



APRIL 2022 | VOL. 2, ISSUE 4

STUDENT AFFAIRS SPOTLIGHT

A Monthly Newsletter Publication of NKU Student Affairs

NPHC PLOTS



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For over 50 years, universities across the United States have established the tradition of providing gathering spaces, referred to as “plots,” designed to represent each historically black Greek-lettered organization within the NPHC while giving alumni and current members an area for reflection, celebration, and gathering.

The NPHC utilizes plots to represent their belonging to campuses across the nation and can be traced to the division of Confederate land after the end of the Civil War.

These plots are used to create a positive environment for NPHC to promote sororities and fraternities while educating students about the history of these diverse organizations.

Continued on the next page

SGA Election Results



Congratulations to newly elected SGA President/Student Regent, Daniel Myers, and SGA Vice President, Jaelynn Gentry. Their administrative term begins on Monday, April 25 with Daniel's role on the Board of Regents beginning on Friday, July 1.

Daniel is from Louisville, KY, and is double majoring in Marketing as well as Sports Business & Event Management. Jaelynn is from Cincinnati, OH, and is majoring in Psychology. More information about the candidates and their platform can be found on the [Northerner's website](#).

The mission of the Myers-Gentry slate is to create a sense of inclusion, knowledge, and culture on our campus and in our communities by "Embracing our Gold." They will do this by making every space look like every face to allow room for students to build community and create multi-dimensional perspectives. They will educate students about SGA and what it can do for students and the powers that students have to make positive change on the campus. They aim to create a sense of culture at NKU that will enhance the student experience by allowing strategic networks, inclusive communities, and cross-cultural relationships to emerge for overall student success.

NPHC PLOTS, CONTINUED

The NPHC Plots Project recognizes the past, present, and future of historically African American fraternities and sororities at Northern Kentucky University. It is sponsored by the National Pan-Hellenic Council, Fraternity & Sorority Life, the Dean of Students Office, the Center for Student Engagement, and African American Student Initiatives. The NPHC Plots connect to Success by Design, NKU's strategic plan focusing on student success. NPHC Plots, which are typically statues, plaques, or other standing structures, exist to recognize the past, present, and future of the NPHC community and those who contribute to it. These plots show NPHC and all students of color that they are valued, that they belong, and that the University is invested in their holistic development.

This project was initially proposed during the 2020 NKU Innovation Challenge and was presented by current SGA President, Aliya Cannon. On Friday, March 25, 2022, there was an official groundbreaking ceremony for the NPHC Plots project. To learn more about the project, please visit the [NPHC Plots Project website](#). If you would like to learn how you can support the project, please visit the [NKU Impact - NPHC Plots Project website](#).



If you would like to view a live stream of the NPHC Plots project as it is built, please visit our live webcam overseeing the project:



FUEL NKU & NKU DINING CHOPPED COMPETITION

The new Teaching Kitchen Space at Norse Commons allows students, faculty, and staff to explore food, culinary, and nutrition literacy in ways that positively impact food choices and experiences. NKU Dining will have their on-campus chefs walk you through how to make different kinds of recipes from microwave dorm treats to dinner meals. They will also show you kitchen tips and tricks to get you more comfortable in the kitchen. You will walk away with a great experience and new cooking skills to remake dishes and impress your friends and family.

On Thursday, March 24, 2022, NKU Dining and Fuel NKU partnered to create an NKU Chopped Competition in NKU Dining's Teaching Kitchen! Using ingredients from the Fuel pantry, 3 teams teamed up with an NKU Dining Chef and competed to create the ultimate dish. Each member of the winning team received a Pepsi Backpack filled with goodies such as Qdoba Water Bottles, Qdoba Keychains, Qdoba Avocado Stress Balls, GET Mobile Koozies, and a Joyful Fidget Pen. Each of the dishes was judged by Vice President for Student Affairs, Dr. Eddie Howard; Recent Staff Regent, Jim Parker; and Executive Director for the Scripps Howard Center for Civic Engagement, Mark Neikirk.

Congratulations to the winning team, Angie Natividad, Zayne Isom, and Johnny Ponce and their coach Chef Tim Kennedy! In second place was Nick Bliven, Bailey Wood, Tyler Villier, and their coach Bryan Hopping. In third place was JP Ampfer, Grant Warren, and their coach Chef Michel McIntosh. For more information about the Teaching Kitchen and a list of upcoming events, visit the [NKU Dining website](#).





STUDENT AWARDS

Senior Awards, Student Employee of the Year, and Gold & White Awards

Senior Awards

Excelsior Award

Aryan Shrestha

Regents Award

Jackson Coates

Faculty Senate Award

Samuel Bauer

Elise Bezold

University Service Award

Mia Derks

NKU Foundation Student Leadership Award

Katelyn Clough

Student Employee of the Year

The National Student Employment Association has set aside April 10-16, 2022, to recognize the value of student employees. This year, we gathered nominations from each department within the Division of Student Affairs and awarded prizes to our top 3 student employees. The DOSA Employee of the Year is **Estefania Correa**, and the two runners up are **Emmy Dehner** and **Melanie Hug**. All of our amazing student employees were invited to hang out at a cookout in their honor on April 14, 2022. We know that Student Affairs could not provide the level of quality customer service to our campus community that we do without the help of our many student employees.

Stephen Meier SGA Award

The Stephen Meier SGA Award for dedication and longevity was established in 2016. This award is named after Steve Meier, who worked at NKU for over 50 years in a variety of roles, including as the Director of Campus Recreation for 25 years and then as the Associate Dean of Students. Steve served as the advisor to the Student Government Association for 15 years. This award is presented to a member of SGA who has served the organization for a minimum of two years, has helped move the organization forward, and served as a mentor to younger members in the organization. This year's winner is **Hanson Nguyen**, current Secretary of Administration for Student Government Association.

Gold & White Awards

White Division (0-19 members)

1st: Friends of Dorothy

2nd: Alpha Phi Omega

3rd: Gold Key Honor Society

Black Division (20-39 members)

1st: NKU Catholic Newman Center

2nd: Order of Omega

3rd: Sunrise Movement Northern Kentucky

Gold Division (40+ members)

1st: Delta Gamma

2nd: Phi Mu

3rd: Kappa Delta

Individual Awards

Victor Volunteer of the Year: Samantha Mason

Outstanding New Fraternity Member: Isaiah Owsley

Outstanding New Sorority Member: Kati Rosenbaum

FSL Unity: Jacky Romo, Daniel Myers

FSL Inclusiveness: Patrick Rider

FSL Service: Kyle Seifert

FSL Fellowship: Jaelyn Gentry

FSL Scholarship: Jerrel Harper

FSL Leadership: Emily Miller

Fraternity Man of the Year: Dylan Johnson

Sorority Woman of the Year: Alyson Hamilton

NPHC President of the Year: Aliya Cannon

NPC President of the Year: Meghan Greenwell

IFC President of the Year: Addison Reynolds

Rachel Votruba Arete: Marie Moreno-Garza

Ken Ramey Founder's Award: Ray Archer

Outstanding Freshman: Jude Ampher, Bolu Osifalujo

Outstanding Sophomore: Krish Darji, Kayla Rich

Outstanding Junior: Emi Taylor, Luke Eisner

Outstanding Senior: Kyle Seifert, Samantha Mason

Norse Legacy: Jasmyn Browder, Abigail Leonard



HEALTHY U

Here comes the sun... and skin damage

A message from Health, Counseling, & Student Wellness (UC 440)

Congratulations on making it through the challenges of the winter semester, and a pandemic! There is light at the end of the tunnel after all - it's called sunlight.

NKU's [Health, Counseling & Student Wellness](#) would like to remind you that during your time away from campus this summer, you can recharge, reconnect and rest your mind and body for the next great challenge in life. After being isolated and indoors for so long, we encourage you to reap the benefits of the outdoors. Did you know just **15 minutes of sunshine** daily can make positive changes in your health?

Our bodies make **Vitamin D**, a nutrient and hormone, when exposed to sunlight, particularly ultraviolet rays, or UVB rays. Vitamin D helps retain bone density, control infection, decrease inflammation, and improve our mood and our sleep patterns. Studies show individuals with higher vitamin D levels have lower rates of colon, breast, pancreatic, and prostate cancer. (NIH-National Cancer Institute 2013) Unfortunately few foods contain natural vitamin D, therefore consumption of foods **fortified** with vitamin D are vital. Foods such as milk, cereal, orange juice, fatty fish, egg yolks, cheese and mushrooms are good sources of vitamin D. Vitamin D supplements should be taken as directed. They are stored in the body and excessively high levels can be toxic.

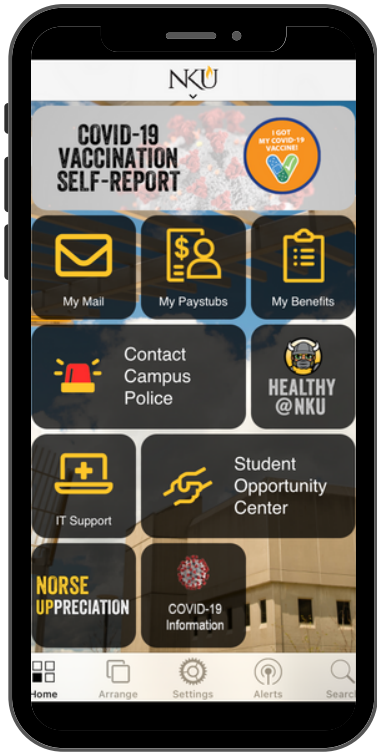
While a little time in the sun is good, too much exposure can be bad. It is important to protect yourself from the damaging short and long term impact of sun exposure. After multiple sun exposures or sun burns in your lifetime, UVB rays will cause permanent skin damage. This exposure can lead to wrinkles, discoloration of skin, melanoma or other skin cancers.

Tips to Avoid Excessive Sun Exposure:

- Sun rays are stronger at geographical areas close to the equator. **Limit your time** in the sun, particularly during the hours of 10:00 am - 2:00 pm. This is when the sun's rays are most intense (peak sunburn hours).
- Prolonged activities outside in the sun with skin exposed can be harmful. Tanning beds also produced intense ultraviolet rays. It is well documented that tanning in any form may result in burns, wrinkles, leather like appearance, scars of the skin and cancer.
- When outside, apply a generous amount of sunscreen **SPF of 30-50+** to all exposed skin; **reapply** as directed, especially if swimming or sweating. It will allow you to have more fun in the sun without the risks of sun damage.
- Enjoy relaxing **under cover** of awnings, gazebos, or umbrellas.
- Wear a **hat, sunglasses and apply lip balm with SPF protection**.
- Wear clothing with UV protection. These amazing **fabrics are engineered to block UV rays**, are light weight and moisture wicking, making them perfect for outdoor activities.
- Pay close attention to warnings and side effects of **prescription medications** or **topical facial products**. Often these can increase sensitivity of the skin leading to intense, premature burning with "little" sun exposure.
- Add a protective punch with a **diet rich in antioxidant foods**. Fruits and green leafy vegetables help shield your skin on a cellular level by boosting collagen and attacking free radicals that damaged skin.
- **Hydrate** to replenish the fluids you have lost while exercising, or relaxing outdoors.

Simple actions as these can increase your enjoyment and fun in the sun.

It's never too late to protect the skin you're in.



TEXT THE POLICE

A new way to communicate with University Police

Use the NKU App to Text with Campus Police if you are unable to call. In an emergency, you can send your coordinates, text with University Police dispatch, send pictures/videos, or call the Police. All of these features are available through the NKU App, which can be downloaded from your preferred app store.



Regent's Distinguished Service Award



This year, at the Staff Appreciation Week Kick-off Reception event, **Chris Tambling**, Associate Director for the [Student Union](#), won the Regent's Distinguished Service Award.

The Regents Distinguished Service Award recognizes individual staff employees who have made notable contributions to the growth, image, or efficient operations of the University. All regular and contract staff employees with five or more years of continuous service and satisfactory job performance can be nominated.

The selection committee evaluated all nominations using criteria that reviewed each staff member's service that went above and beyond the call of duty, their initiative and creativity, their contributions to the work environment and how it directly or indirectly supports student success, their personal characteristics (such as enthusiasm, loyalty, good attendance, leadership and cooperation, courtesy, and fairness to other employees), and their efforts toward good public relations for the University and/or community service with a professional organization which directly or favorably reflects upon or benefits the University.



The Office for Student Accessibility initiated 34 students into Delta Psi, NKU's chapter of Delta Alpha Pi (DAPi) Honor Society, in March of 2022. Delta Alpha Pi recognizes students with disabilities for their academic accomplishments and facilitates development of skills in leadership, advocacy, and education for participating students. In order to be eligible for induction into DAPi, students must present with a documented disability and be registered with the Office for Student Accessibility. Undergraduate students must have completed a minimum 24 credits and have a 3.10 GPA and graduate students must have completed a minimum of 18 credits and have a 3.30 GPA. We would like to send out a big congratulations to all 34 students!

Recent Event Photo Albums

Take Back the Night



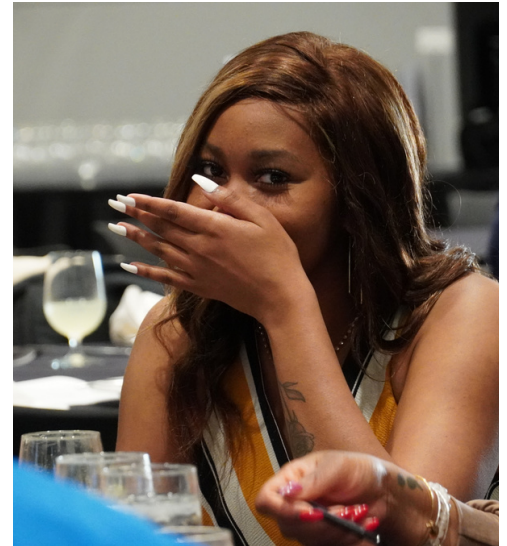
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Latino Student Recognition Banquet



[View More](#)

UJIMA



[View More](#)

Gold & White



[View More](#)

LGBTQA+ Pride Week



[View More](#)

Student Affairs Updates

Campus Recreation

Student Summer Membership

Not taking classes this summer? Purchase a Student Summer Membership for \$48 and use the Campus Rec Center all summer. Stop by the Membership Services desk today to purchase your summer membership.

Summer Campus Rec Center Hours

[Summer hours](#) for the Campus Rec Center will start on Sunday, May 15, 2022.

Membership Promotion

Buy or renew an annual Campus Rec membership and get a *free* keychain. The promotion runs from April 11-30, 2022. See the Membership Services desk for any questions or to purchase your membership.

Outstanding Staff Member

Congratulations to **Ms. Merlyn Mabrey** for receiving the **Outstanding Staff Member** award at the annual *UJIMA: A Night of Excellence* program! A well-deserved honor!

Published!

Dr. Meg Hensley, Senior Director for Student Support Services in Student Affairs, in collaboration with colleagues Dr. Lori Wright, Dr. Neisha Wiley, Dr. Elizabeth VanWassenhove, Dr. Brandelyn Tosolt, and Dr. Rae Loftis, will have their article "Feminist Citational Praxis and Problems of Practice" published in the Fall 2022 issue of *Women's Studies Quarterly*. The article critiques current citational norms and advances feminist citational praxis, sharing the authors' process of developing the feminist citational praxis through writing collaboratively and highlighting three problems of practice discovered through their research.

University Conflict Speaker Series

Thank you to Jen Moeves, Barb Smith, and Meg Hensley for the opportunity to create our University Conflict Speaker Series. This program was funded by the American Rescue Plan Higher Education Emergency Relief Fund III grant. We were able to welcome David Stollman and Sara Lowery from CampuSpeak virtually to campus and will welcome Lorin Phillips, in-person, to campus on Monday, April 18th. This program was created to help students, faculty, and staff understand conflict management and resolution, having difficult conversations, and the power of empathy. We had people from all facets of the university attend and are thankful to those who showed and engaged with them.



David Stollman



Sara Lowery



Lorin Phillips

You can learn more about their programs at <https://campuspeak.com/>.



Contact Us