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UA28/1 The Personnel File

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The Personnel File



This photograph of cancer patient Marguerita Beltran won the NPPA-Nikon World Understanding Award for George Weddings in 1985.

Journalism: Covering the Best

If a person was pinned down to naming just one thing that the Department of Journalism excels in, it would be excelling. It seems that with each passing month a WKU graduate of the department, one of its professional organizations, or one of its publications is bringing home another award, most from national competitions.

The list is long, but here is just a sampling of the excellence that originates in Gordon Wilson Hall and the Garrett Conference Center. Junior Craig Dezern won the 25th Annual William Randolph Hearst Foundation National Writing Competition and WKU placed second behind Louisiana State University. Angie Struck, junior, won first place in the Hearst feature writing competition. Alan Warren, a junior photojournalism major, finished in the top-10 in the Hearst photographic competition.

Graduate Todd Buchanan, who is with the Orange County California Register, captured a Pulitzer Prize with three co-workers for photos they took at the 1984 Summer Olympic Games. (That brings the department Pulitzer total up to four for photojournalism.) And, George Weddings claimed the Nikon World Understanding Award for his photography.

And the list goes on. Journalism majors won two first-place awards, and five others in the 1985 Society of Professional Journalists-Sigma Delta Chi Mark of Excellence writing and photography competition. The WKU Sigma Delta Chi chapter was named "Outstanding Chapter in the Nation," after nine consecutive regional awards.

The Public Relations Student Society of America, which was also named "Outstanding Chapter in the Nation,"

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Kim's Future: Economically Sound

Although the WKU Department of Economics has pursued academic and research excellence since time immemorial, one of its most dynamic faculty members is set apart from the rest. Dr. H. Youn Kim, a WKU faculty member since 1983, came to the United States some ten years ago from Seoul, South Korea.

A very different culture from the United States, Korea, one of the most ancient nations of the world, is located on an Asiatic peninsula extending southeast from Manchuria toward Japan. The climate resembles that of Kentucky with the average January temperature below freezing, and the August temperature over 70°. The

cont. on page 2



In the spring of 1985, Dr. Kim managed to take a few minutes off to see the sights while attending the Missouri Valley Economic Association meeting in Memphis.

Kim cont. from page 1

greater part of each summer is uncomfortably humid, and the dry, crisp, cold weather during the winter is like that of other northern regions.

Korea is a nation of villages, although urbanization has had an effect upon the life of the nation. Kim's hometown of Seoul, the capital city of South Korea, is the leading city with a population of well over eight million people.

Traditionally, Korea's economy has been an agricultural one with three-fourths of the population engaged in growing food for their nation. However, the soil is not rich, being near exhaustion in many areas throughout the peninsula, and many farming methods still remain primitive. Fishing in the nation's rivers is also one of its major industries, with manufacturing also playing an important economic role.

"Dr. Kim is a very active, vigorous researcher, who is constantly working on several projects at the same time," said Department Head Dr. John Wassom. "He is especially gifted in terms of economic applications, and fairly knowledgeable about computer software." Wassom continued, "Other faculty members often seek him out to help find problems within a program."

Kim came to the United States in 1975, two years after he received his BA at Sojung University. He completed both his MA and PhD at the University of Cincinnati, which he said influenced his choice of Western. "I liked the area because it was very similar to Cincinnati and the people were very nice at Western," Kim said.

"The educational system is very similar in Korea, which also has many well educated professors, but the research facilities (computer labs, funding, etc.) cannot compare," Kim said.

Kim said that coming to the United States was easier for him than most because during his mandatory Korean military service he worked with American soldiers. "I knew how to adjust." He explains that even though English is required as a second language in high school, it is still one of the biggest adjustments an immigrant has to make. He said that getting used to the food wasn't difficult because he has the typical American love for hamburgers.

One of the major factors that influenced Kim to come to the United States was the abundance of research facilities available here. "The educational system is very similar in Korea, which also has many well educated professors, but the research facilities (computer labs, funding, etc.) cannot compare," he said.

Kim, who worked as a research economist for the Environmental Protection Agency for five years, is tireless in his research. "He has had several articles accepted for publication in some very high-quality journals," Wassom said, "which will bring WKU some added recognition." Wassom stressed this because he said that it's easier to bring in new PhDs, when there are lots of things going on at the University.

Wassom often worries that because of Kim's dedication he doesn't spend enough time with his family, which is a point that also concerns Kim. But, it is apparent when meeting his extremely bright and well-named sons, Raymond and Stanley, that the time they spend with their father is quality time.

Kim's child-rearing philosophy is typically Korean. He believes that children should be treated as responsible individuals, but not without discipline.

March is National Nutrition Month

Nutrition And Your Weight

We Americans are often reminded how fortunate we are to have the world's best and most abundant food supply. But, when it comes to eating, don't believe that, "If a little bit is good, a lot is better." Our tendency to overeat and our sedentary style of life combine to make obesity a major health problem in the United States.

"Your Diet: Health is in the Balance," describe the consequences:

"Slimness is not just a matter of style; it is a matter of survival. Excess fat puts a heavy burden on joints, bones and muscles. Excess fat is a serious complication in high blood pressure, heart disease, diabetes and other illnesses. Excess fat is a handicap in arthritis, and it may impede recovery after surgery. And excess fat can shorten the life span by 40 to 80 percent. It has even been proved

that people who take off surplus fat and keep it off, improve their health and their lifetimes as well as their waistslines."

When are you too fat? What is overweight? What is obesity?

If a man or woman is 10 percent above the desirable weight, he or she is overweight. If a man weighs 20 percent or more above his desirable weight, he is considered obese. A woman who is 25 percent above her desirable weight is considered obese.

We measure desirable weight by using height-weight tables prepared from insurance company records. In some instances, such as with heavily-muscled football players, height-weight tables may give a false reading. But for most people, extra weight is related to extra fat.

You Can't Put Off Changing Your Eating Habits

The results of poor nutrition develop slowly and sometimes invisibly. By the time symptoms appear, such as a heart attack or excessive loss of teeth, it may be too late. You must practice good nutrition and good eating habits throughout your life to lay the foundation for good health.

Heavy's Hard On The Heart:

- A 40-year-old man who is 5'9" tall and weighs 178 pounds has a 25 percent greater risk of coronary heart disease (CHD) than if he weighed 148 pounds.
- A 40-year-old woman who is 5'4" tall and weighs 148 pounds has a 25 percent greater risk of CHD than if she weighed 124.

Dietary guidelines for Americans:

- Eat a variety of foods
- Maintain ideal weight
- Avoid too much fat, saturated fat, and cholesterol
- Eat foods with adequate starch and fiber
- Avoid too much sugar
- Avoid too much sodium
- If you drink alcohol, do so in moderation

To assure yourself an adequate diet eat a variety of foods daily, including selections of:

- Fruits
- Vegetables
- Whole grain and enriched breads, cereals, and grain products
- Milk, cheese, and yogurt
- Meats, poultry, fish, eggs
- Legumes (dry peas and beans)

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D. F. Burkitt, et al., "Dietary Fiber and Disease," *Journal of the American Medical Association*, August 19, 1974.

Wellness Growing

Spring semester offerings created a lot of interest in the Wellness Activities. In fact, the Afternoon Aerobics class appealed to so many WKU fitness seekers that two classes instead of one were organized to accommodate the 60 exercise enthusiasts.

There have been many favorable responses from participants in the Wellness programs and activities. Faculty and staff members who have recently been attending the Stress Management Series, Good Nutrition and Weight Control Program, Afternoon Aerobics, and Blood Pressure Checks - report that they have enjoyed these new programs as well as some continuing Wellness activities.

We encourage each WKU employee to attend the Wellness Program activities which will continue to be offered. Details of additional new programs will be announced in next month's issue of *The Personnel File*.

Current Programs:

Blood Pressure Checks

Dates: 2nd and 4th Friday of each month
March 28
April 11 and 25
Time: 11:00 a.m. to 1:00 p.m. (no appointment necessary)
Location: Academic Complex 118A
Coordinators: Department of Nursing faculty

Good Nutrition and Weight Control Weigh-in and counseling clinic

Dates: Wednesdays through May 7
Time: 2:00 p.m. to 4:00 p.m.
Location: Academic Complex 203
Coordinator: Dr. Shirley Gibbs

A Recipe For Losing Weight

- Take motivation-your own strong reasons for losing weight
- Add knowledge-about good nutrition
- Mix with self-discipline
- Season with dash of extra physical activity

The last ingredient, exercise, is very important, for it burns up calories and takes away flabbiness. Don't believe the familiar excuse that exercise stimulates the appetite and tends to be self-defeating. It is a myth. A brisk 30-minute walk every day can take off 10 pounds a year, or keep you from putting on 10 pounds.

The recipe is short and seems easy to follow, but losing pounds and keeping from putting them right back on again are actually difficult and complex undertakings. Research continues, and there are some new techniques and theories being tested. One of these is behavior modification, where the bad habits which cause you to overeat are found and eliminated.

Regardless of the method or technique for reducing, calories do count, and knowledge about good nutrition is vital.

HEALTH-TOPPERS



steppin' out

Hillwalkers To Meet

To kick off the spring season for the Hillwalkers there will be a meeting, **Tuesday, April 1 at 12:00 noon at the Fine Arts Building Colonnade** (amphitheater bleachers). Bring a sack lunch if desired. (In case of rain the meeting will be April 2.)

Come join in the fun with friends and colleagues who are interested in "Walking for Wellness."

For further information, please contact Joy Beth Eastin, Wellness Program Coordinator, 745-5364.

Hillwalkers Are Back

Mileage Cards Available for April and May

The Wellness Program activity, "Hillwalkers-Walking for Wellness," is back by popular demand! We were pleased with the interest and enthusiasm shown in the Hillwalkers Club and have received many positive comments praising the new program.

The Hillwalkers Club was one of the first Wellness Program activities offered by the University following last fall's Health Screening. All faculty and staff were eligible to become Hillwalkers and many of you have been seen "walking for exercise" on the campus trails. It's been interesting and fun to hear participants talk about how much better they feel since they started walking. The extra energy and general feeling of improved vitality was quickly noticed by those who walked regularly.

We are pleased to offer the Hillwalkers Club again this spring during April and May. It is easy to become a Hillwalker. The Department of Personnel Services is sending mileage cards to each faculty and staff member along with more details of the program.

The existing 3 categories of Hillwalkers include: **The Turtle Club** - for beginners trying to get motivated, requires only 10 miles per month; **The Hare Club** - for those who are making a real effort to improve their fitness level, requires a minimum of 25 miles per month; **The Roadrunner Club** - for our most vigorous and energetic fitness-seekers, demands a minimum of 50 miles per month.

A New Hillwalker's Category

To encourage husbands and wives to join in and also become Hillwalkers, we are offering a new category - **High Hillwalker Couple**. To be eligible for this award, simply contact the Department of Personnel Services to receive a mileage card for your husband or wife. Then at the end of April and/or May after you have both recorded your mileage, send in your two cards together.

We feel certain it will add to the fun of the overall program by encouraging couples to walk together. If you're already a Hillwalker and want to get your husband or wife to walk with you, it may be helpful for you to point out the benefits of regular walking:

- strengthens your heart
- improves muscle tone
- helps control weight
- increases stamina
- reduces tension

Kim explains that because of the discipline that Korean children receive the "teenage problems" are fewer than in the United States. He has taught his children the importance of respecting elders, which is also very common to the Korean culture.

Kim often wishes that American students would be more like Korean students. "They are generally more responsible and better prepared for class." A point which he says improves their general behavior and attitudes.

Kim often thinks about going home to Korea. He said that his wife, Jae Jang, often gets home-sick, but he rarely does because he is so busy with school. He is happy that his mother-in-law came to visit for two months last year because it gave his children the opportunity to meet at least one of their grandparents.

Although Kim hasn't seen his parents in 10 years, he doesn't want to bring them to live in the United States because the language would be difficult for them. He does keep up regular correspondence with lots of letters, and he phones once a month.

Kim thinks that it's funny that if he went home to Korea he would be making more money than he does in the United States because of his PhD. Although he is very uncertain of when he will go, Kim will probably return to Korea to work or to visit because his children want to see their country and to meet the rest of their family.

Summer Work Schedule

The Summer Work Schedule will begin May 12 and extend through August 15, 1986. Office hours will be 8:00 a.m. to 4:00 p.m., Monday through Friday, during this period. Monday, May 26, Memorial Day, and Friday, July 4, Independence Day, will be observed as holidays.

Eleven months' employees will observe nonwork days in accordance with paragraph 2, Personnel Policy #4, and as directed by their supervisors.

Twelve months' employees hired prior to May 12, 1986 will be given three additional vacation days during the summer period. Administrative offices will remain open and each office head should prepare a schedule for staffing to adequately provide for transaction of all University business.

WKU Spotlights March

25 Years Ago this Month...Hopes were up for a baseball field.

The highlight of the Talisman Ball in April would be the fabulous Jimmy Dorsey Orchestra.

Susan Lones was named College High Valedictorian.

Mrs. Duncan Hines donated a portrait of her husband to the Kentucky Museum. This year, 1986, marks the 50th anniversary of the first printing of *Adventures in Good Eating*, which made Hines a legend in good food.

15 Years ago this month...NBC commentator David Brinkley spoke about his reporting career in Van Meter Hall as part of the University Lecture Series.

Neil Diamond played Diddle Arena with tickets for a whopping \$3 in advance and \$3.50 at the door.

Jim McDaniels became the second WKU player in history to be named to the Associated Press All-America first team. Clem Haskins was honored in 1967. Carolyn Brown was crowned as the first Miss Black Western.



The Medical Center has developed a unique, new service for working parents. The service, known as Sick Bay, is for children who are suffering from flu, sore throats, runny noses, and other minor health problems. "These minor ailments often prove to be a major problem for parents who cannot afford to miss a day's work or a day's pay," said Medical Center Community Relations Director Teresa Grimes.

Sick Bay is available to children aged 6 weeks to 14 years who are too sick to attend school or regular day care. The service is operated on a first-come, first-served basis and is available 7 days a week, 24 hours a day.

This service gives parents the reassurance that while they are at work their children are being cared for by specially trained pediatric nurses and nursing assistants. Should an emergency arise, all of the resources of the Medical Center are immediately available.

The fee for Sick Bay is \$15 per day for up to a 10-hour stay and \$2 for each additional hour.

For more information and to receive pre-registration forms call 781-2150 ext. 1141.

New Employees

Linda Smith—Building Services Attendant, Physical Plant.

Richard Wilson—Dish Machine Operator, Food Services.

Promotions

Jeff Esworthy—from Sr. Announcer/Producer to Music Director, Media Services.

Nancy Gher—from Museum Store Operator to Project Director, Library Special Collections.

Lee Ann Hopkins—from Acting Res. Hall Dir. to Residence Hall Dir.—Bates-Runner, Housing.

Pat Sorcic—from Asst. Res. Hall Dir.—central to Acting Res. Hall Dir.—West, Housing.

Mike Wallace—from Police Officer to Patrol Sergeant, Public Safety.

Service Anniversaries

15 Years

Paul Borders—Building Services Attendant, Physical Plant.

Alonzo Britt—Building Services Group Leader, Physical Plant.

Royce Wayne Dethridge—Assistant Landscaping Supervisor, Physical Plant.

returned from its national convention with the national community service award. The WKU chapter of the American Advertising Federation placed third in the district case studies competition. Both the *Herald* and the *Talisman* continued the domination of the Pacemaker awards, which both have won several times, at the National Council of College Publication Advertisers Convention.

It is no wonder that Acting Department Head Jim Highland and his faculty were confident when the accreditation committee came to WKU in February. "We had a wonderful visit with them, and I'm very encouraged by their report." The announcement for the reaccreditation of the journalism department as a whole, the journalism and photojournalism majors, and the first-time accreditation of the public relations and advertising majors will be made some time in April. Highland said that the accreditation won't make any difference as far as the teaching goes, but it will be a big help in recruiting. "We will be the only fully accredited program in the state," Highland excitedly said.

The accrediting team said, "This is the best group of students we've seen in a long time."

The department officially "offers a professional program designed to educate and prepare students for entry-level positions as reporters, copy editors, photojournalists, corporate, government or non-profit public relations employees, and in advertising sales, promotion and marketing."

The faculty, which is made up of some of the most knowledgeable professionals in their fields, is genuinely excited about teaching. They enjoy it and it's easy to see. On the outside they are all deadlines, but underneath they are all compassionate individuals who excel in comradery. Many students will tell you that even though some of the journalism teachers are the roughest teachers they have ever had, they are also the best. Students praise the quality and depth of professional teaching in the department, especially from those instructors with long years of professional experience.



Bruce Edwards captured former WKU football coach Jimmy Teix leading his 1975 football team in prayer before their Division II National Championship game in the Camellia Bowl.

The move up the hill was a good one for the department. Along with the renovation of Gordon Wilson Hall for the advertising, public relations, and departmental offices, and that of the Garrett Conference Center for University Publications and journalism / photojournalism classrooms, came some of the best equipment that technology can provide. Highland is satisfied with the equipment he has now, but he knows that he will always want and need more. His dreams are filled with laser cameras that produce pictures that can be computer enhanced for photography classes and pagination, which would enable the layout for a page in the *Herald* or the *Talisman* to go directly from computer to printing plate.

The department has come a long way since 1925 when Miss Frances Richards started the *College Heights Herald* to give her journalism class some practical experience. This single journalism class and the production of the *Herald* made up the news reporting activities until 1962, when a second journalism course was added to the English curriculum. In 1976, the journalism department was born.

Western is unique in that the jour-

nalism department has not had much trouble placing students in media positions or corporate employment after graduation. Graduates are obtaining positions not only on Kentucky newspapers and in Kentucky corporations, but they now find themselves in a position to compete for some of the more prestigious entry-level positions in the nation. "In news-editorial and photojournalism, we find that there are more publishers looking for graduates than we have people available," Highland said. "In news-editorial and photojournalism, we are placing more than 90 percent of the graduates, and more than 80 percent in public relations and advertising."

The accrediting team said, "This is the best group of students we've seen in a long time." They also commented upon the general aura of happiness that fills the department.

"Accreditation is one minor milestone for the department," Highland said.

With Highland's boundless enthusiasm, the faculty's expertise, and the eagerness of the students, they should succeed in whatever they set their sights on.