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USD Helps Employees Clear Fitness Hurdles

By Michael R. Haskins

When the word "exercise" comes up in conversation, it is often accompanied by the inevitable groan from a few who say, "I know I should get in shape, but it's too difficult."

But getting in shape may not be as difficult as you think. Sure, you'll have to sweat through the workouts yourself, but the hardest part is getting started. And USD employees are lucky, because a trained staff is available to help them every step of the way.

“Our philosophy is a wellness and fitness concept for the entire university, not just the students," says Gary Becker, USD's director of intramurals and recreation. "We're simply looking at ways to help people become more active."

The first step on the journey to a healthier body is right at Becker's office door, located just off the pool in the sports center.

Becker, a 15-year USD employee, acts as a sort of directory assistance operator for exercise information. He listens to employees' needs, finds out what they want and points them to the right area.

And the choices are growing almost daily for those who dread a future of pushing weights at the ceiling. Of course, USD does offer a fully equipped weight room and a strength trainer, but the university presents many other options as well.

For those who prefer informal exercise, athletic facilities are available for open recreation. Employees can swim in the pool, play volleyball, shoot baskets, use the tennis courts, the track or the new horseshoe pits, and check out equipment for softball, football, even croquet and ping-pong! While Becker notes that the university keeps the facilities open as much as possible, hours change according to the needs of student sports teams. To find out when you can use the facilities, just call 260-4601. And for those who want a partner, check the Buddy Board outside Becker's office for a match.

Formal classes also are available to employees, and the intramurals and recreation department schedules many classes after work hours so employees can join in. In addition to the popular drop-in aerobics classes held at noon and after work each day, employees can take classes in swimming, skating, karate, taekwondo, yoga, scuba diving, ballet, massage and other leisure activities. These courses are offered at a nominal fee to cover instructor costs and are listed in the Campus Recreation magazine distributed each semester. Many USD faculty and staff also play on student intramural teams, and a faculty/staff basketball league continues to flourish.

Finally, in the year since Becker took over the newly combined intramurals and recreation program, he has introduced several activities especially for USD employees and their families. Last semester, he set up a hayride and a bowling night. This semester, (Continued on page four)
Kathleen Kramer Isn’t Just Poolin’ Around

By Michael R. Haskins

Kathleen Kramer is the first one to admit that she can’t walk on water. But she has done some other pretty amazing things.

Kramer, an assistant professor in the engineering and physics department, calls herself the “designated bad design victim” when it comes to USD’s annual Walk on Water contest. For the past three years, she has piloted crafts created by her colleagues in the event, in which the challenge is to walk across USD’s pool in buoyant shoes.

“For three years in a row I haven’t gotten more than a few steps,” she laughs. “There’s an ongoing debate in our department about this. I say I’m a victim of bad design; they say they’re victims of pilot error.”

Although that debate may never be settled, there is no argument about Kramer’s abilities as an educator. On Feb. 25, the night before the Walk on Water contest, she received the Distinguished Engineering Educator Award from the San Diego Engineering Society, the umbrella organization for 33 engineering and technical societies in San Diego County. She recalls that when her list of achievements was read prior to the presentation, “it felt like they were talking about somebody else.”

Those achievements include Kramer’s work as founder of and faculty advisor to USD’s student section of the Society of Women Engineers, a national organization, as well as her role in the university’s relatively young engineering program. The recognition was a surprise bonus for a woman who says her greatest reward is “when I feel I’ve succeeded in teaching my students.”

Teaching wasn’t always in Kramer’s plan. After finishing her doctorate in 1991, she initially turned down the offer of a position at USD and accepted a job with Bell Communications Research. But then, feeling as if she was about to make a mistake, she followed her instincts and checked back to see if there was still room for her here. There was, and she now says she made the right decision in the end.

Instinct also played a big role in getting Kramer into engineering in the first place. “I loved physics in high school, so everyone told me I should major in engineering in college,” she recalls. “The choices were mechanical, civil and electrical engineering. Since I didn’t know what the first two meant, I went with electrical.”

The choice proved to be a good one, as it allowed Kramer to work with computers, a specialty that she continues to pursue today. And although that area might seem too technical for some, the results are quite practical. For example, an intimidating rendition of a computer chip hangs on the wall of Kramer’s office, electrical tentacles casting about in all directions. But the chip has a simple, friendly function: It plays casino crap.

That’s what Kramer calls the essence of engineering. “Pure science seeks knowledge for its own sake,” she says. “But engineers design and invent and create. They spend their time turning ideas into reality.”

And while that ability may not be quite the same as walking on water, it’s still a bit of a miracle.
SAVING AMERICA'S BABIES
ONE STEP AT A TIME

March of Dimes WalkAmerica

West and Costanzo Will Lead 1994 TeamWalk

Sandi West and CC Costanzo were recently named co-team leaders for USD's 1994 TeamWalk on Saturday, April 23. Teamwalk is the corporate arm of March of Dimes WalkAmerica - the first, biggest and best walking event in the country.

"The USD Staff/Employee Association (SEA) is proud to be part of TeamWalk this year," says West. "Participating in WalkAmerica is a fun tradition for us."

Last year 25 walkers from USD raised $1,400 for WalkAmerica. Donations raise money for local March of Dimes programs aimed at preventing birth defects and infant mortality in San Diego and Imperial counties.

As co-team leaders, West and Costanzo are recruiting fellow staff, faculty, administrators and their family and friends to join the March of Dimes walk around Mission Bay or in San Marcos.

Employees find sponsors to donate money for their participation in WalkAmerica.

Both routes are 25 kilometers, or approximately 15 miles. There are rest stops and busses along the way, so participants decide how far they want to walk.

"Last year, WalkAmerica was fun for everyone, and we raised money to help the community," says Costanzo. "It will be challenging this year, but we want to do even better."

"Our goal for 1994 is to recruit 50+ walkers with donations of $100 each, for a total donation of $5,000 for the March of Dimes," West says. "Watch the goal thermometer in the human resources display case rise as you help us reach our goal!"

March of Dimes offers prizes for walkers exceeding certain donation amounts (see the back of the sponsor form for details). T-shirts will be sold again this year at a registration table in front of the University Center two weeks prior to the walk.

The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects and infant mortality. Through is Campaign for Healthier Babies, the March of Dimes funds programs of research, community services, education and advocacy. Last year the organization invested more than $1.7 million in programs benefiting San Diego and Imperial Counties.

For more information about WalkAmerica, please stop by the registration table from 11 am -1 pm April 11th through April 22nd, or contact Sandi West at x4627 or CC Costanzo at x6701.

"We would like to thank all USD employees for their support," says West and Costanzo, "and we will see you at WalkAmerica!"
Department of the Month

Academic Computing


1. Where is your department located?
The main offices of academic computing are located on the first floor of Serra Hall (Serra 188). The department has public access labs in Serra and Olin halls as well as faculty work areas in Founders, Loma and Serra halls.

2. What are the functions of your department?
Academic computing provides computing and data communications services in support of the academic, research and instructional goals of the university. In this capacity, academic computing provides: management of central information and computing services, including Internet access; network management and support for access to instructional applications and resources; user services support for both microcomputer and minicomputer applications; individual consulting as well as class sessions on a wide range of technical and general applications such as database management, spreadsheets, word processing, the Internet, modem telecommunications and statistics; and support for long-range planning for computing and information resources on campus.

3. What is the biggest challenge your department faces?
The biggest challenge facing academic computing is cost-effective management and planning for the growth of workstations for faculty (office), students (labs and dorms), support staff and administration in a robust campus network. In other words, getting the computers to everyone, connecting them to everyone else (campus information resources and services) and getting the workstation to be a productive tool for teaching, research and learning.

4. How has your department changed over the past 10 years?
Support for computing has caused rapid growth of the academic computing staff and of corresponding responsibilities. This has resulted in more formal procedures and allocation of responsibilities. While this is a necessary outcome of campus growth in general, we hope to retain the sense of "small community" that we've had through the years.

5. What is the one thing you would like the campus community to know about your department and its functions?
Academic computing is a service department. We want to make the computer and the network a productive part of your work. If you need support, please get in touch with us. We can help, and even if we don't know all the answers, we'll try to find them!

Training Tracks
Picnic time is upon us! This year's picnic is scheduled for Friday, June 10 (note the earlier date). Mark your calendar now and watch for further news and surprises in next month's Alcalá View.

A lunchtime workshop on assertiveness will be presented by Mercy Hospital on Friday, April 8. Call ext. 4594 to RSVP and get location information.
The Cancer Support Group will meet on April 20, from noon to 1 p.m., in UC 103. This upbeat group helps participants heal their minds and bodies and is open to anyone who has experienced cancer personally or through someone close. Please join us.

April 28 is the second annual National Take Your Daughter to Work Day, sponsored by the Ms. Foundation for Women. The day was conceived to educate our daughters about opportunities for women in the work world and give them a chance to see "mom" in a role other than care giver. We invite all moms of 9- to 15-year-old daughters who wish to participate (with the approval of your department) to contact me at ext. 4594. Look for a flyer with more information later this month.

Remember to check the human resources bulletin board for current activities and programs. Also, please call me at ext. 2621 with ideas for programs you would like to see offered.

— Calista Frank

Classifieds

For Sale. Thule regular gutter car rack #326 with attachments for two bikes #529. In box, never opened, will sell for $145.00. Please call Calista at ext. 4594.


Estudio de Biblia en Español
La Hermana Alicia Sarre ofrecerá un Estudio de la Biblia los miércoles a las 3:30 p.m. en F119, empezando el 6 de abril. Será patrocinado por "campus ministry."
Employees Urged to Restrain Themselves

USD may seem like a place populated by sane, rational people. But at least one-third of the university community takes an insane risk every day. They flirt with serious injury, even death, and never give it a second thought.

That's the message that students at the Hahn School of Nursing intend to get across during "Buckle Up USD" week, April 11-15. Their goal is to show students, faculty and staff that one of the leading causes of accidental death — automobile crashes — can be avoided simply by putting on a seat belt.

The students, who are part of Professor Mary Jo Clark's “Care of the Community” course, plan to get the entire USD community involved in the campaign. In early April, they will distribute pledge cards throughout the university asking employees and students to agree to wear their seat belts for 30 days. Those who turn in the signed pledge cards will be eligible for prizes.

In addition, on April 13 the California Highway Patrol will be on campus conducting rollover car accident demonstrations using mannequins not wearing seat belts. The demonstrations will take place from 10 a.m. to 2 p.m. in the west parking lot of the University Center.

On the same day, Heidi Killion, a woman who survived a serious auto accident because she was wearing a seat belt, will be on campus to talk to students and employees about her experience.

Clark and her students decided to promote the seat belt campaign instead of the health fair the class presented in past years for two reasons. First, a 1989 study showed that 33 percent of drivers on the USD campus were not wearing seat belts, despite a state law requiring that seat belts be used. Second, people responding to surveys conducted during the health fair in previous years said they often did not use seat belts.

Clark's students observed drivers entering the USD campus on selected days in March and noted whether they used seat belts. They will follow up with another study after the campaign and report on the results, with the possibility that those results may become part of a published study.

And the students plan to keep the message in front of the entire USD community long after the one-week campaign has ended. Permanent signs will be posted at campus exits reminding drivers to “Buckle up, it's the law.”

“We're hoping to increase awareness of the effects of wearing seat belts, and the effects of not wearing them," says Clark. "We believe that if we can get people to commit to wear their seat belts for one month, they'll make it a habit. That will save lives."

Fitness

(Continued from page one)

he has scheduled a night out at the San Diego Gulls on April 9. Plans also are in the works for physical conditioning and wellness classes, as well as social sports clubs.

“Our goal is to offer enough programming to keep people active,” says Becker, who encourages employees interested in starting an exercise program to stop by his office or call him at ext. 4533. "Whether an employee wants to join a league or just swim some laps or shoot a few baskets, it doesn't matter. We just want to get as many people involved as possible.”