



HAVE YOU HEARD?

an update for the division of finance & administration

HAVE YOU HEARD ABOUT: TURKEY COMA ?

Friday, November 17th, 2006

Is eating turkey responsible for the lethargy and drowsiness that often occur after a Thanksgiving feast? Many people believe that consuming turkey can make you sleepy, since turkey meat contains high levels of an amino acid known as tryptophan one of the so-called essential amino acids in our diet. Tryptophan is an important in the production of the serotonin which has a calming, sleep-inducing effect on the brain.

But it is a MYTH that turkey is responsible for the Thanksgiving evening slump. For tryptophan to have a sedative effect, it must be taken on an empty stomach. After a "modest" Thanksgiving meal of turkey, stuffing, vegetables, sweet potatoes, gravy, rolls, cranberry sauce, and pumpkin pie with whipped cream, you aren't going to experience any sedative effects of tryptophan in the turkey. It's worth noting that turkey isn't the only food rich in tryptophan. Pork, chicken, and cheese also contain tryptophan, yet these foods are not associated with unusual or increased sleepiness after consumption.

So why are you drowsy after the Thanksgiving meal? Feeling sleepy after consuming large quantities of food is normal, especially after a high-carbohydrate feast containing sweets, potatoes, and bread. So enjoy a yummy, sleepy Thanksgiving! And take a little time to remember what you're thankful for.

Adapted from an article by Melissa Conrad, Stoppler, MD

Happy Thanksgiving!



We hope that everyone has a safe and happy Thanksgiving!

Holiday Schedule:

November 22 (half day)

November 23

November 24

NEWS NOW

Open Enrollment for the University System of Georgia

Open enrollment began Monday, November 13th. It continues until December 15, 2006. The plan begins January 1st, 2007. "Employees will NOT be required to make a formal election of a healthcare plan for Plan Year 2007, unless the employee wishes to change their plan type or level of healthcare coverage. You will soon receive a packet with YOUR Benefit Coverage, a memorandum of the four-tier premium structure, and the PPO/PPO Consumer Choice Health Benefits Plan. If you have any questions, or want to schedule an appointment, please contact Human Resources and Employee Development at 333-5709.

COSA Announces Top 5 Candidates for Employee of the Semester

The top five candidates for Employee of the Semester include: Shauna Branch, Carla Golden, Valerie Holton, Angie Wills, and Winest Zanders. During the COSA meeting December 12, the winner will be announced. COSA meeting is located in the UC Rose Room and begins at 9 a.m. Council on Staff Affairs meets the second Tuesday of each month. Anyone is invited to attend these open meetings.

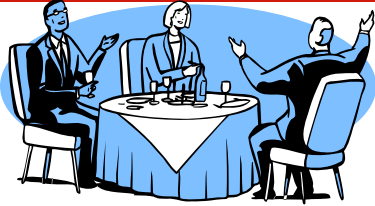


Education Center Official Drop-Off for Toys for Tots



Drop off any new, unopened, and unwrapped toys to the Education Center by December 10th. The box is located near the stairs on the first floor. If you would like to donate a gift card or have questions regarding Toys for Tots, please contact Cindy Prater, Room 251, Education Center.

Lunch & Learn: Is Stress Making you Fat?



Campus Wellness is providing a Lunch-n- Learn session Friday, November 17 from 12:30-1:30 p.m. The session is located in the Faculty Dining Room in Palms. Faye Altman will present at this Lunch & Learn. She retired from the VSU Counseling Center after working for 19 years. She is presenting on how stress is linked to weight gain and ways to stop the unhealthy cycle. You will also learn how stress affects your appetite and eating habits and gaining control through smart nutrition and food choices.

The cost is \$6.42 cash or a Meal Plan. Please pay the cashier at the front. The menu consist of fall greens salad, roasted root vegetables, apple chip smoked chicken with apple relish, cranberry rice, and poached pears with vanilla sauce.

Space is limited. Please call 229-259-5105 or email Becky Murphy at rbowes@valdosta.edu to reserve your seat!

ACKNOWLEDGEMENTS & ACCOMPLISHMENTS

Antolina Pilgrim Earned CPA Certification!



Antolina Pilgrim, Assistant Director-Accounting Services, earned her CPA licensure. Requirements for a CPA licensure include: education, experience, and passage of a national examination. "The Georgia State Board of Accountancy was created in 1908 for the purpose of protecting the public welfare by providing for the regulation of the practice of public accountancy and public accounting firms." Antolina graduated with an accounting degree from Pace University, passed the national exam, and completed over 4000 hours of work to obtain this licensure. What does this mean? Financial Services now has two CPA's on staff.

CONGRATULATIONS!

Three Cheers for Margie Thompson!

Margie Thompson, Accounts Payable- Financial Services, noticed the utility bills had doubled for no apparent reason. The next month rolled around and the bills were double again. Margie spoke to Jan Fackler, Assistant Director Budget Services-Financial Services. She informed Jan there were no weather conditions or other circumstances that would result in such a high bill. Plant Operations discovered that a main pipe had burst and was filling the canals that run through the campus. With Margie's attentiveness and persistence, VSU saved over 40k in utility expense.



Welcome and Congratulations !

The following employees have been hired, promoted (*), or moved to new positions since September. The Division of Finance and Administration would like to offer our welcome and congratulations!

Name	Department	Job Title
Ray Sable	Plant Operations	Director of Plant Operations
Thomas Carter	Plant Operations	Carpenter
Cherie Brown	Custodial	Custodian
Barbara Graham	Custodial	Custodian
Ericka Cooper	Custodial	Custodian
Thomas Tarwater	Custodial	Custodian

Centennial Walking Program Update

Currently there are 60 walkers participating! Three of the participates have walked over 500 miles. These include: Mary Jane Doner, Scott Doner, and Meghan Donathan.



Employee Spotlight

Lynn Hortman, Manager of Marketing & Public Relations for Auxiliary Services, is November's Employee Spotlight. She is a graduate of Valdosta State University. While a VSU student, she was a student assistant for the Office of Admissions for two years. She also was an office assistant for Orientation and intern/student assistant for Auxiliary Services. During one summer, she was an Orientation Leader.

Besides working while a student, she has had her current position for one and a half years. "My job is to manage and create marketing tools for all Auxiliary divisions," said Lynn. "I assist each department with managing existing and creating new materials to gain awareness for their department."

One of her favorite memories is meeting Governor Sonny Perdue last summer. The Governor was in town for the Governors Honors Program. "The best part of the job is the unknown," Lynn continued. "We are constantly embarking on new endeavors and with that brings new challenges."

In Lynn's spare time she enjoys spending time with her family and friends. She also enjoys watching Auburn sports, shopping, traveling, and anything outdoors.

We Caught You Caring!

The following people were recognized with *I Caught You Caring Cards* for their exemplary service in the past month!



Shawn Bennett
Steve Fesler
Bruce Blease
Matt Maestas
Bob Lee
Barry Futch
Bobby Flowers
Beverly Simmons
Derray Young
Debbie Ingram
Abe McKinnon
Steve Manning
Mike Jones

Auxiliary Facilities
Auxiliary Facilities
University Police
University Police
University Police
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations



Huey Hiers
Angela Steele
Alice Daniel
Wilma Burgman
Carolyn Nelson
Selena Harvey
Hal Mak
Sherri McDonald
Glenn Blount
Deborah Reaves
Billy Gidden
Marcus Frazier
Shawn Gibbons

Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Plant Operations
Human Resources
Plant Operations
Plant Operations
Auxiliary Services



happy birthday to you...

Lindsey Albritton
Sage Archer
Amy Aud
Willie Bacon
Wayne Beck
Rodney Bee
Charles Billingslea
Steven Blair
Sandi Boyce
Anthony Brantley
Adam Bright
Rachel Broussard
Shenele Brown
Sylvester Brown
Justin Burke
Christina Cage
Logan Caldon
Maquitta Campbell
Brandon Christian
Jason Cranfield

Katie Crislip
Alicia Deberry
Peggy Folsom
Eva M. Frank
Willie Given
Greg Gordon
Mathrew Grill
Miachael Gurley
Kieshundra Hall
Martha Hensel
Rotem Hirshhorn
Calvin Hood
Sedarian Hudson
Adam Hurlbaas
Steve Jackson
Edward Johus
Annie R. Johnson
Rachel Josey
Lachelle Kegler
Brandon Kukman
Leonard Kumpik
Delicia Lackey

Meredith Lancaster
Danielle Larkins
Carolyn Lee
Ana Malone
Jason Marchant
Lindsey McGhin
Marshall McLane
Eddie McQuaker
Amber Mouton
Galatea Osko
Samantha Parker
Michelle Parrish
Lisa Parrish
Beverly Phillips
David Plair
Nancy Ritchie
Dionne Roberson
Josph Searcy
Sheldon Servio
Markus Sermons
Tabitha Slater
Colt Smith

Jesseca Smith
Terica Smith
Terrance Souser
Mikyah Stacks
Steven Swanson
Catherine Thomas
Lerayne Watt
Victoria Weldon
Shanora Wells
Cheryl Wetherington
Jennifer White
Kenyen White
Philip White
Bobby Jean Williams
Crystal Williams
Tameal Williams
Tiffany Williams
Daniel Williamson
Terrence Woodward
Brandie Wilson
Tiffany Wynn
Brent Wynne

**Please wish
the following
people a happy
November birthday !**

