A Presidential Note:
Preparing for the Presidential Transition, Part II

In the last issue of the Navigator, I talked a bit about the natural uncertainties that attend any transition in presidential leadership on a college campus. I mentioned in that earlier article that I would say a bit more this month. Much has happened! The new president for Beacon College has been named! Alleluia! This is the successful end to a long and important process that was begun a year ago. All of the trustees, particularly the members of the search committee, have put in extremely long hours. I’m quite certain the campus representatives on the search committee, Terri Ross and Steve McDaniels, can attest to this fact. The campus owes this dedicated group of volunteers its heartfelt thanks for a successful conclusion to the search.

Already, efforts are afoot to be certain that this is a seamless and celebratory transition in leadership. I will share with you what our current plans are. To begin with, you should all know that Dr. Hagerty’s first day in the office will be June 3rd. He and I will work together for two weeks, and then I will conclude my service on June 14th. A transition committee has been established to assist in the development of a schedule for Dr. Hagerty’s first days in the office. Conversations have taken place with the leadership of the Board of Trustees to be sure their expectations for the transition have been met. Of course, there will be ongoing communication with Dr. Hagerty over the next several weeks as well so that we can accommodate any of his wishes for those first days on the job.

So far, we know there will be campus meetings with various leaders and groups. In addition, a community reception will be held to introduce Dr. Hagerty to the town mothers and fathers. Board Chair Eileen Marinakis will be in town to introduce Dr. Hagerty to the campus community. Several key friends and donors will also be scheduled for meetings. The general consensus is that the campus celebration of Dr. Hagerty’s arrival will await the beginning of the Fall Semester since there will be so many gone during the summer months. As the two weeks of overlap between the interim and permanent president unfold, I will loosen my grips on the reins and hand them over to Dr. Hagerty. He will be settled in the President’s Office in Beacon Hall right away, and I will relocate elsewhere on campus for my last days.

Good friends, this is an exciting time for Beacon College. I know you will join with the Board and me in welcoming Dr. Hagerty and will pledge to help him to be successful as your next president.
On Friday, February 22nd and Saturday, February 23rd, the peer mentors hosted a fundraiser Book Fair and Bake Sale. Weeded books from the College library collection were sold for $1 each (hardcovers) or two softcovers for $1. Staff and students also baked delicious treats for sale. The Leesburg local paper, the Daily Commercial, advertised this event and also featured the peer mentoring program as a front page article in their February 21st edition. All proceeds from the Book Fair and Bake Sale will go towards supporting the growing Peer Mentoring program at the College. Donations are still being accepted and are appreciated!

On a personal note, the peer mentors and I would like to express our heartfelt thanks to several members of our community for their time, financial support, and assistance. To all who supported us with donations and bought books and baked goods, we appreciate your backing. A special thanks to Dr. Bob Bridgeman and the Leesburg Sunrise Rotary Club for our first donation of $500! Also, many thanks to the Fraternity who helped us move many boxes of books back and forth to our set-up location on Friday and Saturday. We could not have done it without the help of Dr. Chandler and her husband, Kevin, who volunteered their time and their truck to help us move many boxes of books. Finally, we would like to extend a special thank you to Toni Johnson for her vision, enthusiasm, time, and support. This book sale was her inspiration, and she put in many hours to help support our efforts! Thank you all for its success!

Senior Spotlight: Rebecca Stoler

Rebecca Stoler is a senior from Ann Arbor, Michigan who is majoring in Human Services. Everyone who knows Rebecca is amazed at how much she loves animals. In fact, she is often seen near campus with the local dog, Eddie. Rebecca has also enjoyed swimming with dolphins. When Rebecca is not working or playing with animals, she likes to hang out with her friends and attend peer mentoring. Rebecca states that working with peer mentors definitely helps her, especially in the areas of organization and research.

Rebecca’s plans after graduation include moving back to Ann Arbor and getting her own apartment. She expects to work either in the public library or at the local YMCA.

When asked about her Beacon College experience, Rebecca states that she would recommend the College to others because of the small class sizes, the Center for Student Success, peer mentoring, the Writing Center, and helpful faculty members. Rebecca will be missed by our local dog, Eddie, and by everyone else on campus!

Peer Mentors Host Book Sale: Thanks Community!

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In the Fall 2012 semester, Jennie Friedman, a student in Biology, took it upon herself to start a study group for Dr. Kirk Stowe’s “Introduction to Life Sciences” course. Under the guidance of Learning Specialist, Laurie Staiger, she has built this group up to be quite a help to those students taking this class. Many students have a phobia of science, but Jennie has shown them that it can be quite understandable and, may we say, easy. This semester (Spring 2012) Jennie, now a Peer Mentor, has seen a large increase in the number of students who join her for coffee, and sometimes cookies, and a night filled with scholarship. Dr. Stowe has also reported that those students who attend the group have significantly higher grades in his class than those who do not participate. While this is not a scientific study, these results are quite promising and a great testament to Jennie’s ability as a teacher. She has also been learning from the students. The skills she has developed from this experience most certainly will be invaluable in her life after graduation.

The dynamics are great in this group. All of the students are willing to help each other and share their strategies to remember information. They have created a community of learning within themselves under Jennie’s guidance. The students are very willing to share their thoughts on the group and Jennie. Sean Marley states, “Science group is very helpful and Jennie makes it fun. I might not have been able to pass the quizzes with such high grades without the help from Science Group.” Samantha Resnick is another Science Group member who had this to say, “I love it! It makes more sense of the information for me. The group works well together and it helps me a lot on the quizzes. The grade on the quiz that I took before I came to the study group was a “D,” and all of my quizzes have been A’s and B’s since I started going to Science Group.” Selena Lewis was very excited to give a testimonial about Jennie and Science Group, “Jennie is an amazing teacher, and she knows science so well. I was lost in science before I came to Science Group and now it is like “WOW!” The memory hooks are great because I can remember the information. She should keep doing it because it is so worth the hour you spend to get the good grades. I am spreading the word and telling everyone how amazing it is.”

Jennie’s Comments about Her Experience with the Group:
“I always knew that science and I did not get along well, so it was my plan to put off taking “Introduction to Life Science” for as long as I could. As a junior, in the Fall 2012 semester, I took this course. On the first day of class, I told Dr. Stowe that I would work really hard; but that I do not like nor do I understand science. From that point on in every class, I would ask questions to try to understand the material better. Luckily for me, Ms. Staiger who was not my learning specialist at the time, is really good at science and enjoys it. I went to her and I asked her if she would not mind leading a weekly science study group. I think she was more excited about it than any of the students were at first. So every Friday night from 6 – 7 PM, we would gather in her office for massive amounts of coffee and come up with memory hooks so that we could better understand the material we learned in class. I realized that every class I attended after we started the science study group made more sense because I would remember the memory hooks. Before I even put my name on a quiz, I would write down all the memory hooks on the top of my paper and refer to them as I was going through the questions on the quiz. As a result, my quiz grades were mostly very good, my grades were improving in the class overall, and most importantly, my confidence was improving. When Dr. Stowe wanted to continue the study group this semester, I had no idea he was going to ask me to lead it. I was apprehensive, but that feeling quickly went away when I saw all of the students who wanted to learn and be successful in the class. Leading this science study group has been a great experience because I can identify exactly with the student and their needs and concerns with the class. It has also taught me to be more patient and listen to the students. Dr. Stowe has always believed in my abilities when I was his student and that is why he chose me to lead science study group. By being his student and now a peer mentor for him, I have gained a new respect on him.”
Gotta Love the Math Lab

Contributed by Lucretia Gabriel, Mathematics Instructor

Although February is the month we celebrate former Presidents Washington’s and Lincoln’s birthdays, it is most often associated with Valentine’s Day, the holiday we celebrate being in love. Hearts and flowers decorated the Math Lab for this month, and the contests included gummy bears in a red and white Coca-Cola glass, a bowl-shaped vase filled with red Swedish Fish (pictured), and a tumbler with a matching straw filled with Harry and David sesame sticks. Allison Lau won the gummy bears, which is one of her favorite candies; Nate Judge won the Swedish Fish (as shown here); and Carl Casimir won the Harry and David sesame sticks.

Candy and container ideas and donations are always welcome! Dr. Terri Ross recently donated two containers; one is a cute M & M dispenser that will be kept in the Math Lab filled with M & M’s. This will be in addition to the mints and other candies available to everyone who visits the Math Lab.

Be sure to check out the Math Lab’s spring decorations in celebration of Easter and Passover, and stop by to enjoy some candy or mints and enter the current week’s contest.

News from the Writing Center

Contributed by the Writing Center Staff

A notable accomplishment in February: Writing Center Consultant Kristin Klussmann gave her very first conference presentation! She wrote the following reflection piece:

On February 23rd, I had the pleasure of presenting at the Southeastern Writing Center Association (SWCA) Conference in sunny Ft. Lauderdale, FL. The conference centered on “The Work We Do,” and was held at Nova Southeastern University. It was great to spend three days celebrating, contemplating, and discussing the work we do in our writing centers. In all, there were 257 participants from 85 institutions spanning 14 states.

My presentation titled “Chronicles of a Resident Alien: Navigating a Writing Center for Students with Learning Disabilities” highlighted our assistive technology as a vital component in our students’ success. Thirty people attended my session, and I was thrilled at how many insightful questions the audience asked. The conference was a wonderful way to learn writing center pedagogy and promote Beacon College.

Also this month, the Writing Center presented six workshops ranging in topics from APA formatting to reading scholarly journal articles. The workshops were a great success, and we look forward to making more reservations to accommodate instructors’ needs. Please note, if there is a topic you would like for a workshop you do not see on the menu, we are more than happy to create a workshop specific to your request. Please contact Kristin Klussmann at kklussmann@beaconcollege.edu or ext. 149 to make a Writing Center workshop reservation.

As always, we sincerely appreciate you, the Beacon College community, for your continued support of the Writing Center!
Student Art Showcased at Appleton Creative

Contributed by Gretchen Dreimiller, Content Manager and Brenda Meli, Director of Admissions

On February 28th, Appleton Creative in Orlando hosted a gallery opening giving Beacon College students and professors a chance to shine by showcasing their artwork at the “Lighting the Way” Awareness Art Gallery. The event was a huge success, increasing awareness of the College and of the creativity of its students, while simultaneously raising scholarship money for the pending Studio Art major. The program will include two tracks of study with both an A.A. and B.A. option available to students. This was a fantastic opportunity for the entire College community. Artwork remains on display at Appleton through June, and select pieces are available for purchase.

Students were thrilled by the exposure and by the chance to experience an art opening. According to Art Professor Van Galyon, "The students were really excited about seeing their work in a public setting. This motivated them to continue working." Chuck Novak commented, "Appleton is a great example of how the school is constantly working toward student success." Hannah Walk noted that it was a "good opportunity to display work in the greater community."

Those that attended the event were impressed by the quality of the work and the facility where it was displayed. Systems Engineer Matthew Miceli attended the event and called it "a wonderful experience. It was so nice to see the students' art displayed so well." Student Heather Reed raved, "The students' work was shown in a new light...[it] was professional and very impressive. Many Web and Media students were excited to see what a real advertising agency was like and it gave them some idea on what they want to do after Beacon. The future for Beacon College is very bright and open."

We are grateful to Appleton Creative for hosting this event, and for community support shown through donations and attendance. If you happen to be in the area, stop by the gallery and check out our student artwork!
Valentine’s Day at Beacon College

Contributed by Gretchen Dreimiller, Content Manager

Whether you love it or hate it, Valentine’s Day can be a fun holiday to express your thoughts and opinions. The Writing Center, peer mentors, and IT department all decided to capitalize on this holiday by giving the students an opportunity to express their individuality and creativity and also have some fun mingling and interacting with each other.

Students sent items to be added to the blog and/or tweeted on Valentine’s Day. They were encouraged to email pictures, poems, date ideas, art work, messages, holiday thoughts, and anything else they could come up with to celebrate. The hashtag #Valentine’sDay was used on the 14th, and the goal involved having student contributions featured all day long. This idea fostered a sense of community both on the campus itself and on the Web…and hopefully students now feel encouraged to contribute to the blog in the future!

For those students who desired extra assistance when crafting their poetry, cards, or messages, the Writing Center hosted a special “Build-Your-Valentine” in the Writing Center on February 13th. Students crafted cards and worked on poetry and love letters. Creations were left at the Writing Center for the recipient to pick up the next day. Of course, pictures were taken at this event, and they were featured on Twitter and the blog along with some of the actual student work.

On the holiday itself, fun events were planned all day! During lunch time, the Peer Mentors sponsored a Mix & Mingle event at the Chopping Block to promote the peer mentoring program, giving students the opportunity to meet the peer mentors and find help in various subjects (shown above. Alison Lau and Matt Pagano are also pictured.) Cookies along with the famed Center for Student Success punch were served and provided through the generosity of Dr. Bob Bridgeman and Chef Aud. There were also plenty of chocolate candies to sweeten the event while love songs played in the background. Towards the end of the event, an iTunes gift card was raffled as well as several treats donated by Learning Specialist Kim Paul’s father, who works for Pepperidge Farm.

“It was very successful and engaged many students due to our raffle and prizes. Also, our decorations were handmade by the peer mentors and drew a lot of attention, creating a festive Valentine’s Day theme,” said Alicia Minirth, Peer Mentor.

For the evening, the Writing Center will be the place to be! Students had a second chance to enjoy some delicious desserts along with hot chocolate. For entertainment, a movie was shown, games were played, and there were stimulating discussions among those who just wanted to hang out by the treats. Prizes were given out reflecting both pro- and anti-Valentine’s Day attitudes! No matter your thoughts on the holiday, love was shown for Beacon College with all the fun participation in these special Valentine’s Day events!

Peer Mentors’ Raffle

Contributed by Michele Patestides, Learning Specialist

The peer mentors had a raffle after our Valentine’s Day Mix & Mingle for all students who attended the event and then attended a peer mentoring appointment the following week. The two lucky winners of an iTunes gift card were Samantha Resnick and Dylan Tallian, as seen in this photo in the Center for Student Success. Congratulations to our winners! They are both regular participants in the peer mentoring program.
In March, members of Student Services attended the NASPA national conference in Orlando. NASPA is the premier association for student affairs administrators in higher education. Attended workshops and presentations included topics on learning disabilities services, assessments, and residence life along with updates on higher education law and policies.

The Student Services staff returned even more dedicated to supporting holistic learning and development to the Beacon College community.

Supporting Holistic Learning and Development

Contributed by Rob Rogers, M.A., Director of Student Services

Learn More about Personality Preferences

Contributed by Rob Rogers, M.A., Director of Student Services

Director of Student Services, Rob Rogers, recently became certified as a Myers-Briggs Type Indicator practitioner. Rob will be consulting with students during the "First Year Experience" program to help them to better understand their personality preferences as illustrated in the chart below. Along with the benefit of identity development, MBTI is also useful in team and organizational development. All faculty, staff, and students who are interested in taking the MBTI and having a personal consultation on their results are invited to schedule an appointment with Rob!

<table>
<thead>
<tr>
<th>Where you focus your attention</th>
<th>Extraversion</th>
<th>Introversion</th>
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<tbody>
<tr>
<td>People who prefer Extraversion tend to focus their attention on the outer world of people and things.</td>
<td>E</td>
<td>I</td>
</tr>
<tr>
<td>People who prefer Introversion tend to focus their attention on the inner world of ideas and impressions.</td>
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<tr>
<th>The way you take in information</th>
<th>Sensing</th>
<th>Intuition</th>
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</thead>
<tbody>
<tr>
<td>People who prefer Sensing tend to take in information through the five senses and focus on the here and now.</td>
<td>S</td>
<td>N</td>
</tr>
<tr>
<td>People who prefer Intuition tend to take in information from patterns and the big picture and focus on future possibilities.</td>
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<tr>
<th>The way you make decisions</th>
<th>Thinking</th>
<th>Feeling</th>
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</thead>
<tbody>
<tr>
<td>People who prefer Thinking tend to make decisions based primarily on logic and on objective analysis of cause and effect.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>People who prefer Feeling tend to make decisions based primarily on values and on subjective evaluation of person-centered concerns.</td>
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<tr>
<th>How you deal with the outer world</th>
<th>Judging</th>
<th>Perceiving</th>
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<tbody>
<tr>
<td>People who prefer Judging tend to like a planned and organized approach to life and prefer to have things settled.</td>
<td>J</td>
<td>P</td>
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<tr>
<td>People who prefer Perceiving tend to like a flexible and spontaneous approach to life and prefer to keep their options open.</td>
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Alumni News

Class of 2012
David Cassel attended the ribbon cutting ceremony for Beacon Hall on March 1st, where he announced that he is successfully finishing up his first class for his M.A. in Counseling at Webster University. Faculty members will be pleased to know that David has taken our advice; he was proud to tell us that he is now reading everything assigned! We wish David the best in his graduate work.

Class of 2009
Meghan MacBeth now has some impressive initials after her name, BCaBA. She has just passed her certification exam for becoming a Board Certified Assistant Behavior Analyst. And she did it without any exam accommodations! Meghan is also finishing up her Master’s degree in Special Education at the University of North Florida. She will graduate on April 26th. Meghan is getting settled in Jacksonville and just purchased a home. Great job, Meghan!

TIPS for Students: Intervention Techniques

Have you ever come in contact with a person whose sole purpose at a party was to get drunk? Have you ever been in a situation where a peer was headed for trouble with alcohol? Maybe you wanted to step in, but didn’t know what to do?

For two nights on February 25th and 26th, Megan Van Lew, Life Coach, and I hosted Training for Intervention Procedures (TIPS) for the fraternity. The goal of this workshop was to provide the fraternity with the skills they need to intervene in situations where their peers are misusing alcohol. The fraternity had the opportunity to learn Florida laws regarding alcohol, intervention strategies, and the effects alcohol can have on a person. Although much information was learned, this was not a lecture; the students were able to apply their skills through fun role-playing games. We even got Ray Ramos involved in one of the role plays! Special thanks to the fraternity for their hard work and participation, and if you are interested in learning more about TIPS or participating in one of the workshops, contact me at dmanzo@beaconcollege.edu.
March 1st marked the ribbon-cutting ceremony for Beacon Hall, an 8,000 square foot facility featuring state-of-the-art reconfigurable classrooms and offices for Beacon College personnel all designed to meet the growing need of educating students with learning disabilities.

“Everything is so modern, so new. It’s a ‘Wow!'” said Dr. Shelly Chandler proudly showing people the building’s interior with its ideal design, colors, lighting, temperature and high-tech amenities that will best suit students with ADHD and learning disabilities. She also added, “We followed what researchers said we should do to make it more conducive to learning.”

Among the “student-centered” features of the first new construction for the College: blue carpeting without minimal patterns to provide calmness; items made from materials with low odors; soft lighting; temperature setting of 72 degrees; high-tech audio and visual tools; classroom areas with U-shape arrangements of desks to inspire collaboration and more discussions.

Beacon College celebrated its new campus jewel with an official ribbon cutting ceremony with U.S. Rep. Daniel Webster (FL-10), Senator Alan Hayes (S-11), Rep. Larry Metz (H-32), Beacon College Board of Trustee Chair Eileen Marinakis, fellow Board members, President John Hutchinson, and several area leaders from Central Florida’s political, educational, business and philanthropic circles.

“This represents Beacon's commitment to its mission, to the community of Leesburg, and to the quality of its educational programming,” stated President Hutchinson at the event who noted the new facility "sets the bar" for future construction on campus. Beacon plans to build a second academic building next door and student housing as part of an overall $10 million program expansion.

Firms involved in the design and construction of the building were Evergreen Construction Management, Blaise Fiebach & Associates Architecture, Ramski and Associates Interior Design and Civil Engineering Solutions.

Collectively, the firms are bound to hear words of praise today as you have read in previous issues of the Navigator, they completed Beacon Hall ahead of schedule and under budget!
President’s Council Award Winner

Scott C. Hughes received the President’s Council Award for the month of January (pictured here with President John Hutchinson). Scott carries a weighty responsibility in managing the technological demands of a campus population of approximately 255 people, when the “Help Desk” (including himself) consists of 2.5 people. Scott has also been busy building the campus’s IT infrastructure as seen by the following recently completed projects:

- Coordination with the City of Leesburg to pull fiber optic cable through to all building locations tying them back to the Meadow Street Server room. This enables the buildings to cross-connect, so that Meadow Street serves as a centralized hub;
- Also worked with the City on Internet connections which now provide eight times faster and more economical service;
- Established wireless service providing students an opportunity for informal learning outside of the formal classroom setting;
- Cut over to the “beaconcollege.edu” domain enabling a centralized control system to disseminate information between all campus computers rather than individualized workstations; and
- Launched new email and VoIP systems.

Since his arrival at Beacon, Scott has demonstrated technical expertise that is both broad-based and detail-oriented and is conscientious regarding cost-effective strategies for bringing IT equipment and services to the College. He exhibits a special appreciation for Beacon’s students and their instructional needs and strives to improve the College’s processes and performance. Congratulations Scott!

Susan Ward: New Community Outreach Coordinator

Susan Ward started her employment at Beacon College on February 4th and has already created a lot of excitement! She has not only produced three innovative presentations, she has made contact with many schools in Lake County and has them wanting to get involved with Beacon College.

Susan has a background in Elementary Education and has worked as a teacher and a business development specialist. Her combined experiences made her a logical choice for the outreach coordinator position.

On a personal level, Susan is married and has a 7-year-old son. She likes being around her friends and families on her off time, and she has gotten engaged in the Beacon College Fitness Program.

Watch for many good things to come from our Outreach Coordinator!
February is Black History Month, a time when we celebrate and honor African-Americans who have made a difference in the world. Student Services, in collaboration with the Beacon College Student Government Association, and the Black History Month Committee, sponsored a two-part series that highlighted guest speakers from the Central Florida community.

On February 7th, students, faculty, and staff were invited to spend an evening with Dr. Evelyn Bethune, who is the granddaughter of the founder of Bethune-Cookman University, Mary McLeod Bethune. Dr. Evelyn gave a profound presentation that took us back in time to the days when her grandmother began her advocacy for education and emphasized the struggles that she so vehemently overcame in this effort. It was evident that Dr. Bethune gained valuable insight from her grandmother, and she eagerly shared her grandmother’s philosophy, in that we should all try to make the world a better place.

Part two of the Black History Month series took place on February 19th and showcased former NFL player, Lonnie Johnson (pictured on right above). Lonnie is a former NFL tight end and played for both the Buffalo Bills and the Kansas City Chiefs throughout his six year football career. He also played college football at Florida State University (FSU) where he was part of the National Championship team. Lonnie began working as a youth and family minister in 2005 after retiring from the NFL in 2000. Soon after retiring, he was presented with an opportunity that he couldn’t refuse — to return to football and to coach the Mount Dora Christian Home and Bible School’s inaugural football team. Throughout his inspirational presentation in which he shared his stories and struggles, his overall message to us was clear; if we truly want something, we have to be willing to “out-work” everyone else.

Big thanks to both Dr. Evelyn Bethune and Lonnie Johnson for taking the time to graciously share their personal histories and for reminding us that once we set our minds to it, we really can accomplish anything.

Congratulations Chef on Becoming a U.S. Citizen

Congratulations to Chef Aud, who was sworn in as an American citizen on February 8th (pictured right with his granddaughter)! Chef is originally from Thailand but has lived in the U.S. for over 30 years and decided it was time to make it official. Following the big event, a celebration ensued in the Chopping Block to celebrate the momentous occasion with delicious cake for everyone!
Easier Tips to Eat Healthier

Contributed by Steven McDaniels, Assistant Director of Life Coaching

We all know the basics….eat more fruits, vegetables, and whole grains; cut back on the salt, saturated fat, and sugar. But what does that really mean in easy and practical terms? Well when you go to the store, buy a bag of cut vegetables, fresh or frozen, and drop them into the skillet or steamer. It’ll save you time and won’t cost too much more. Purchase the canned tomatoes or beans with the label reading “no salt added.” At home, make sure that a good portion of your plate is covered with vegetables as opposed to mostly meat. Use olive oil and nuts for salads instead of salad dressings and croutons. At a restaurant, just be prepared immediately to pack half of your meal to go as restaurants give you a double portion (or even triple in some cases). Also you could ask that cheese not be put on your meal as may be the case with “smothering” steaks, chicken, fries, biscuits, soups, and vegetables. Lastly, try to indulge in only one small treat a day such as a cookie. Your own creativity will keep you eating healthy. Good luck.

Beacon’s Annual Health and Wellness Fair

Contributed by Kim Baggett, Associate Vice President of Human Resources

Beacon’s Annual Health & Wellness Fair was held on Friday, March 8th at the Student Services Building. Faculty and Staff had a chance to come by and get a wellness screening and visit with our Brand Partners. In attendance were Florida Blue (Health Provider), MHNet (Mental Health and EAP Provider), Advantica (Vision Provider), Humana (Dental Provider), Cigna (Life Insurance Provider), and Catamaran (Prescription Drug Provider).

We also had a representative from Life Family Practice in Lady Lake who distributed information on holistic medicine while Living Green Health Foods provided everyone with an enjoyable Green Drink and Kale Chips. A special thank you to Dr. Bob Bridgeman and the Student Services team for help with setup and for contributing the wonderfully healthy snacks to all those who participated in the fair. Everyone who attended has a chance to receive $100 in their Health Reimbursement Account. Finally, Michele Patestides is the winner of our healthy giveaway. Michele is now the proud owner of a BMI Fitness Scale!
While away at school it’s not unusual to find yourself in need of medical attention beyond Student Health Services. To prevent any shock caused by unexpected expenses, please understand your insurance plan and carry the necessary card(s) or a copy of the card(s) in your wallet or purse at all times. Navigating the health care system and understanding the “ins and outs” of insurance plans can be a perplexing and highly stressful experience.

The following are helpful suggestions to limit your stress:

♦ Understand your insurance plan — traditional HMOs (health maintenance organizations), EPOs (exclusive provider organizations) and PPOs (preferred provider organization) may restrict coverage to providers outside their networks. If you use a doctor or facility that isn’t in your provider’s network, you’re likely to pay the full cost of the services provided;

♦ Present your insurance card and verify that the facility accepts your insurance plan;

♦ Have a photo ID. Many physician practices will want to verify you are who you say you are;

♦ Know if you have a deductible (which is the amount you pay before your insurance plan begins to pay) and the amount of the deductible;

♦ Know if you have a co-pay and the amount of the co-pay;

♦ Be sure you have the ability to either pay cash or charge to a credit card any deductibles or co-pays;

♦ If you need to pay for medical services rendered because the facility does not accept your insurance plan, be sure to get receipts and paperwork indicating the date, nature of the visit, the diagnosis, and treatment plan. This documentation can be submitted to your insurance company, so that you may be reimbursed for out of pocket expenses that are not deductibles or co-pays; and

♦ When in doubt call your insurance company and ask about:
  ◦ Deductibles & copays;
  ◦ Any restrictions on where you can go for care (HMO, EPO, PPO); and
  ◦ What exactly is covered, i.e. does the plan help with the cost of medications?

Good health to you!

Bob’s Joke Corner

“A healthy dose of humor from the Doctor”

Contributed by Dr. Bob Bridgeman, VP for Student Services

What is the difference between bird flu and swine flu?
One needs tweetment and the other requires oinkment.

“At Beacon College, we like to end on a positive note!”