

# State

The Faculty-Staff Bulletin of Florida State University

Volume 48 • Number 16

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June 2-29, 2014

## MEDICINE

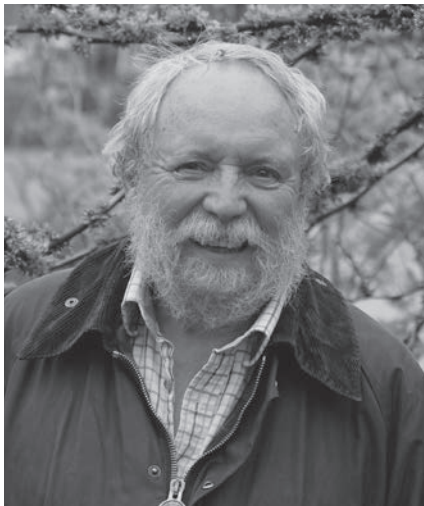
Study links health and discrimination, **4**

## EDUCATION

Professor honored at White House, **6**

## FINANCE & ADMIN

New class completes Partnership Program, **7**



*Michael Ruse*

## Philosophy professor receives Bertrand Russell Society honor

**By Nicole Brooks**

News and Research Communications

Internationally acclaimed philosopher **Michael Ruse**, The Lucyle T. Werkmeister Professor of Philosophy, was named **The 2014 Bertrand Russell Society's award winner** for his dedication to science and reason.

A fellow of both the Royal Society of Canada and the American

Please see **RUSE, 5**

## Education associate professor receives prestigious 'PECASE' award

**By Nicole Brooks**

News and Research Communications

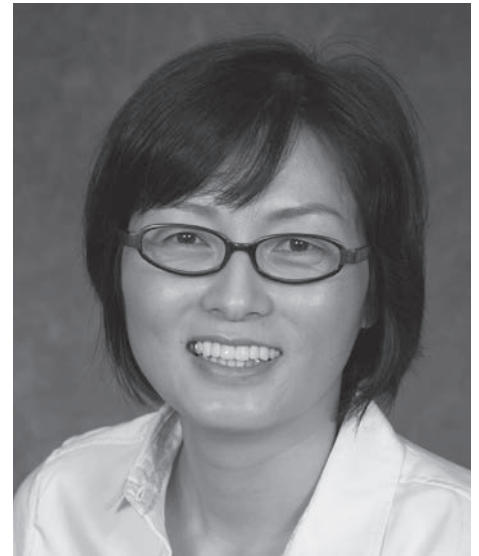
College of Education researcher **Young-Suk Kim** was honored this spring with the **Presidential Early Career Award for Scientists and Engineers (PECASE)** for her research in language and literacy development.

President **Barack Obama** named 102 of the nation's top researchers as winners of the award. It is the highest honor bestowed by departments of the U.S. government on scientists and engineers in the early stages of their independent research careers.

"I am deeply honored to receive this prestigious award and humbled by all the achievements of other recipients and former recipients," Kim said. "This award brings attention to scientists conducting important research early in their careers."

Kim, one of only two recipients honored by the U.S. Department of Education, received the award during a ceremony at the White House in May. She described her meeting with Obama and her fellow recipients as "heartening."

Kim is an associate professor of reading and language arts in the College of Education's School of Teacher Education. She is also a faculty member at the Florida Center for Reading Research. She joined Florida State in 2007 after earning her doctoral degree from Harvard University.



*Young-Suk Kim*

Her primary research areas include language and literacy acquisition and instruction, including early literacy predictors, reading fluency and comprehension and writing.

One of her current studies examines a poorly understood area of literacy: the relationship between oral and silent reading and how those skills relate to reading comprehension. The study is funded by a \$1.6 million grant from the Institute of Education Sciences, the research arm of the U.S. Department of Education.

Please see **PECASE, 6**

## Spread THE Word

FSU's Great Give, a 36-hour online giving campaign, raised \$133,024 for academic programs and scholarships. (For the full story, see page 10.)



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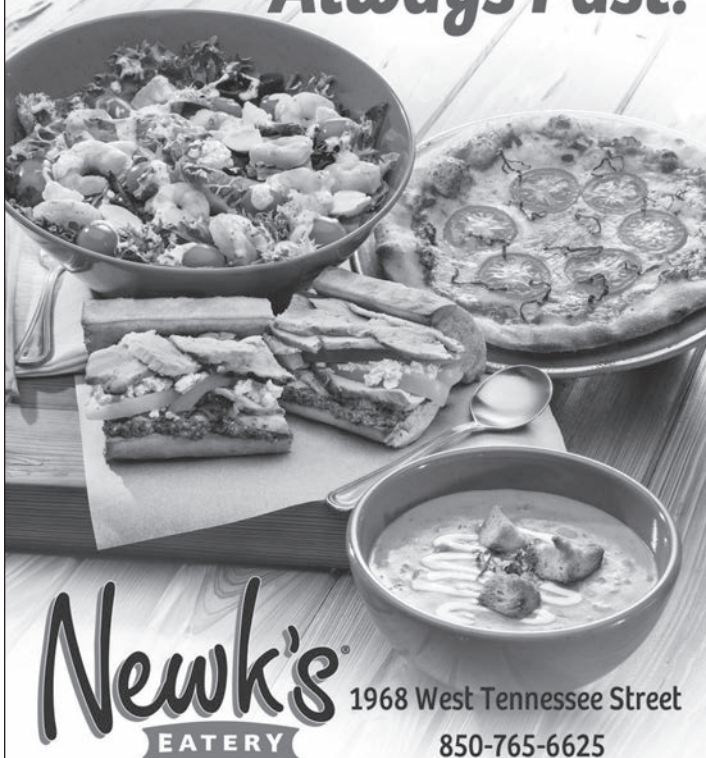


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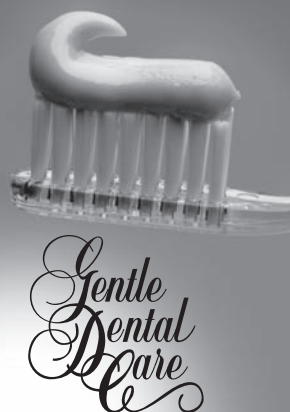
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# State

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The deadline for the  
June 30-Aug. 3, issue is  
4:30 p.m., WEDNESDAY, June 11.



*State* is the faculty-staff bulletin and document of record of Florida State University. It is published 16 times annually by University Communications — every three weeks during the fall and spring semesters, and monthly during the summer.

Submissions: [jseay@fsu.edu](mailto:jseay@fsu.edu).

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## NewsMakers

**"It used to be the thinking that the heavier you were, the better your bones would be because the bones were supporting more weight. But, that's only true to a certain extent."**

—**Jasminka Ilich-Ernst**, the Hazel Stiebeling Professor of Nutrition in the College of Human Sciences, as quoted April 22 in *Bariatric News* discussing a new syndrome called osteosarcopenic obesity. In studying the connections between bone, muscle mass and fat mass, Ilich-Ernst has found that obesity contributes to the deterioration of bone density and muscle mass.

Be sure to visit the **FSU Makes News** section of **Florida State 24/7** at [news.fsu.edu](http://news.fsu.edu).



FSU Photography Services/Bill Lax

**Job title:** Administrative Specialist,  
University Business Administrators,  
College of Music

**To-do list:** Mainly focuses on human resources and payroll duties for College of Music personnel: faculty, staff and OPS employees. Is also responsible for ensuring disbursement requests and deposits to the FSU Foundation are processed quickly and accurately.

**Years at FSU:** Nearly 14. *"I came to FSU as a graduate student in 1998 in the arts administration program of the (then) School of Music. I was hired as a salaried employee in 2000."*

**Kudos:** Received the Human Resources "Essential Piece" award last month and Finance and Administration's "Service with a Smile" award in 2010.

**Take a bow:** Is active with local and regional musical theater productions and companies. Does some acting, but mostly serves as music director, pianist or keyboardist. *"I recently conducted the orchestra for Brookwood Academy's production of 'Seussical' in Thomasville, played keyboard for 'La Cage aux Folles' at Theatre Tallahassee and piano for 'Guys and Dolls' at Quincy Music Theatre."*

*State* is underwritten in part by proceeds from the Florida State University license plate.

[www.fsu.edu/tag](http://www.fsu.edu/tag)



# Perceived age, weight discrimination worse for health than perceived racism, sexism

By Doug Carlson  
College of Medicine

Perceived age and weight discrimination, more than perceived race and sex discrimination, are linked to worse health in older adults, according to new research from the **College of Medicine**.

The findings are part of a study measuring changes in health over a four-year period and published in the *American Journal of Geriatric Psychiatry*.

“Our previous research showed that perceived discrimination based on body weight was associated with risk of obesity. We wanted to see whether this association extended to other health indicators and types of discrimination,” said lead author **Angelina Sutin**, assistant professor of behavioral sciences and social medicine.

“What we found was unexpected and striking.”

Sutin and colleagues found that older adults -- who perceived weight discrimination and older adults who perceived discrimination based on age, a physical disability or other aspect of appearance -- had significantly lower physical and emotional health and greater declines in health compared to people who did not report experiencing such discrimination.

In contrast, perceived discrimination based on relatively fixed characteristics — race, sex, ancestry and sexual orientation — were largely unrelated to declines in physical and emotional health for the older adults.

The findings are based on a sample of more than 6,000 adults who participated in the Health and Retirement Study, a study of Americans ages 50 and older and their spouses. Participants reported on their physical, emotional and cognitive health in 2006 and 2010 and also reported on their perceived experiences with discrimination.

“We know how harmful discrimination based on race and sex can be, so we were surprised that perceived discrimination based on more malleable characteristics like age and weight had a more pervasive effect on health than discrimination based on these more fixed characteristics,” Sutin said.



**Angelina Sutin**

The one exception was loneliness.

Loneliness was the most widespread health consequence of discrimination among older adults. Discrimination based on every characteristic assessed in Sutin's study was associated with greater feelings of loneliness. According to previous studies, the effects of chronic loneliness are severe: increased risk for unhealthy behaviors, sleep disturbances, cardiovascular risk factors and suicide.

“Humans have a strong need to belong, and people often feel distressed when they do not have their desired social relationships,” Sutin said. “Our research suggests that perceiving a hostile society is associated with pervasive feelings of loneliness. An individual may interpret discrimination as an indication that they do not fit in the society in which they live.”

The paper was co-written by Yannick Stephan of the University of Montpellier in France and Henry Carretta and Antonio Terracciano, both of the College of Medicine. ■

“We know how harmful discrimination based on race and sex can be, so we were surprised that perceived discrimination based on more malleable characteristics like age and weight had a more pervasive effect on health than discrimination based on these more fixed characteristics.”

**– Angelina Sutin,  
assistant  
professor of  
behavioral  
sciences and  
social medicine**

Association for the Advancement of Science, Ruse is director of Florida State's History and Philosophy of Science program. His research interests include ethics and the philosophy of biology, especially Darwinism. The author and/or editor of more than 50 books, he has written about a large number of philosophical topics, including on the relationship between religion and science.

"It is a great thrill," Ruse said of the society honor. "For me, Bertrand Russell's greatness lay not only in his massive contributions to mathematics and philosophy, but in his lifelong commitment to social and educational causes. His example has been a constant presence and spur in my own life."

A winner of the Nobel Prize in Literature, Russell (1872-1970) was a philosopher, mathematician, humanitarian and one of the last century's most celebrated public intellectuals. Founded in 1974, the Bertrand Russell Society seeks to foster

a better understanding of Russell's life, work and writings.

Alan Schwerin, president of the society, said Ruse "exemplifies the kind of dedication to science and reason that was championed by Bertrand Russell over his long life."

Ruse was a key witness for the plaintiff in the 1981 test case *McLean v. Arkansas*, dealing with the state law permitting the teaching of creation science, which was ruled unconstitutional by the U.S. federal court.

He will accept his honor during the society's annual meeting June 13-15 at the University of Windsor in Ontario, Canada, and is expected to give the society's keynote address.

"The Department of Philosophy is obviously extremely proud to have Michael Ruse as a member, and his winning of The Bertrand Russell Society's annual award for 2014 is yet another mark of Michael's renown," said professor and chair of the philosophy department **Piers Rawling**. "He was one of the pioneers in philosophizing

about modern biology. This award will further enhance our department's, and the university's, reputations on the national and international scenes."

This society award is one of several honors recently bestowed on Ruse. He won an Association of American Publishers 2013 PROSE Award for a book he edited, "The Cambridge History of Darwin and Evolutionary Thought." In September he will receive an honorary degree from University College London. This will be the fourth honorary degree awarded to Ruse, three of which he has received as a faculty member at Florida State University.

Also, Cambridge University Press published a "festschrift" in Ruse's honor this year, titled "Evolutionary Biology: Conceptual, Ethical, and Religious Issues." A festschrift is a book honoring a respected person, especially an academic, and presented during his or her lifetime. It often features original contributions by the honored academic's colleagues and former doctoral students. ■

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# Science educator tapped to lead national 'STEM' educators association

**Ellen Granger**, the director of the **Office of Science Teaching Activities** within Florida State University's Department of Biological Science, was named president of the newly formed executive board of the **UTeach STEM Educators Association (USEA)**.

USEA is dedicated to addressing the ongoing need for improved teaching and learning in the STEM fields — science, technology, engineering and mathematics.

In her role as president of USEA, Granger will play a key role in the creation of a permanent and sustainable national network of UTeach programs and alumni. The USEA executive board will govern the association and set the direction for the newly established organization. USEA was established this spring by the UTeach Professional Association Advisory Committee under the auspices of the UTeach Institute, which oversees the replication and expansion of this STEM teacher preparation program.

"This is an exciting new phase in the



**Ellen Granger**

life of the UTeach network," Granger said. "The partnerships begun through the network have the opportunity to thrive as USEA seeks to achieve its mission."

USEA will provide a platform for its members to sustain and disseminate continued innovation and excellence in STEM teacher preparation, according to Granger.

"In this inaugural year of the association, my goal is to lay a strong

foundation for open collaboration among USEA members upon which we can together build toward our goal of excellence in STEM education and science literacy for all," she said.

The UTeach Institute was established in 2006 in response to national concerns about the quality of K-12 education in the STEM fields and growing interest in a teacher certification program started at the University of Texas at Austin in 1997. There are currently 40 UTeach programs in 19 states that have replicated the UT-Austin program.

"As one of the first 13 universities to replicate the UTeach program model, FSU has been a leader among the replication groups," said Granger, who also co-directs FSU-Teach, Florida State's UTeach program. "Our program faculty and master teachers have been active in helping new replication sites and in sharing our work with the entire group. We hope to continue in this role as we work to make our FSU-Teach program stronger and to build its national prominence." ■

**PECASE**

from  
page **1**



***In the East Room of the White House: Young-Suk Kim (front row, seventh from left and pictured below), along with President Obama (front row, center) and the recipients of this year's Presidential Early Career Award for Scientists and Engineers.***

"The impressive achievements of these early stage scientists and engineers are promising indicators of even greater successes ahead," Obama said. "We are grateful for their commitment to generating the scientific and technical advancements

that will ensure America's global leadership for many years to come."

In addition to the PECASE award, Kim received a Developing Scholar Award from Florida State at the university's annual Faculty Awards Dinner, held this spring.

The Developing Scholar Award recognizes mid-career associate professors who have been singled out by their peers based on evidence of a clearly established program of teaching, research and creativity lasting over a number of years. ■

## Finance and Administration Partnership Program completes 2013-2014 series



*The participants of the 2013-2014 Partnership Program are, seated from left, Chad Stubbs, Jennifer Garye, Andrea Novak, Stephen Whitney, Jan Beane and Michelle Pohto, and standing from left, Charlotte Souffront-Garcia, Keisha John, Ben Miller, Geoffrey Adams, Thurmon Cutchins, Elizabeth Swiman, Jerry Purvis and Kyle Gower-Winter. Alex Casta, Danette Feliciano and Mark Palasezi are not pictured.*

The Finance and Administration (F&A) **Partnership Program** successfully completed its nine-month staff development program in May. The Partnership Program unites academic and administrative professionals within the university and provides an environment where they are encouraged to grow professionally and personally. Monthly meetings allow participants to develop and offer new ideas and solutions on current topics, and share information from their prior work experiences. The meetings also provide opportunities to network and become more empowered.

The topics that were presented and discussed during the series were “Active Listening,” “Motivation in the Workplace,” “Social Media: The Ugly, Bad and Good,” “Workplace Bullying,” “Happiness in the Workplace” and “What’s Next?” The group participated in a team debate on the topic “Should NCAA Athletes Be Paid In Excess of Room, Board and Scholarship They Currently Receive?” In addition to the meetings, several lunch-and-learn events were hosted to allow the participants an opportunity to meet senior administrators

and gain valuable feedback on professional growth and career development. The featured administrators at these events were former university Chief of Staff David Coburn, Vice President for Research Gary Ostrander and Vice President for Finance and Administration Kyle Clark.

**Kyle Gower-Winter**, associate director of portal systems with Information Technology Services and one of 17 2013-2014 participants, endorsed the program as a personal and professional benefit.

“The participants are hand-selected and of the highest caliber, providing for an engaging, stimulating and sometimes challenging environment — but always enlightening,” Gower-Winter said. “The opportunity to meet and network with other professionals from across campus and share some common challenges and experiences were invaluable. If possible, I wish the monthly meetings and group lunches with FSU executives could become a permanent fixture on my calendar.”

Other participants commented that activities during the monthly meetings and time spent outside the meetings developing their group presentations were a

great opportunity to network and develop relationships with other professionals across campus. They also noted that the lunch-and-learn meetings were a great opportunity to meet the university’s executives and hear their views on current university issues.

In addition to Gower-Winter, the 2013-2014 Partnership Program participants were **Geoffrey Adams, Jan Beane, Alex Casta, Thurmon Cutchins, Danette Feliciano, Jennifer Garye, Keisha John, Ben Miller, Andrea Novak, Mark Palasezi, Michelle Pohto, Jerry Purvis, Charlotte Souffront-Garcia, Chad Stubbs, Elizabeth Swiman and Stephen Whitney.**

The 2014-2015 Partnership Program will accept applications through Aug. 15 from Administrative and Professional staff members as well as faculty administrators throughout campus. To view the application form and learn more about the program, visit [vpfa.fsu.edu/Partnership-Program](http://vpfa.fsu.edu/Partnership-Program). A reunion for all previous graduates of the program is being planned for the summer. To learn more about the upcoming Partnership Program series, call **Angela Gaskins** at (850) 644-8346 or send an email to [ahgaskins@fsu.edu](mailto:ahgaskins@fsu.edu). ■

# CAMPUS IN ACTION

## RECOGNITIONS

**Geoset Studios at Florida State University** received the Video in Education Scholarship award during Sonic Foundry's 10<sup>th</sup> annual Enterprise Video Awards, Madison, Wisc. The awards honor excellence in the use of Mediasite, a video management platform for academic, enterprise and event webcasting.

**David Johnson**, Ph.D. (English), was awarded the 2014 Norris J. Lacy Prize for Outstanding Editorial Achievement in Arthurian Studies by the International Arthurian Society-North American Branch and the editors of the journal *Arthuriana* at the 43<sup>rd</sup> International Congress on Medieval Studies, May. Johnson was cited for his "impressive editorial work in helping to expand the Arthurian canon by making Middle Dutch Arthurian romance more widely available to students and scholars alike." The Lacy Prize recognizes and rewards distinction in the editing of primary texts or collections of scholarly material.

**Claudius Mundoma**, Ph.D. (Institute of Molecular Biophysics; Physical Biochemistry Core Facility), has been awarded a highly competitive Carnegie African Diaspora Fellowship. Mundoma will make an initial visit to Africa in July to work with scientists in the University's of Johannesburg's chemistry department to set up core instrumentation facilities to ensure best practices in the use of its equipment.

**Michael J. Ormsbee**, Ph.D. (Nutrition, Food and Exercise Sciences), was conferred the most prestigious distinction of fellow of the American College of Sports Medicine in recognition of outstanding research, leadership, participation and service to the organization, May 1. In addition, Ormsbee was recognized during the Past President's and Fellows Reception at the national meeting of the American College of Sports Medicine, Orlando, Fla., May 30.

## BYLINES

**Amy Ai**, Ph.D. (Social Work), co-wrote an article, "Racial/Ethnic Identity and

Subjective Physical and Mental Health of Latino Americans: An Asset Within?" with Eugene Aisenberg, Saskia I. Weiss and Dulny Salazar, published in the *American Journal of Community Psychology*, Vol. 53, No. 1-2, March 2014.

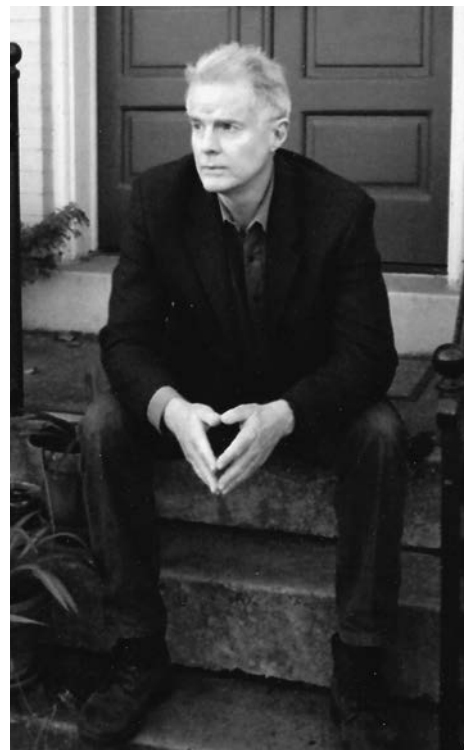
**Debra A. Fadool**, Ph.D. (Biological Science; Program in Neuroscience; Institute of Molecular Biophysics), co-wrote a paper, "Hyperlipidemic Diet Causes Loss of Olfactory Sensory Neurons, Reduces Odor Discrimination, and Prevents Odor-reversal Learning," with Nicolas Thiebaud, Melissa C. Johnson, Jessica L. Butler, Genevieve A. Bell, Kassandra L. Ferguson, Andrew R. Fadool, James C. Fadool, Alana M. Gale and David S. Gale, published in the *Journal of Neuroscience*, Vol. 34, No. 20, May 14, 2014.

**Alexander Jiménez** (Music) conducted the FSU Symphony Orchestra in a CD recording, "Erno Dohnanyi: Symphony No. 2, Two Songs," Naxos, 2014. The CD, which features baritone soloist **Evan T. Jones**, contains "Symphony No. 2 in E Major, Op. 40," and "3 Songs, Op. 22" (excerpts). Ernst von Dohnanyi is an internationally renowned composer who served on Florida State's faculty following World War II.

**David Kirby**, Ph.D. (English), wrote a new collection of poetry, "A Wilderness of Monkeys," published by Hanging Loose Press, 2014.

## PRESENTATIONS

Several university employees made presentations at a meeting of THATCamp (The Humanities and Technology Camp), Gainesville, Fla., April 24-25. The meeting, an "unconference," provided an open and inexpensive forum for humanists and technologists of all skill levels learn and build together in sessions proposed on the spot. **Micah Vandegrift**, MLIS, M.A. (University Libraries), presented/hosted "Cosmos(ology): A Digi-Hum-Sci Exploration"; **Abby Scheel** (University Libraries), presented/hosted PhilPapers: Supporting Volunteer Initiatives for the Long Term"; **Josh Bolick** (University



*David Kirby*

Libraries), presented/hosted "Open Access and the Humanities"; **Aimee Wilson** (English) presented "Applying Digital Archive Skills: The Birth Control Review as Case Study."

## SERVICE

**Micah Vandegrift**, MLIS, M.A. (University Libraries) has been elected to the inaugural seven-member THATCamp Council, a community governance initiative of The Humanities And Technology Camp, a digital humanities movement. In addition, he co-wrote an article, "Heal Thyself: A Scholarly Communication Analysis of LIS Journals," with Chealsye Bowley, published by *In the Library with the Lead Pipe*, 2014.

## KEY PROMOTIONS AND HIRES

**Timothy Kinney**, MBA (Business), an assistant in management, has been named an entrepreneur-in-residence at The Jim Moran Institute for Global Entrepreneurship. As an entrepreneur-in-residence, Kinney's responsibilities include oversight of The Jim Moran Institute's student business incubator, business plan competitions and all Entrepreneurship Month activities. Kinney will continue teaching and leading student engagement activities on- and off-campus for the College of Business while serving in this new capacity. ■



# CRC NEWS

## SMALL GRANT PROPOSAL AWARDS

The Council on Research and Creativity has given three faculty members Small Grant Proposal Awards for spring. Each fall and spring, the council gives awards of up to \$3,000 to winning faculty proposals.

The spring 2013-2014 awardees, with a total of \$7,245 in funding, are:

- **Robert Duarte** (Art), "Exhibition Catalogue for Solo Show at Antena in Chicago";
- **Jack Freiberg** (Art History), "Bramante's Tempietto, the Roman Renaissance, and the Spanish Crown"; and
- **Robert Romanchuk** (Modern Languages and Linguistics), "The Slavic Digenis Akritis in Manuscript RNL Titov 4369."

## PLANNING GRANTS

In addition, the Council on Research and Creativity has given 16 faculty members Planning Grants for spring. Each fall and spring, the council awards up to \$13,000 for winning Planning Grant proposals.

The spring 2013-14 awardees, receiving a total of \$203,904 for research planning are:

- **Jesse Cogle** (Psychology), "Computerized Anger-reduction Treatment for Alcohol Use Disorder";
- **Hongchang Cui** (Biological Science) "Generating Resources for Research on C3 and C4 Photosynthesis";
- **Akash Gunjan** (Biomedical Sciences), "Role of Histone Variant H3.3 in DNA Repair and Childhood Glioblastomas";
- **Roxanne Hughes** (National High Magnetic Field Laboratory), "Exploring Gender Differences in Undergraduates' STEM Identity";
- **Patrice Iatarola** (Educational Leadership/Policy Studies), "High

School Accountability, Pushing Rigor: Evidence from Florida";

- **Yoichi Kato** (Biomedical Science), "Identification of Chemical Compounds that Regulate Neural Development";
- **Holger Kern** (Political Science), "Truth Replaced by Silence: Private Censorship in Russia";
- **Laura Lee** (Modern Languages and Linguistics), "From Early Film to Japan's Classical Studio Style: A Stylistic Lineage";
- **Hong Li** (Chemistry and Biochemistry), "Structure and Function Studies of Cas9 as a Human Genome Editing Tool";
- **Michael McVicar** (Religion), "Constructing the American Right-Wing: Religion, Domestic Intelligence Gathering, and the Making of Conservatism in the United States";
- **Iain Quinn** (Keyboard), "The Enlightenment Influence: Recording The Organ Music of C.P.E. Bach, W.A. Mozart, L. van Beethoven, J.N. Hummel and C. Czerny";
- **Angelina Sutin** (Medical Humanities/Social Sciences), "Perceived Discrimination and Health in Young Adulthood";
- **Antonio Terracciano** (Geriatrics), "Uric Acid and Neuropsychiatric Symptoms in Individuals with Cognitive Impairments";
- **Stephen Tripodi** (Social Work), "Pilot Study of a Trauma-focused Cognitive-behavioral Program for Incarcerated Women";
- **Zuoxin Wang** (Psychology) "Exploring the Epigenetic Effects on Paternal Behavior and Neurochemical Receptor Expression"; and
- **James Whyte** (Nursing), "HIV Service Providers: Decreasing Stigmatizing Behaviors in Clinical Settings."

For more information on CRC grants visit [research.fsu.edu/crc](http://research.fsu.edu/crc) ■

## The Source News from Human Resources

### TRAINING AND ORGANIZATIONAL DEVELOPMENT

Instructor-led and online training opportunities are available to Florida State faculty and staff members. To view a schedule of classes and registration information, visit [www.hr.fsu.edu/train](http://www.hr.fsu.edu/train). To register for classes, log in to [omni.fsu.edu](http://omni.fsu.edu) and click in sequence: "Human Resources 9.1," "Main Menu," "Self Service," "Learning and Development," "Request Training Enrollment" and "Search by Date, Course Code or Course Name." From there, click on "View Available Sessions" and choose a session number. Follow the prompts to submit a request. To view a course description, click on the icon. **More information:** (850) 644-8724.

### BENEFITS

**>>LEAVES OF ABSENCE AND INSURANCE COVERAGE:** A leave of absence may have an effect on deductions to employee benefits. To ensure that there are no lapses in insurance coverages, employees who take a leave of absence for any reason should contact the Benefits Office at (850) 644-4015 or send an email to [benefits@fsu.edu](mailto:benefits@fsu.edu) within 60 days of the start date.

**>>DOMESTIC PARTNERSHIP HEALTH INSURANCE STIPEND:** The Office of Human Resources has implemented the Domestic Partnership Health Insurance Stipend (DPHIS) program. This benefit will assist eligible university employees (Faculty, A&P or USPS only) in a domestic partner relationship by defraying the cost of health insurance for domestic partners. For the purposes of this program, a domestic partner is defined as an individual who shares a committed, mutually dependent relationship with an eligible university employee. This health insurance stipend is available to eligible employees whose domestic partner does not have access to an employer-provided health insurance benefit. Eligible employees may register for coverage immediately. **More information:** Visit [www.hr.fsu.edu](http://www.hr.fsu.edu), or contact **Kathy Gartley**, (850) 644-8732 or [kgartley@fsu.edu](mailto:kgartley@fsu.edu).

**>>VERIFY ADDRESSES IN OMNI:** All employees should verify their current home mailing addresses in the OMNI employee self-service system. Incorrect home addresses in OMNI will result in delays of any critical information sent out by vendors concerning health, life, supplemental and retirement programs. In addition, employees are reminded to periodically review their paycheck deductions for accuracy. If any discrepancies are found, please contact the Benefits Office at 644-4015 or email [benefits@fsu.edu](mailto:benefits@fsu.edu) as soon as possible. ■

# Hang tough. Don't puff. Workshops, classes help employees kick tobacco use

Just because Florida State became a tobacco-free campus in January doesn't mean faculty, staff and students who use tobacco products were able to go cold turkey.

A great opportunity still remains for those who have been trying to quit. University Health Services and the **College of Medicine's Area Health Education Center (AHEC)** are providing **Quit and Be Free (QBF)** workshops and **Quit Smoking NOW** classes.

- QBF is a one-time group intervention to help smokers and tobacco users explore quitting.

- QSN is a six-session smoking-cessation program developed by ex-smokers for those who want to become ex-smokers.

Both programs provide free nicotine replacement therapies in the form of patches, lozenges and gum, while supplies last. Employees who participate in QBF may do so as part of their work time, with supervisory approval. This benefit has been extended through December 2014 — the end of the fall semester.

For more information, call (850) 644-8871 or (850) 645-9710, or e-mail [tobaccofree@fsu.edu](mailto:tobaccofree@fsu.edu), or visit [www.tobaccofree.fsu.edu](http://www.tobaccofree.fsu.edu). ■

## Annual fund-raiser exceeds goal to support programs, scholarships

FSU's Great Give, the university's 36-hour online giving campaign, surpassed its previous year's total, raising \$133,024 for academic programs and scholarships.

"Each college and unit within the university created their own featured project for funding, and we saw many of these projects surpass their goals," said **Marjorie Mahan**, assistant director of annual giving at the **Florida State University Foundation**.

The third annual event, which took place April 17-18, not only exceeded the university's goal by 16 percent, it also saw an increase in the number of donors and the average gift amount. More than 1,200 donors contributed an average gift of \$106 to a wide variety of projects and initiatives.

The university's Marching Chiefs, for example, raised more than \$19,000 — more than three times their goal — to purchase new brass instruments.

Those who did not make a contribution during FSU's Great Give may still make a gift to the university by visiting [foundation.fsu.edu/gift](http://foundation.fsu.edu/gift) or calling (850) 644-6000. ■



## ITS NEWS

Information Technology Services

[its.fsu.edu](http://its.fsu.edu)

## Don't get hacked: Security tips for preventing attacks

Maybe you opened an email attachment you shouldn't have and now your computer has slowed to a crawl. Or maybe your co-workers or friends are complaining about spam messages they are supposedly receiving from you. If your computer has been hacked and infected with a virus, you need to take action to protect your data and prevent your computer from being used to attack others.

Information Technology Services (ITS) has several resources to help you fix or prevent computer security threats. Any concerns or issues with your work computer should be directed to the ITS Service Desk or technical support for your unit. For personal computers, ITS offers on-campus computer support and virus removal through the Computer Repair Center. For more information or to

make an appointment, visit the Computer Repair Center website at [its.fsu.edu/crc](http://its.fsu.edu/crc). Also, take some time to review the following safety tips to protect yourself from future attacks.

### Secure Your Personal Computer

It is important to ensure that your personal computer has all available updates installed. The easiest way to do this is to set your operating system to automatically update. You should also confirm that your Internet browser (i.e. Chrome, Firefox, Internet Explorer, Safari) is up-to-date. The Qualys BrowserCheck tool, which can be accessed through an online search, can assess the status of your browser and recommend steps to fix any vulnerability. Finally, confirm that you have up-to-date security software, including anti-virus, anti-spyware and

a firewall, installed on your personal computer. Discounted security software for personal computers can be purchased online through the ITS Software Store by visiting [its.fsu.edu/SoftwareLicensing](http://its.fsu.edu/SoftwareLicensing).

### Secure Your Accounts

You probably access numerous online accounts, including social media, banking, news sites, shopping and others. It is best to use separate and unique ID/password combinations for different accounts. A good password should include a combination of letters, numbers and special characters, and be changed on a regular basis. Instructions how to update your FSUID password can be found online at [servicecenter.fsu.edu/login-help](http://servicecenter.fsu.edu/login-help).

Selections of this content were provided by the Center for Internet Security. ■



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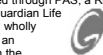


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