraines. Cardiovascular drugs such as beta blockers — commonly used to treat high blood pressure and coronary artery disease — can reduce the frequency and severity of migraines.

Choosing a strategy to manage your migraines depends on the frequency and severity of your headaches, the degree of disability your headaches cause, and your other medical conditions. Certain antidepressants are good at helping to prevent some types of headaches, including migraines. Tricyclic antidepressants are often prescribed for migraine prevention. Tricyclic antidepressants may reduce migraine headaches by affecting the level of serotonin and other brain chemicals. You don’t have to have depression to benefit from these drugs.

**DO YOU HAVE A QUESTION ABOUT BENEFITS? JUST...Ask Kathy**

I know that open enrollment for the Flexible Spending Plan will take place during the last two weeks of November and I hear that this plan offers tax advantages for out-of-pocket dependent care or healthcare costs. However, I really don’t understand how this works. Could you help me to understand this program so that I can decide if I should participate in this benefit?

Flexible spending plans allow an employee to withhold a portion of his / her pay on a pre-tax basis to use on qualifying expenses during the plan year (January through December) to pay for healthcare and/or dependent care expenses that are not covered by any of your benefit plans. Healthcare is not limited to medical co-pays and deductibles.

It includes expenses incurred for prescription drugs, eye exams, contact lenses or glasses, laser eye surgery, dental care including orthodontia, to name a few. Most over-the-counter medications require a doctor’s prescription to qualify, so be sure to consult our vendor webpage at [www.conexis.org](http://www.conexis.org) to review.

If you participate in the flexible spending account, you would need to determine on an annual amount that fits your needs. That annual amount is divided by the number of pays in the calendar year. The resulting figure is deducted from your pay in equal amounts on a pre-tax basis and set aside into your flexible spending account. Once you incur an eligible expense, you would submit a claim along with your substantiating documentation for the claim to receive a refund.

(continued on pg. 6)
There are some things that you should be very certain to understand. The “use-it-or-lose-it” rule is a provision of the Internal Revenue Service (IRS) regulations. Therefore, you should be conservative when choosing your annual election amount and be careful not to set aside more than you will be able to spend during the calendar year plus the 2 ½ month extension that is permitted. If you do not incur enough expenses during the year to receive a refund of all the funds that you have set aside, then you will forfeit the remaining balance. If you participate in both healthcare and dependent care spending accounts, you can not transfer money between the two accounts. You should be very diligent in determining the amounts that you may need for the year.

The following options will be available to you:

1. A Healthcare Flexible Spending Account can be used to cover your out-of-pocket un-reimbursable healthcare expenses. You may elect to set aside any amount for the calendar year between $100 and $2,500. The amount you elect will be withheld equally over the number of pay periods in the calendar year. These funds can be used for medical, prescription, dental and vision expenses such as co-pays, deductibles, as well as the amounts that you pay for un-reimbursed co-insurance, eyeglasses, contact lenses and solutions, laser eye surgery and orthodontia. A more detailed listing is available in the Office of Human Resources or at the vendor website found at https://www.conexis.org/solutions/pdfs/fsa/2010-10-28QuickReferenceGuide.pdf

2. A Dependent Care Spending Account can be used to cover your out-of-pocket expenses for child care or elder care incurred while you work or look for work. You may elect to set aside any amount for the calendar year between $100 and $2,500. The amount you elect will be withheld equally over the number of pay periods in the calendar year. These funds can be used for the care of a dependent child under the age of 13 for nursery schools, pre-school or day care centers; care for any member of your household who is physically or mentally incapable of caring for him/herself and for whom you can claim an exemption, or care for an elderly dependent family member who lives with you and qualifies as a tax dependent. A more detailed listing is available in the Office of Human Resources.

The open enrollment period for Monmouth University’s Flexible Spending Account Plan is the last two weeks of November each year for a January 1 effective date. If you have any questions regarding this plan, please call the Office of Human Resources at extension 3470.
Monmouth University Continues to be a National Leader in the Area of Sustainability.

Monmouth University is pleased to announce that it will increase its solar-generated electricity on campus by installing solar panels on seven buildings under a Power Purchase Agreement with Torcon Energy Services. The project will increase Monmouth’s solar energy system from 454 kilowatts to 1.1 megawatts.

“Monmouth University is committed to being a national leader in sustainable energy and will continue to implement programs to create a more energy efficient and environmentally responsible environment for our students and employees,” said President Paul G. Gaffney II.

Torcon Energy Services will equip seven of Monmouth’s buildings with solar panels. The buildings are Edison Science Building, Howard Hall, the Multipurpose Activity Center (MAC), Library, Magill Commons, McAllan Hall, and the Plangere Center. In addition, six buildings have been coated with EPOX-Z NRG™ cool roof coating, which provides a highly effective barrier to the sun’s heat and UV rays and leads to a reduction of interior temperatures and cooling costs.

In 2005, Monmouth installed the largest solar power system of any university east of the Mississippi on four buildings: Bey Hall, Boylan Gymnasium, the Rebecca Stafford Student Center, and the Facilities Management Building.

Monmouth University is a leader in green energy initiatives. In 2009, Monmouth University was the first independent university in New Jersey to sign a comprehensive green operation agreement with the U.S. Environmental Protection Agency (EPA). As a result of Monmouth’s sustainability efforts, the EPA has documented that Monmouth University has reduced its carbon footprint by 11,299 metric tons of Carbon Dioxide Equivalents. This is comparable to removing 2,160 vehicles from the road for a year.

Recent projects to improve energy efficiency and continue its efforts to serve as leaders in sustainability include a partnership with ZIP car to offer a car sharing program, use of hybrid vehicles and solar golf carts, installing energy efficient lighting and water-saving fixtures and appliances, increase recycling, and more sustainable landscaping practices, like reusing and recycling landscape waste, reusing industrial materials for landscaping, and planting drought-resistant trees and plants. In addition, mechanical controls and duel fuel systems have been installed to campus buildings to increase energy savings and sustainability and window films have been installed on buildings for energy efficiency.

Monmouth University has received many awards for its sustainability efforts including the 2011 Hess C-Neutral Certificate for supporting Carbon Reduction projects, the 2010 NJDEP Certificate of Environmental Stewardship, recognition as a 2009 finalist for the NJ Biz Green Leadership Award for Energy Conservation Efforts, the 2007 Monmouth County Planning Board award recipient for its Solar Project, and the 2006 New Jersey Clean Energy School of the Year Award.
Monmouth University continues to be ranked in the top 50 in their category of the U.S. News & World Report’s annual list of America’s Best Colleges. The magazine ranks Monmouth University 41 in the Regional Universities-North category, which includes Northeast institutions providing a full range of undergraduate and master’s programs. This is the fifth consecutive year the University has been ranked in the top 50. Monmouth is also included in two other listings, “A+ Schools for B Students” and “Most Merit Aid.”

Over the past two decades, the U.S. News college rankings, which group schools based on categories created by the Carnegie Foundation for the Advancement of Teaching, has grown to be the most comprehensive research tool for students and parents considering higher education opportunities.

“The rankings reflect how Monmouth University is dedicated to academic excellence and to ensuring a personalized education for our students,” stated President Paul G. Gaffney II. “For the ninth straight year, we are excited to welcome our best academic class ever.”

“This is one of many tools for students to use in selecting a college,” added Vice President for Enrollment Management Robert McCaig. “Students and families should also visit our beautiful campus to see for themselves how far this University has come.”

The exclusive rankings, which include rankings of more than 1,600 schools nationwide, are available at www.usnews.com/colleges.
Open House
OCTOBER 9, 2011

Founder’s Day
October 12, 2011

President Paul G. Gaffney II with Maurice Pollak Award for Distinguished Community Service recipient George Kolber, Convocation Speaker John F. Crowley, Distinguished Alumni Award recipient Chester Kaletkowski ‘71, and Monmouth University Board of Trustees Vice Chair Dr. Marcia Sue Clever.

Contributors: Edward Christensen, Petra Ludwig Shaw, Blaze Nowara, Robert Mc Caig, Jim Reme, Robyn Salvo, Sharon Smith, Kathleen Stein

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