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## IUPUI HRA Work/Life E-News – July 2012

*A mind is like a parachute. It doesn't work if it isn't open.*

Frank  
Zappa,  
musician

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### HRA Work/Life Events/Programs/Activities

#### Another Nursing Mothers' Room!

Thanks to the efforts of Teresa McCurry and the University Library Administrative Team, IUPUI now offers a nursing mothers' room in University Library. It is equipped with a comfortable chair, electrical outlets, places to place the pump, wipes, an internet connection, paper towels and more. Job well done team!

#### INShape Indiana at IUPUI

Some people may wonder how IUPUI got involved in the state's INShape Indiana program, so I thought I'd fill you in on a little history. It came about a few years ago when the governor's representative visited Chancellor Bantz' office proposing that IUPUI get on board with the new INShape Indiana program, and the Chancellor agreed to do so. A member of the faculty affairs office initially contacted academic departments to get on board but, to broaden the approach to administrative units, I was asked to take this on. I agreed, recruited INShape "champions" in many departments as requested by the Governor's representative with whom I'd met and developed a monthly newsletter which departmental "champions" can use to keep people informed about INShape Indiana and other wellness activities. Later, another INShape Indiana representative met with PE faculty and the personal training piece that they do was put in place at IUPUI.

If you don't receive the IUPUI INShape e-newsletter and want to, let me know. Each month this short newsletter provides a wellness quiz and information about wellness activities. If your department doesn't have a "champion," and you are interested in wellness and want to serve in that capacity, let me know. The responsibilities are minimal.

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## 21<sup>st</sup> Century Management/Leadership Cues for Current/Aspiring Leaders

### The Psychologically Healthy Workplace

A psychologically healthy workplace fosters employee health and well-being while enhancing organizational performance and productivity. Given that it is estimated that job stress is costing U.S. industry \$300 billion a year and that the benefits include improved quality and productivity, fewer accidents/injuries, lower health care costs, less turnover, improved customer service and lower healthcare costs, failure to integrate psychologically healthy practices is indeed a very costly oversight. Some healthy workplace practices include:

(1) Employee involvement

<http://www.phwa.org/resources/creatingahealthyworkplace/employeeinvolvement>

(2) Work-life balance -

<http://www.phwa.org/resources/creatingahealthyworkplace/worklifebalance>

(3) Employee growth & development -

<http://www.phwa.org/resources/creatingahealthyworkplace/employeeegrowth>

(4) Health & safety -

<http://www.phwa.org/resources/creatingahealthyworkplace/healthandsafety>

(5) Employee recognition -

<http://www.phwa.org/resources/creatingahealthyworkplace/employeeerecognition> and

(6) Communication -

<http://www.phwa.org/resources/creatingahealthyworkplace/theroleofcommunication> .

To learn more, visit <http://www.phwa.org/resources/creatingahealthyworkplace> (the source of information used in this article). For other articles and research abstracts, visit <http://www.phwa.org/resources/research> . To join the *Good Company* blog, where you can learn more about how to create a healthy and productive workplace, visit <http://www.phwa.org/resources/goodcompany> .

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## Work/Life Partner Activities & Information of Interest

*Work/Life programming is about wellness, career/personal enrichment, dependent care, "life" education (finances, home maintenance, legal issues, etc.), and ideas for better balancing work, life and school. In a nutshell, it's about providing information that you, as a whole person need/want. Since HRA's Work/Life office cannot meet all these needs, we are happy to let you know of work/life-related opportunities that other organizations on and off campus are offering, along with other general information.*

**Health, Wellness & Safety** (Check with your Dr. to learn what's appropriate for you, health-wise, before making changes.)

### Mental Health Tip of the Month (from Mental Health American of Greater Indianapolis)

Start spending time with the *right* people. These are the people you enjoy, who love and appreciate you and who encourage you to improve in healthy and exciting ways. They are the ones who make you feel more alive, and not only embrace who you are now, but also embrace and embody who you want to be, unconditionally. At times, to keep peace in the family, you may need to be with people you don't enjoy being with, but consider minimizing that time to focus on more productive relationships.

### Indiana's Smoking Law and Our Campus

The passage of Indiana's smoke-free-air-law is resulting in changes to how IU's existing tobacco-free policy is enforced on campus. According to a recent *IU Home Pages* article, "The IU Police Department will support efforts by IU campuses to maintain a smoke-free environment." Mark Bruhn, IU's associate vice president for public safety and institutional assurance states, "We will begin issuing warnings as of July 1, and then shortly thereafter our officers will begin issuing citations." For complete article, visit <http://homepages.indiana.edu/web/page/normal/22648.html> .

### World Record Zumba Challenge and Big Red Bash Fun Day

Help the Little Red Door cancer agency set a Guinness World record for the largest Zumba class ever. You don't need to have Zumba experience, it'll be fun, it's free and there are prizes for the largest teams, so what's holding you back? The event will be held Saturday, July 14, 12-12:30 in Military Park (across street from our School of Law). Call Amy Burkhart at 920-4686 to register and BE SURE TO INDICATE THAT YOU'RE PART OF THE IUPUI TEAM. Family members and friends can also be part of the IUPUI team, though it is recommended that children be at least eight years of age. If possible, wear an IUPUI t-shirt that day.

The World Record Zumba Challenge is part of the Big Red Bash, a FREE festival taking place from 10-2:00 that day in Military Park. The event will feature a zip line, health screenings, a family fun zone with bounce houses and other activities for kids, a food truck rally, healthy food samples, a concert by up-and-coming British band Scars on 45, information on how to prevent cancer and so much more.

### Healthy 100 Calorie Snacks

Cookies, chips and other snacks packaged in 100-calorie sizes have become very popular and while it is good that people are paying attention to how many calories they're consuming, the nutritional value of many of these items leaves something to be desired. They are okay for an occasional treat, but if you want to bump up the nutrition and, in many cases, the fiber (which makes you feel fuller), here are some healthier 100-calories-or-less snack ideas: ½ of a medium-sized apple or pear with two teaspoons of peanut butter, one medium-large grapefruit, raw veggies with low-calorie dressing for dipping, ½ of a small cantaloupe, a hard-boiled egg, one cup of grapes, a couple of whole grain crackers with low-fat cheese, three cups of air-popped popcorn. For more ideas, visit <http://healthvermont.gov/eatforhealth/snacks.aspx> .

### Dealing with Diabetes Series

The NIFS Dealing with Diabetes series, for those who have diabetes or pre-diabetes, will be held each Tuesday, 6-7:30 p.m. from July 17<sup>th</sup> to August 7<sup>th</sup>. Grocery shopping, cooking, exercise, dining out, medications, stress and more will be discussed. The cost is \$70 for NIFS members; \$85 for non-members. Questions? Contact Angie Sheetz at 274-3432 or [ascheetz@nifs.org](mailto:ascheetz@nifs.org).

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## Personal/Home/Family/Financial Life

### Make Date Night a Great Night

Many marriage counselors suggest that married couples continue to have date nights. If you're running out of creative ideas for making date night special, visit <http://www.webmd.com/sex-relationships/features/43-date-night-ideas> or the Free and Fun/Interesting list below. For date night ideas in downtown Indy, visit [http://www.indydt.com/50datesunder\\$50.cfm](http://www.indydt.com/50datesunder$50.cfm). If you can't decide which idea to choose, put several ideas that you both like into a bag and pick one.

### Insurance Problems?

If you are having problems with denial or delay in settlement of an insurance claim, had your policy cancelled for reasons you feel are illegal, feel that an agent misrepresented aspects of coverage, had premiums you paid stolen or are experiencing other insurance-related difficulties, the Indiana Department of Insurance Consumer Services division can help. FMI, visit <http://www.in.gov/idoi/2526.htm>. For general consumer information, insurance laws, etc., visit <http://www.in.gov/idoi/2612.htm>.

### CryptoKids

Games and activities that lead kids (or anyone else, for that matter) through deciphering Morse code, cracking codes, solving ciphers and making up codes can be found at this cool site, which is part of the National Security Agency's Web site - <http://www.nsa.gov/kids/home.shtml>.

### Lost/Found Pet?

You can post a picture of a lost or found pet on Facebook "Indianapolis – Lost Pet Alert" to help get owners and pets back together. "Like" the site if you want to continue to help strays find their way home.

### Confused About How to Drive Streets with Bike Lanes?

The Department of Public Works is offering sessions about the new bike lanes and how to navigate them. On Monday, July 2 from 4-6:00, they'll be at the Glendale Branch Library, 6101 N. Keystone Ave; on Friday, July 6 from 4-6, they'll be at the East Washington Branch Library, 2822 E. Washington St. and on Monday, July 16 and Wednesday, July 25 from 5-7:00, they'll be at the Eagle Branch Library, 3325 Lowry Road.

## Free and Fun/Interesting

### IUPUI

*Integrating the Common Theme: Sharing Ideas*; Tuesday, July 31, 9:30-Noon; University Library 2120. FMI and to register, visit [http://events.iupui.edu/event/?event\\_id=6721&17290](http://events.iupui.edu/event/?event_id=6721&17290).

### Local

*Family Movies*; Fridays, now until August 24, 6:00; Bethel Park, 2850 Bethel Ave. FMI, call 327-7480.

*Indy in Motion Fitness (18 years and older)*; ongoing Mondays-Thursdays, 7-8:00 p.m.; Broad Ripple Park, 1550 Broad Ripple Avenue. FMI, call 327-7161.

*Indy in Motion Fitness (18 years and older)*; Tuesdays and Thursdays, 5:30-6:30 until 8/30/12; Christian Park, 4200 English Ave. FMI, call 327-7163.

*Indy in Motion Fitness (18 years and older)*; Mondays, Wednesdays and Fridays until 10/31/12, 5:30-6:30 p.m.; Garfield Regional Park, 2345 Pagoda Dr. FMI, call 327-7220.

*Indy in Motion Fitness (all ages)*; Monday-Friday until 8/31/12, 5:30-6:30 p.m.; Krannert Park, 605 S. High School Road. FMI, call 327-7375.

*Indy in Motion Fitness Aerobics (18 years and older)*; Tuesdays and Thursdays until 9/20/12, 5:30-6:30 p.m.; Raymond Park, 8575 E. Raymond St. FMI, call 862-6876.

*Indy in Motion Fitness (18 years and older)*; Monday-Friday until 8/24/12, 5:30-6:30 p.m.; Riverside Regional Park, 2420 E. Riverside Dr. FMI, call 327-7171.

*Indy in Motion Fitness (18 years and older)*; Monday-Friday until 8/31/12, 5:30-6:30 p.m.; Washington Park, 3130 E. 30<sup>th</sup>. FMI, call 327-7473.

*Department of Yes Games*; Saturday, June 30, 10-2:00; at White River State Park in front of the Indiana State Museum and Eiteljorg Museum, 500 W. Washington St. FMI, e-mail [jim@bigcar.org](mailto:jim@bigcar.org). I don't have details, but it's sponsored by Big Car arts collective, so it'll be very creative.

*Naturalist on the Loose (2 years and older)*; Sunday, July 1, 1:30-2:30; Holliday Park, 6363 Spring Mill Road. FMI, call 327-7180.

*Indianapolis Municipal Band (patriotic tunes and marches) and The Impalas (R&B and rock)*; Wednesday, July 4, 6-9:30; Glick Indiana History Center, 450 W. Ohio St. FMI, call 232-1882. Only seating in grass is free.

*Downtown Freedom Blast*; Wednesday, July 4, events (Jester King concert on Colts stage, Colts traveling museum, face painting, etc.) begin at 6:30, fireworks at 10:00; Indiana War Memorial grounds, 51 E. Michigan St. FMI - <http://myindytoday.com>.

*Free Night at Children's Museum*; Thursday, July 5, 4-8:00; 3000 N. Illinois St. FMI, call 334-3322.

*Indianapolis Symphonic Band*; Thursday, July 5, 7:00; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220.

*Garden Scavenger Hunt (4 years and older)*; July 5-26, 3-4:30; pick up form at Garfield Park Conservatory, 2505 Conservatory Dr. FMI, call 327-7184.

*Garden Stories (3 years and older)*; July 5-26, 2-2:30; Garfield Park Conservatory, 2505 Conservatory Dr. FMI, call 327-7184.

*Car Show* (sponsored by National Guard Asso. of Indiana); Friday, July 6, 6-6:00; Indiana War Memorial, 51 E. Michigan St. FMI - <http://www.ngai.net/events/ngai-car-show> .

*Gears are Everywhere (part of Lilly Scientist in Residence series)*; Saturday, July 7, 2-4:00; Central Library, 40 E. St. Clair St. FMI, call 275-4100.

*Local/Regional Volunteer Musical Acts*; Saturday, July 7, 4:00; Windsor Village Family Center, 6510 E. 25<sup>th</sup> St. FMI, call 327-7162.

*Sandy Lomax (blues)*; Sunday, July 8, 5:00; Watkins Park, 2360 Dr. Martin Luther King, Jr. Drive. FMI, call 327-7175.

*Tom Wright (radio hits from the 50s and 60s)*; Thursday, July 12, 6-8:00; [Glick Indiana History Center, 450 W. Ohio St.](#) FMI, call 232-1882. [Only seating in grass is free.](#)

*New Horizons Band*; Thursday, July 12, 7:00; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220.

*Circle City Bluegrass Band*; Thursday, July 12, 7:00; Holliday Park, 6363 Spring Mill Rd. FMI, call 327-7180.

*Indiana Black Expo Summer Celebration*; July 12-22; variety of locations. FMI - <http://indianablackexpo.com/summer-celebration> . Job fair, health fair, music, educational events and more.

*Tin Cup Gypsy concert*; Friday, July 13, 7:00; Broad Ripple Park, 1550 Broad Ripple Ave. FMI, call 327-7161.

*Trick Shots (play a game of unusual hoops at "Free Basket")*; Saturday, July 14, 9:00 a.m. Indianapolis Museum of Art 100 Acres: The Virginia B. Fairbanks Art and Nature Park (west of main museum building), 4000 N. Michigan Road. FMI, call 923-1331.

*Big Red Bash*; Saturday, July 14, 10-2:00; Military Park (across from School of Law), 610 W. New York St. FMI - <http://www.littlereddoor.org> . The event will feature a zip line, health screenings, a family fun zone with bounce houses and other activities for kids, a food truck rally, healthy food samples, a concert by up-and-coming British band Scars on 45, information on how to prevent cancer and so much more.

*World Record Zumba Challenge*; Saturday, July 14, 12-12:30; Military Park, corner of West and New York Sts. FMI, see article in Health/Wellness/Safety section above.

*Indy Criterium Cycling Race & Festival*; Saturday, July 14, 11-8:00; University Park, 51 E. Vermont St. FMI, call 459-0059 or visit [www.indycrit.org](http://www.indycrit.org) .

*Encounter: A Sci-Fi & Fantasy Art Adventure*; Saturday, July 14, 5-7:00 (opening reception) exhibit on view July 14-August 19 during regular hours; Garfield Park Art Center, 2432 Conservatory Dr. FMI, call 327-7135.

*Growing Culinary Herbs*; Saturday, July 14, 10-11:00; Fall Creek Gardens, 3005 Central Ave. FMI - <http://www.indianalivinggreen.com/venue/fall-creek-gardens>

*Ride-in Bike Show*, Saturday, July 14, 11-4:00; Eiteljorg Museum, 500 W. Washington St. FMI - <http://www.eiteljorg.org/explore/festivals-and-events/2012/07/14/ride-in-bike-show-sponsored-by-indywest-harley-davidson> .

*Classical Concert*; Sunday, July 15, 2:00; Central Library's Clowes Auditorium, 40 E. St. Clair St. FMI, call 275-4100.

*Steampunk Inventor's Journal Workshop for Teens (make your own book)*; Sunday, July 15, 2:30; Central Library's Learning Curve, 40 E. St. Clair St. FMI, call 275-4100.

*Indianapolis Symphony Orchestra*; Tuesday, July 17, 7:30 p.m.; Ellenberger Park, 5301 E. St. Clair St. FMI, call 327-7176.



*King James & the Verses (classic rock and blues)*; Thursday, July 19, 6-8:00; [Glick Indiana History Center, 450 W. Ohio St. FMI, call 232-1882. Only seating in grass is free.](#)

*Gladys Knight, ConFunkShun and Zapp*; Friday, July 20; various locations. FMI – 923-2702 or visit <http://indianablackexpo.com/summer-celebration/Eventprint2.aspx?AlbumUrl=musicheritagefest> .

*Southern Country band*; Saturday, July 28, 7:00; Southeastway Park, 5624 S. Carroll Road, New Palestine, IN. FMI, call 861-5167.

*Pride of Indy Concert Band and Jazz Ensemble*; Thursday, July 19, 7:00; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220.

*“Steel Ponies: Celebrating Women and Motorcycles,”* Saturday, July 21, 10-3:00; Eiteljorg Museum, 500 W. Washington. FMI - <http://www.eiteljorg.org/explore/festivals-and-events/2012/07/21/celebrating-women-and-motorcycles> .

*Beggar’s Ride concert*; Saturday, July 21, 6:00; Ellenberger Park, 5301 E. St. Clair St. FMI, call 327-7176.

*Wendy Reed (dance music favorites of the 60s and 70s)*; Thursday, July 26, 6-8:00; [Glick Indiana History Center, 450 W. Ohio St. FMI, call 232-1882. Only seating in grass is free.](#)

*Barton Rogers Big Band*; Thursday, July 26, 7:00; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220.

*Living Proof band*; Thursday, July 26, 7:00; Holliday Park, 6363 Spring Mill Road. FMI, call 327-7180.

*Kenny Simms & Guests concert*; Friday, July 27, 7:00; Broad Ripple Park, 1550 Broad Ripple Avenue. FMI, call 327-7161.

*Jake Walker & Friends*; Saturday, July 28, 7:00; Irving Circle, south Audubon Road and University Ave. FMI, call 356-3375.

*Frank Smith Jazz Ensemble*; Sunday, July 29, 5:00; Watkins Park, 2360 Dr. Martin Luther King, Jr. Drive. FMI, call 327-7175.

*Gordon Bonham (blues concert)*; Sunday July 29, 2:30 p.m.; Central Library, 40 E. St. Clair St. FMI, call 275-4100.

## Regional

*CarmelFest*; Tuesday and Wednesday, July 3-4; Civic Square in Carmel, IN. FMI – [www.carmelfest.net](http://www.carmelfest.net) or 317-574-1363. Parade, music, food, fireworks and more.

*Wolcott Summer Festival*; Tuesday and Wednesday, July 3-4, Wolcott, IN (northwest of Lafayette). FMI – [www.wolcottfestival.com](http://www.wolcottfestival.com) or 219-279-2946. Historic Wolcott House, antique tractors, tug of war, rides, children’s games, fireworks and more.

*Westfield Rocks the 4<sup>th</sup>*; Wednesday, July 4, 4-10:00; Asa Bales Park, 205 W. Hoover St., Westfield, IN. FMI – [www.dwna.org](http://www.dwna.org) or 965-3334. Fireworks, car show, bike/motorcycle rides and more.

*Angola Balloons Aloft*; Friday and Saturday, July 6-7; Tri-State Steuben County Airport in Angola, IN. FMI – <http://www.angolaballoonsaloft.com> or 260-316-8577. Watch hot air balloons compete for prizes over the Northern Indiana Lakes Country.

*Gary’s South Shore Air Show*; Friday-Sunday, July 6-8; Marquette Park and Beach on Lake Michigan. FMI – [www.southshoreairshow.com](http://www.southshoreairshow.com) or 219-989-7979.

[Canal Days](#); Saturday and Sunday, July 7-8; 1030 N. Washington St., Delphi, IN. FMI – [www.wabashanderiecanal.org](http://www.wabashanderiecanal.org) or 765-564-2870. Celebrate the 1850's canal era with canal boat rides, artisan demonstrations, interpretive center tours, games, food and more.

[Lake Freeman Patriotic Boat Parade Celebration](#); Saturday, July 7; Monticello, IN. FMI – [www.boats4vets.com](http://www.boats4vets.com) or 574-583-3445.

[Three Rivers Festival](#); July 13-21; Headwaters Park in downtown Fort Wayne, IN. FMI – [www.threeriversfestival.org](http://www.threeriversfestival.org) or 260-426-5556. Bed race, international village, parade and more.

[Dixie Days Festival & Art Fair](#); Thursday-Saturday, July 26-28; North Webster, IN. FMI – [www.northwebster.com](http://www.northwebster.com) or 574-834-1600 x 243. Historic Dixie boat rides, antique fair, ski bees ski show and more.

See “Becoming More World/Culture Wise” section below for ethnic events.

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## **Becoming More World/Culture Wise**

**Tip of the Month** (from *Tools for Tolerance* booklet) – Ask a person of another culture to teach you how to perform a traditional dance or cook a traditional meal.

**Selected Holidays of Note** (Source: University of Kansas Medical Center Web site)

July 1 – Canada Day

July 4 – Independence Day (U.S.)

July 4 – Fil-American Friendship Day (Philippines and U.S.)

July 9 – Martyrdom of the Bab (Baha'i)

July 20 – Lailat-UI-Quadr (Islamic, Muslim)

July 24 – Pioneer Day (Mormon)

July 26 – Anniversary of the signing of the Americans with Disabilities Act

July 28 – Tisha B'av (Jewish)

July 31 – Feast of St. Ignatius Loyola (Spain, Roman Catholic)

## **Ethnic/World/Cultural Events/Classes**

*Note: I gather information from a variety of sources. Some sources include contact information, cost, etc. and others don't, so please excuse the sometimes less than comprehensive information.*

### **IUPUI**

[Fulbright Opportunities \(webinars\)](http://www.cies.org/Webinar) - <http://www.cies.org/Webinar>

### **Local**

[Middle Eastern Festival](#); Friday-Sunday, July 20-22; St. George Orthodox Church, 4020 N. Sherman Dr. \$5 Admission; children under 12 free. Food, music, dancing and more. FMI - <http://www.stgindy.org/festival> or call 547-9356.



[Midwestern Roots Family History and Genealogy Conference](#); Friday-Saturday, July 20-21; sessions at a variety of locations. FMI, visit <http://www.indianahistory.org/our-services/family-history/midwesternroots/Brochure.pdf>.

### Regional

[Freudenfest](#); Friday-Saturday, July 20-21; Oldenburg, IN. FMI – [www.freudenfest.com](http://www.freudenfest.com) or 812-934-3826. German heritage festival with beer garden, music, old farm machinery and more.

[Swiss Days](#); Friday-Saturday, July 27-28; downtown Berne, IN. FMI – <http://www.bernein.com/swiss-days> or 260-589-8080. Quilt show, polka music, horse pull, parade and more.

[Pierogi Fest](#); Friday-Sunday, July 27-29; Whiting, IN. FMI – [www.pierogifest.net](http://www.pierogifest.net) or 219-659-0292. This Eastern European heritage festival includes pierogi eating contest, pierogi toss, a wacky polka parade (lawn mower drill team, the twirling babushka brigade, the marching MBAs, etc.), polka dance-off hosted by Polkahontas and more.

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## Miscellaneous

### Report Fraud at IU Anonymously

Indiana University has contracted with EthicsPoint to provide a simple way to report activities that may involve financial theft/fraud, violations of university policy, falsification of work hours, violations of NCAA rules, not complying with research regulations, etc. The university has pledged to do what it can to protect anonymity, and the policy prohibits the taking of any retaliatory action against individuals who make a good faith disclosure of suspected financial or other misconduct, violations of policy, etc. FMI, visit [https://secure.ethicspoint.com/domain/en/report\\_custom.asp?clientid=17361](https://secure.ethicspoint.com/domain/en/report_custom.asp?clientid=17361).

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## Get Involved in the Community: Volunteer Opportunities/Civic Engagement

*Comment: You might wonder why I include a section on volunteerism. I believe that partnering with the community we work and live in is a win/win. The organization you work with gets the value of your services. It potentially allows you, the volunteer, to network and build relationships with other people, explore one of your passions, learn a new skill, experience a leadership role, get the great feeling that you get for making a contribution and have fun. Plus, civic engagement is part of IUPUI's mission. Reason enough to include this section? ☺*

### Want to Build Your Leadership Skills? Serve on a Board/Committee

The Social of Greenwood is in need of volunteers to serve on the agency's first Signature Breakfast Fundraiser organizing committee. Those with [event coordination and fund development experience](#), or those wanting to gain it, should call Bob @ 317-882-4810.

## Other Volunteer/Donation Opportunities

Volunteers are needed to help with crowd control and monitoring during the World Record Zumba class being held from 12-12:30 on Saturday, July 14<sup>th</sup> at the Little Red Door cancer agency's Big Red Bash in Military Park, southwest corner of West and New York Sts. If you're interested in volunteering, contact Meghan Hower at 423-3590.

Volunteers ages 21 and older are sought to greet guests, sell tickets, check IDs, monitor the bike parking area, drive golf cart shuttles, and do tear-down for the third annual "Dig IN: A Taste of Indiana" (a celebration of Hoosier-produced food and beverages) on August. 26, Noon-5:00 at Celebration Plaza in White River State Park. Sign up at [www.DigIndiana.org](http://www.DigIndiana.org). FMI, contact [Rosalyn@DigIndiana.org](mailto:Rosalyn@DigIndiana.org).

The 2012 FedEx Plane Pull Challenge to benefit Special Olympics Indiana is seeking volunteers for their giant tug-of-war between people and a plane on August 25th at the Indianapolis International Airport. FMI, call 800-742-0612 x236 [or visit here](#).

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## Career/Professional/Personal Enrichment/Recognition/Funding

### Mediation Training at IUPUI

Mediation skills can be handy both at home and on the job. You can learn the basics of mediation by attending the series being held at IUPUI July 24-26 and August 14 and 15. To register, go to <http://www.hra.iupui.edu/training.asp?content=workshops>, clicking on "SignUp HR" logo then "Special Training Opportunities and following the prompts. Questions? Contact [hrratng@iupui.edu](mailto:hrratng@iupui.edu) or 274-4438. There is a fee.

### Student Employee Supervisor Workshops

Those who supervise students can now earn J.A.G.U.A.R. certification by attending training on a variety of topics including: basics of employing students, effective methods for recruiting/interviewing/orienting students, how to communicate effectively and build relationships with students, skill development, strategies for recruiting and gaining an understanding of underrepresented student groups, the ins and outs of the work-study program, how to engage students and how to provide feedback. FMI, visit <https://employment.uc.iupui.edu/Employers/SkillDevelopment/Supervisors.aspx>.

### Grants, Scholarships, Fellowships, Student Internships and Study Abroad

The Beckmann Emerging Artist Fellowship Program offers two \$3500 fellowships to support emerging artists of all disciplines (music, dance, theatre, literature, media and other visual arts) in central Indiana. FMI and the application, visit <http://artscouncilofindianapolis.org/grants-for-individuals/beckmann-emerging-artist-fellowship-program>. Deadline for 2013 is July 20, 2012 at 5:00 p.m.

The German-American Hall of Fame sponsors an [essay contest with two first prizes of \\$1000 and two runners-up prizes of \\$500 each](#). For the application and details, visit [www.gamhof.org](http://www.gamhof.org) . Deadline is December 31, 2012.

ATTSavings.com offers a \$1,000 scholarship to their contest winner. To enter, students must write a short blog post about their “dream app”, and submit their name and URL on the scholarship page. For the application and details, visit <http://www.attsavings.com/scholarship> . Questions? Contact Alyse at [Alyse@DriveNetwork.com](mailto:Alyse@DriveNetwork.com) or 80-.424-0018 ext. 6555.

The Society for Marketing Professionals (SMPS) is extending their two \$1,000 scholarships through Independent Colleges of Indiana to students majoring in marketing, public relations, management, or communications at Marian University, the University of Indianapolis, Butler University, and IUPUI. For a copy of the application and details, contact Linda J. Meador at 236-6090 or [linda@icindiana.org](mailto:linda@icindiana.org) . [The deadline to apply is July 27, 2012.](#)

Stay Fit in College offer \$700 Scholarships to selected students. Any student who attends a university, community college, or technical/trade college may apply for the scholarship award. The application can be found at <http://www.stayfitincollege.org/scholarship-awards.html> . They have deadlines throughout the year.

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## Discounts/Perks

### Indiana State Museum Discount

Now through September 3<sup>rd</sup>, you can get two dollars off (for up to four persons) admission at the Indiana State Museum. Download coupon at [http://www.indianamuseum.org/pdfs/unplug\\_indydt.pdf](http://www.indianamuseum.org/pdfs/unplug_indydt.pdf) .

### IUPUI Campus Card Services Offers Discounts

JagPerks offers discounts on apartments, automotive needs, cell phones, computers, entertainment, travel, IUPUI services (Natatorium Glick Eye Center, Community Learning Network classes, bookstore, tuition benefit) and other goods/services. Check them out at <http://www.jagtag.iupui.edu/JagPerks.asp> . For gift cards, tickets (movie theaters, theme parks, Indy Zoo, Children’s Museum, Indians games and community events), IndyGo passes and postage stamps visit <http://www.jagtag.iupui.edu/JagPerks.asp> and click on “Gift Cards & Tickets” in menu on left.

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## **Notes**

If someone forwarded this Work/Life e-newsletter to you, you picked it up via the Web or link or received a paper copy and want to subscribe to receive online, just send a note to [mstimmin@iupui.edu](mailto:mstimmin@iupui.edu). This newsletter can also be found at [www.hra.iupui.edu/worklife](http://www.hra.iupui.edu/worklife) under "News & Upcoming Events," generally within a day of when it was sent.

All phone numbers used in this newsletter have a 317 area code, unless otherwise indicated.

*Note: In order to provide as many good resources as possible to participants, we will often acquire speakers and informational pieces from a variety of sources and will list Web sites of various companies/organizations. We do not necessarily endorse the persons/companies/organizations whose information we use or whose Web sites we list (though we have done some basic research to try to ferret out reputable organizations, of course). The information we provide is not intended to be advice, simply information. Be a wise consumer and do the appropriate research before using the goods/services/information of any of these companies/organizations/sites.*

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