

COMMUNITY

WITH

IDEAS

FALL 2017



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The Community with IDEAS Newsletter Committee seeks to explore the many new horizons our university is experiencing and how those changes can affect our work with students and the support we provide them.



A LETTER FROM DR. WARNER

Greetings on this beautiful day.

As I stand on the Wilson Hall steps,

I see the beautiful fall colors

I hear students talking and laughing

I witness many who have parked on the grass to study

I smell the fallen leaves that are temporary blankets beneath the trees

I feel the crispness of a fall morning

And I taste the sweetness of an apple from a local orchard.

I'm continually in awe of the powerful role environment plays in learning. We know well that the environment is so important to foster and cultivate growth. The magic of learning takes place on the Quad, in the residence hall, in a club or organization, in an office where services are provided, in a dining hall, or in a classroom.

Each and every day, you make a difference in the lives of our students by carrying your "environment" with you. Interacting with students from your personal environment helps them thrive and grow and provides them with the challenge and support necessary for meaningful development. You inspire the creativity, the curiosity, and the desire in our students that make them want to contribute to our learning community. You also help them to feel that they truly belong here.

Thank you for making a difference and touching the lives of so many. You are a major part of the environment our students feel and experience. Together, we can create an experience that truly transforms lives—their lives and our lives.

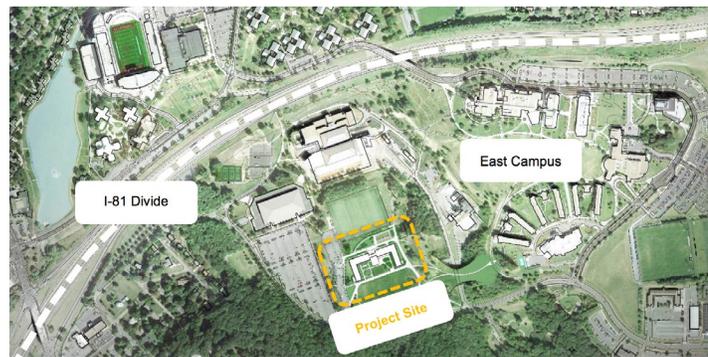
Create a great day!

Mark



OUT WITH THE OLD, IN WITH THE NEW

ORL is nearing the end of the design phase for its new residence hall, which is scheduled to open in Fall 2019. A 500-bed facility that will sit on the site adjacent to the UREC turf field, the new construction is being built to address projected enrollment growth at JMU as well as to offset the loss of beds as Chandler Hall is turned over to the College of Business for renovation and a new life as an academic building.



The new hall will incorporate the idea of a learning commons on the first floor, which will feature two program rooms, a recreation room, a large multi-purpose room for larger-scale programming and an Aramark food POD.

Unlike Grace Street, this will not be an apartment-styled residence hall but rather more traditional-styled with double and single occupancy rooms that open into the central hallways in each section. Bathrooms will be community-styled but will feature an innovative style that will allow for the feeling of having a private bathroom without sacrificing the community feel.

The new hall will also feature a significant number of single occupancy rooms as we look to accommodate the increasing number of students who come to JMU with special needs requiring more private bedroom accommodations. Site work will begin this Spring semester!





MOTIVATING MADISON INTO MOTION

JMU's very own UREC was selected as the feature institution for the November issue of *Campus Rec Magazine*. The article, authored by Emily Harbourne, highlights the UREC staff's dedication to student development and learning outcomes.

JMU University Recreation has made it a priority to create programs that provide learning outcomes. But it's not just traditional programs such as exercise; it's also other important areas like nutrition, sportsmanship, teamwork and injury prevention. "We had a vision to create learning outcomes for most everything we do, so that we could be intentional about our students' learning," added Nickel. "This resulted in some programs, services or operating methods to be discontinued and many more to be added. We found starting with what students will learn from our program and services allowed us to focus on the things we thought would create a well-rounded JMU student and enhance their classroom learning here at JMU."



Read the full article on *Campus Rec Magazine* [here](#).



NEW STUDENT AFFAIRS PROFESSIONALS

*The New Student Affairs Professionals group (New SAPs) is about connecting professionals who are new to student affairs with resources, opportunities and each other! This group was created by **Carson Lonett (ORL)**, **Courtney Pelfrey (CAP)** and **Katie Sensabaugh (OSARP)** with support from a Student Affairs Innovation Grant. The idea for the program came as a response to an expressed need and desire to enhance the professional experience for our newest community members. The motto for New SAPs is “Grow Together,” and so the focus will be on growing together through connections, growing together toward achievement and growing together for self-care.*

To stay in the loop on New SAPs programming, join the listserv by emailing newsaps@jmu.edu, and like the JMU New SAPs Facebook page! Additionally, if you have not already filled out our information survey, please do so!

GROW TOGETHER THROUGH CONNECTIONS

Social connections are an important part of learning about each other and integrating into the JMU community. New SAPs hosts events encouraging SA Professionals from different offices and departments to meet, interact, and learn from one another. One opportunity for professionals to get together are the tailgates that take place in the

Lower Convocation lot before each home JMU football game. Other social outings have been planned for upcoming months.





NEW STUDENT AFFAIRS PROFESSIONALS

GROW TOGETHER TOWARD ACHIEVEMENT

As new professionals, it is imperative to take time to focus on personal and professional growth. To that end, the New SAPs has a focus on achievement—both personal and professional—to help community members learn more about themselves, the field of student affairs and enhancing the work that SA does. This semester, the New SAPs have hosted brown-bag lunches on topics like “JMU 101”, “DISC Self Placement” and “How to Be Successful in Your Job”—all topics facilitated by seasoned professionals within student affairs. The goals of these professional development lunches are to bolster understanding of JMU’s culture for employees, become aware of personality traits and how they relate to professional relationships, and learning how to succeed in jobs within student affairs.



GROW TOGETHER FOR SELF-CARE



Self-care is important because student affairs professionals tend to work long hours, and the nature of our work with students can be draining, both mentally and physically. According to research, SA professionals have a 50-60% attrition rate within the first five years in the field. Prioritizing self-care has the potential to prevent burnout and ensure that new professionals are staying in the field longer. New SAPs offer self-care programming, like yoga and nutrition classes each semester.

DEPARTMENTAL UPDATES

The incredible things we do.

University Health
Center

UHC

The following services are available to students, faculty and staff through the University Health Center:

Over-the-Counter Items

Many over-the-counter medicines and medical products are available at great prices for faculty and staff at the UHC Pharmacy. Come see all they have to offer.



Located on the first floor of the Student Success Center.

Diagnostic X-Rays

Sentara RMH X-Ray Services has a satellite office for JMU students, faculty and staff in the University Health Center. X-Ray services are



available with a doctor's order and proof of JMU affiliation and insurance. Walk-ins are welcome. Located at the Urgent Care entrance facing Martin Luther King Jr. Way.

Lactation Rooms

The University Health Center has two lactation rooms available to students, faculty and staff. Each room is quiet and private with lockable doors, clocks and parenting magazines. There is a microwave for sterilizing pump equipment and a refrigerator. They are located in the General Medicine area on the second floor of the Student Success Center.



To reserve a lactation room, contact Kristina Blyer at blyerkb@jmu.edu or call the University Health Center at 540-568-6178.

DEPARTMENTAL UPDATES

The incredible things we do.

Counseling Center
CC

STAFF UPDATES

The Counseling Center is excited to welcome Traci Ballou-Broadnax Psy.M. as a full-time senior staff member. She completed her undergraduate degree in psychology at Princeton University and is currently a doctoral candidate in the Clinical Psychology Psy.D.



Program at the Graduate School of Applied and Professional Psychology at Rutgers University. She completed her doctoral internship with us last year and is now serving as Coordinator of Multicultural Student Outreach in her new role.

FALL 2017 SPECIAL PROGRAMMING EVENTS

- *“Tune in Tuesdays”* – to increase student usage of the CC social media
- *“Paws for Purpose”* – to increase access to therapy dogs
- *“Puppy Pride”* – a collaboration with the LGBTQ & Ally Education Program
- *“Furry Friday”* – complete with homecoming-themed team shirts to represent each of the four therapy dogs: Francis, Walter, Wicket and Jake!
- *“A Little Magic: A Love of Little Horses”* – brought back to JMU on October 18th and brought joy to students, faculty and staff as they were able to take selfies with miniature therapy horses and visit the kissing booth!

NEW ONLINE MENTAL HEALTH SERVICE FOR JMU!

This semester, JMU Counseling Center is providing the Therapist Assisted Online (TAO) software to JMU students, faculty and staff. TAO is an interactive, web-based program that provides high-quality and dynamic support for a variety of common mental health concerns—such as anxiety, depression, relationship concerns, communication skills—as well as self-care resources and mindfulness.

TAO was developed by university counseling center staff for college campus communities. It is currently in use at 75 universities and colleges across the US and Canada, and it is available to over 1.3 million students.

The Counseling Center is always looking for new ways to improve and increase access to mental health services, and TAO is a nice adjunct service to what we already offer. There are a variety of variables that may make it difficult for someone to access mental health resources.

TAO provides 24/7 accessibility to empirically supported treatment interventions that you can access when it is convenient for you and complete them at your own pace. You can access TAO content through your computer, smartphone or tablet.

To access the self-help material, visit thepath.taoconnect.org and create an account. Download the TAO Connect app on the App Store or Google Play.



DEPARTMENTAL UPDATES

The incredible things we do.

Center for
Multicultural
Student Services

CMSS

D.E.E.P. IMPACT UPDATES

D.E.E.P. Impact started the year strong with *We Are JMU*, a collaboration with the Orientation Team to start the conversation about diversity among new first-year students. Our most popular program, Diversity Dialogues, has allowed hundreds of students to explore topics ranging from mass incarceration to internalized oppression. By the end of the semester, our student Diversity Educators will have reached hundreds of additional students through more than ten outreach programs, which are specifically developed for requesting classes and student organizations on campus. We also brought Crystal Valentine, a black queer activist and slam poet, to campus on November 16 in the Madison Union Ballroom. We are in the process of collaborating with several partners on campus to bring a yoga practitioner who focuses on body positivity and mental health to JMU in the spring. Keep an eye out for more info!

HOMECOMING STEP SHOW

Inter-Cultural Greek Council's 2017 *Stompania* was a huge success with a sold-out crowd. This year's winning teams are as follows:

1st Place

Sorority: Alpha Kappa Alpha Sorority, Inc.

Fraternity: Phi Beta Sigma Fraternity, Inc.

2nd Place

Sorority: Delta Sigma Theta Sorority, Inc.

Fraternity: Alpha Phi Alpha Fraternity, Inc.

Office of
Residence Life

ORL

STAFF UPDATES

Andrew Hijeh moved from his position in ORL Business Operations to a Business Manager role with JMU Athletics.

Courtney Samuelu was promoted in ORL Business Operations to Fiscal and Operations Coordinator.

Stephenie Williams was hired as an Operations Technician in ORL Business Operations and will begin her employment before the end of the fall semester.

Hannah Edwards moved from the Duke Club to ORL and began in October as a full-time Administrative Assistant for ORL Student Learning Initiatives.

Rachel Reihing started her employment with ORL in late October as a part-time Administrative Assistant for ORL Community Development.

DEPARTMENTAL UPDATES

The incredible things we do.

University
Recreation

UREC

CYCLE CENTRAL OPEN AT UREC

Shenandoah Bicycle Company, a downtown Harrisonburg bike shop, is now operating UREC's Cycle Central right on campus! Cycle Central offers full-service bike repair as well as a comprehensive selection of products for your bicycle needs. They can also provide pointers about riding on and off campus, how to get fitted and comfortable on your bike, and how to interact with vehicles on the roadway. Located in the UREC Adventure Center, Cycle Central will be open Monday to Thursday from 2 - 7 p.m. and Friday 11 a.m. - 5 p.m. this Fall. If you are bringing a bike in for repair, please use the Adventure Center Pick-Up and Drop-Off location on the east side of the building. **For more information, visit jmu.edu/recreation/adventure/cycle.shtml.**

MASSAGE THERAPY NOW AVAILABLE AT UREC

UREC has partnered with Cedar Stone Spa to offer the JMU community a wide variety of massage therapy services at UREC! UREC's two massage therapy rooms are located on the second floor of UREC in the Wellness Center. Massages are offered by licensed massage therapists from Cedar Stone Spa. **To schedule an appointment, visit jmu.edu/recreation/wellness/massage.shtml, call 540-568-8790 or stop by the Wellness Center in UREC!**

STAFF UPDATES

Kaitlin Pomerleau joined UREC in Summer 2017 as the Assistant Director for Marketing and Social Media. Kaitlin graduated from the University of Wisconsin-Madison. While at UW, Kaitlin worked for the Division of Recreational Sports for four years. She received her graduate degree in Public Administration from the University of Kentucky where she continued her journey in collegiate recreation serving as the Facilities Graduate Assistant. Prior to joining UREC, Kaitlin worked for the American Cancer Society.

Brendan Heavey joined the UREC team in August 2017 and serves as the Sports Club Administrative Assistant. Brendan earned his Bachelor's degree from Pennsylvania State University. Prior to joining the UREC team, he accrued over ten years of sales and management experience while supporting his wife Angela through her graduate studies.

DEPARTMENTAL UPDATES

The incredible things we do.

Office of Student
Accountability
& Restorative
Practices

OSARP

ENGAGED WITH THE WORLD

On October 26, we had the pleasure of hosting 25 judges, judicial officials and community practitioners from Brazil for a short training on how we use restorative justice and restorative practices within OSARP. This was part of a week-long training hosted by Eastern Mennonite University's Center for Justice & Peacebuilding, which included stops in Harrisonburg City Public Schools, the Harrisonburg Police Department and several other organizations including JMU.

Ashley Stovall and **Katie Sensabaugh** presented on the work they are doing in our office to create a more restorative community. They provided information to the delegation about how to implement restorative practices in a university setting. The training—and subsequent conversation—was centered around implementation challenges and successes. While some participants spoke English, most relied on the interpretation from the Portuguese interpreters, making for a very interesting experience!

We are so happy to be serving as a model for university-oriented restorative practices not only in the country, but around the world as well!

STAFF UPDATES

OSARP has gone through a restructuring process and several staff transitions this past year.

The Assistant Director for Substance Education and the Assistant Director for Civic Learning positions have been restructured to the Assistant Director for Educational Programs and the Coordinator for Substance Education.

Jon-Mark Olivier started as the Assistant Director for Educational Programs in October, and **Robert Smith** started as the Coordinator for Substance Education in August.

RJ Ohgren transitioned to the Associate Director of OSARP in May, and **Ashley K. Stovall** became the Assistant Director for Restorative Practices in July.

STAFF UPDATES

Casey Ouren was hired as Orientation Team's new Associate Director. She will oversee the programmatic elements of Summer Springboard, 1787 August Orientation and December Transfer Orientation.

Orientation

O-TEAM

DEPARTMENTAL UPDATES

The incredible things we do.

Career and
Academic Planning

CAP

LINKEDIN LIKE A PRO



JMU was selected by LinkedIn and Proctor & Gamble to be one of their stops in the Southeastern section for their *Like a Pro Tour*. CAP co-sponsored this event on October 30. We had 78 students, staff and faculty attend from across campus. We had 26 student volunteers from several student organizations. Highlights from this event include a free professional headshot, one-on-one coaching sessions with LinkedIn experts to supercharge their profiles and make career connections, an advice video segment featuring professionals called “What I Would Tell My Younger Self,” and a reoccurring workshop on how to utilize your profile.

FACULTY MEET & GREET

CAP was privileged to host its first faculty meet and greet this semester. Our goal was to welcome faculty and staff into our space and have individuals learn about our college liaisons, CAP services, and how we can all work together to serve our students. This inaugural event was a big success and we look forward to forming new partnerships in the future.

EMPLOYER DRIVE-IN CONFERENCE

Career & Academic Planning welcomed employers hiring JMU students and alumni to the third annual Employer Drive-In Conference, as well as an alumni panel. This year's theme was “Engaging with Career-Ready Dukes,” and employers enjoyed **Mark Warner's** opening keynote!

CAREER & INTERNSHIP FAIR



This year, CAP hosted its largest ever campus-wide Career & Internship Fair: 168 companies were represented, more than 300 recruiters presented and over 2000 students attended. We are also excited to be partnering with departments around campus with their specialized career fairs, including their new events: Nurse Recruitment Day, CISE Career & Internship Fair, and Hart School Fair.

DEPARTMENTAL UPDATES

The incredible things we do.

Career and
Academic Planning

CAP

STAFF UPDATES



Logan Zeigler comes to us from the Student Services Office at Blue Ridge Community College and is our new Administrative Assistant for Employer Relations & Recruiting Services!



Drew Savage comes to us from the University of South Carolina where he served as a first-year Academic Advisor for Public Health students. Highlights of his time at Carolina involved teaching University 101, the college transition course, as well as working with Major Change Advising. He completed his graduate work at Carolina and transitioned into a job while finishing the program. Drew says he is grateful to be home at JMU working in CAP as an undeclared Career and Academic Advisor and also as liaison to the Hospitality & Sports Management and Social Sciences.

In June 2017, **Kate Bergey** began as a Career and Academic Advisor in CAP serving as liaison to the College of Visual and Performing Arts and international students. In the two years throughout her graduate studies in the College Student Personnel Administration program, Kate enjoyed serving students through multiple offices at JMU, including CAP, CMSS and CGE.



Kay Forshey started with JMU in 2014 in the ISAT department and transitioned to the Career and Academic Planning department this summer. Her responsibilities as a fiscal technician in ISAT included managing fiscal responsibilities such as payroll, hiring documentation and expenditures for multiple departments. This included credit card purchases, travel, Foundation accounts and all aspects of budget management. She is very happy to be a part of the CAP team!



Previously an Academic Advisor in Student Athlete Services for football, **Quintrel Lenore** monitored academic progress for NCAA guidelines and supported academic performance via one-on-one appointments. He was also a Director of Strength and Conditioning at Shenandoah University where he designed and implemented sport-specific exercise prescriptions in collaboration with the vision of each head coach for all 21 sports programs. Quintrel is excited about his new role in CAP as an undeclared Career and Academic Advisor and also as liaison to the College of Business.



DEPARTMENTAL UPDATES

The incredible things we do.

Community
Service Learning

CSL

ALTERNATIVE BREAK PROGRAMS



This summer, CSL was thrilled to launch Alternative Breaks for New Dukes. 11 incoming transfer students and 9 incoming first-years traveled to New Orleans for a week of service, reflection and community-building. Each break also included six current student leaders and two faculty/staff learning partners.

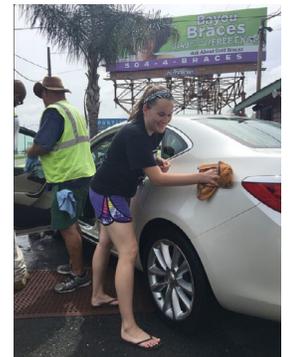
During the breaks, service activities ranged from serving meals to preparing classrooms for the start of the school year and canvassing the entire Lower Ninth Ward in advance of a community meeting. Participants also discussed the inequities in hurricane impact and

recovery that they observed firsthand, as well as ways they could apply their new learning as new Active Citizens of the JMU community.

We're happy to report that many of these New Dukes have remained friends through their first semester. One of our first-year participants even led a very successful Alternative Weekend Break in



October, and several other participants are planning to apply to be student leaders for Alternative Breaks for New Dukes this coming summer.



Office of Disability
Services

ODS

STAFF UPDATES

Joy Martin joined ODS in August 2017. She received her Master's degree in Counseling from Eastern Mennonite University. She worked in disability services at EMU for seven years as the Coordinator of Academic Access. Following a career in nursing, she has worked in other administrative roles in Higher Education since 2006. Outside of the office, Joy enjoys riding tandem recumbent bicycles with her husband on Rails to Trails, hand quilting and perennial gardening. Joy's favorite activity is anything that includes her two grandsons. She is grateful for

the opportunity to support students with disabilities and lead the Learning Strategies Team at JMU.

Jen Yoo Gulliver joined the Accessible Media team this fall. Jen is the daughter-in-law of Sandra Gulliver, Executive Administrative Assistant of ODS.

Stephanie Ndzana also joined the Accessible Media team this fall. Stephanie and her husband Fabrice, who also works in ODS as a graduate assistant, are expecting their first child in December.

PERSONAL UPDATES

Inspiring stories from our colleagues.

Counseling Center

CC

CERTIFICATIONS

The Counseling Center is excited to celebrate with **David Gillette**, who received his Crossfit Level 1 Trainer Certificate in February.

AWARDS & RECOGNITION

A little praise for our top quality work.

James Madison
University

JMU

INSIGHT INTO DIVERSITY

JMU was recognized by *INSIGHT Into Diversity* magazine as the Diversity Champion of 2017. The Task Force on Inclusion, Professors in Residence, CMSS and D.E.E.P. Impact were featured.

Read the full article on *INSIGHT Into Diversity* (pages 24-27) [here](#).

Please ensure that Adobe Flash Player version 11.1.0 or greater is installed.



Office of Student
Accountability
& Restorative
Practices

OSARP

PRESIDENT'S PURPLE STAR

Jill Wade was recognized with the President's Purple Star Award for Customer Service at the President's Opening Address to Staff on August 18th.



Career and
Academic Planning

CAP

VACE SPIRIT AWARD

Career and Academic Planning was the recipient of the VACE Spirit Award, which is given to a team who has participated in and won the most social media engagement during the VACE Spirit Challenge.



AWARDS & RECOGNITION

A little praise for our top quality work.

University
Recreation

UREC

NIRSA NATIONAL AWARDS

UREC is proud to share that our facilities, staff and students were recognized for excellence at this Spring's 2017 NIRSA Annual Conference & Expo.

- **Outstanding Sports Facilities Award: James Madison University Recreation Center (UREC)** These awards recognize excellence in newly-constructed, renovated or expanded recreational sports facilities at NIRSA member institutions. Architects: Moseley Architects, Hastings+Chivetta Architects.
- **Creative Excellence Award for Large Scale Signage: UREC Addition & Renovation Signage Package** These awards focus on outstanding marketing and advertising materials published by NIRSA membership.
- **Annual Service Award: Erica Estes, UREC Assistant Director for Member Services** Awarded in appreciation of the considerable efforts various NIRSA student members have made to further the collegiate recreation field this past year.
- **Region II Award of Merit: Steve Bobbitt, UREC Associate Director for Programming** This award acknowledges the exceptional performance or dedication of NIRSA members to their NIRSA regions.
- **William N. Wasson Student Leadership & Academic Awards: Zach Kirkpatrick, UREC Student Employee** These awards recognize outstanding students who are actively involved with the Department of Recreational Sports on their university or college campus.
- **William N. Wasson Student Leadership & Academic Awards: Will Trent, UREC Graduate Student** These awards recognize outstanding students who are actively involved with the Department of Recreational Sports on their university or college campus.

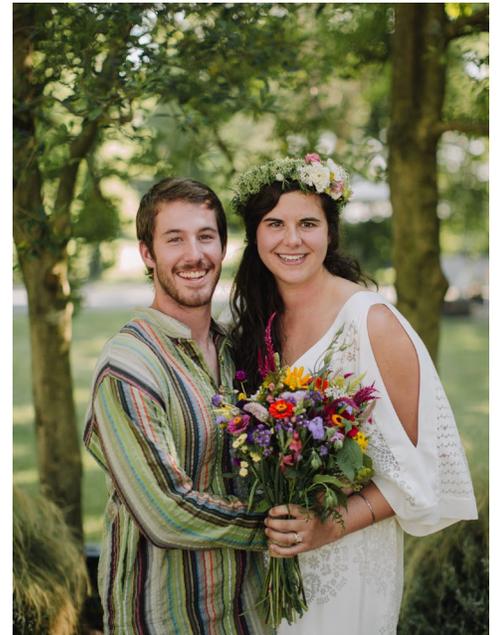
WEDDING ANNOUNCEMENTS

Somebody has a new ring to show off!

University Health
Center

UHC

Kathryn Ann Simmons and **Jordan Samuel Kirkwood** exchanged their vows on Saturday, August 19, 2017. The ceremony and reception were held at the home of the bride. Kathryn is the daughter of **Ann** (University Health Center) and **David Simmons**.



University
Recreation

UREC

Sasha Griffith and Johanna L'herisson tied the knot on September 3rd. Sasha works in UREC with the Adventure Program and Johanna works as a Business Assistant at a local dental office. Together they promote leadership and mentorship through various involvement in different organizations nationwide. They had a great day surrounded by close friends and family from near and far. They want to let you know that they use the hashtag #adventuresofjosash if you would like to follow them on social media. Congrats Sasha and Johanna Griffith!



WEDDING ANNOUNCEMENTS

Somebody has a new ring to show off!

Career and
Academic Planning

CAP

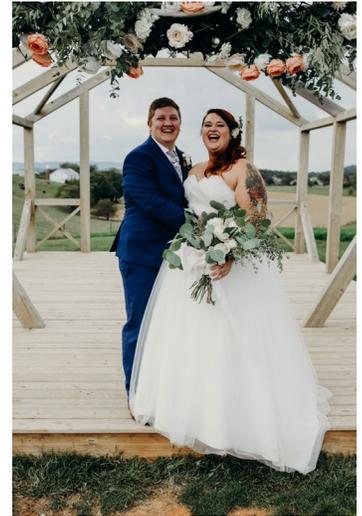
Bonnie and Chase Moore met in downtown Harrisonburg at Billy Jacks! Chase is originally from West VA, Bonnie from PA but both fell in love with the valley and now live with their rescue pets in Staunton. Their wedding took place on September 23, 2017 in Crozet, VA and was a surprise to all of their guests! They invited family and friends to an “engagement party” and surprised them with the ceremony after they arrived!



Center for
Multicultural
Student Services

CMSS

Dani Lechner and her partner, **Ian Pike**, celebrated their marriage on September 17, 2017 in Harrisonburg, VA surrounded by beloved friends and family! Dani is a second-year student in the College Student Personnel Administration Program and the Graduate Assistant for Multicultural Programming in the Center for Multicultural Student Services. Ian is the Transportation Systems Specialist with the Public Works Department for the City of Harrisonburg. The couple is excited to share a lifetime of love, laughter and tacos with their fur babies, Kaylee and Teddy.



Office of Disability
Services

ODS

Ross and Jen Yoo Gulliver were married on September 9, 2017.

FUTURE DUKES

Continuing the tradition one adorable baby boot at a time.

Counseling Center

CC

The Counseling Center staff is excited to share that Rachel Tysinger and her family welcomed a new member, Westin Maxwell Tysinger, on June 12, 2017. Big brother, Oliver, has embraced this change with love and support of his new brother. Both boys have already attended all home football games and are on their way to becoming Dukes fans!



Office of
Residence Life

ORL

Bannon Aymara Lonett, son of Carson Lonett (ORL) and Marc Lonett (Dux Center), was born on September 24 at 2:23am at 8lbs 7oz. He has already attended his first football game and gotten a taste of JMU Homecoming. Future Duke...look out for his application in 2035!



FUTURE DUKES

Continuing the tradition one adorable baby boot at a time.

University
Recreation

UREC

Kaitlin Pomerleau, Assistant Director for Marketing and Social Media at UREC, and her husband Matt welcomed their first child, Henry Albert Pomerleau on October 12. He weighed 8lbs 10oz and was 21 inches long.



Orientation

O-TEAM

Casey Ouren along with her husband—Chris Ouren—and two boys—Wyatt and Ethan—welcomed healthy baby girl Abbie Marie Ouren. She was born on August 15, 2017 at 3:30pm weighing 9 pounds and 11.9 ounces and was 21.5 inches long.



OTHER NEWS

Everything else.

University Recreation **UREC**

VRSA CONFERENCE

UREC hosted the 2017 VRSA Conference on October 5 and 6 at UREC. The 2017 VRSA Conference was a two-day workshop where professionals and students from Virginia and surrounding area institutions gathered to share knowledge, skills and exciting new trends in recreation. This was one of the largest VRSA conferences in history with about 175 attendees. VRSA is an organization dedicated to fostering and enhancing the quality of recreational sports programs throughout the state of Virginia that models meetings, policies, publications and goals on the philosophy of NIRSA Leaders in

Collegiate Recreation. The 2017 VRSA Conference theme was "The WHOLE Student." W.H.O.L.E. is an acronym for Well-being, High impact, Opportunities, Leadership and Engaged learning!

Counseling Center

CC

WILDERNESS THERAPY PROGRAM

Spring Break 2018, the Counseling Center will be facilitating a second wilderness therapy program. Participants will need to be a Counseling Center client. Please encourage any interested students to connect with and speak to a Clinician about the program.



The flyer features a photograph of a hiker with a large backpack standing on a rocky peak at sunrise. The Counseling Center logo is in the top right. The title "WILDERNESS THERAPY" is prominently displayed. Below the title, it specifies the dates "Spring Break: March 5-9, 2018" and describes the trip as a "5 day, 4 night backpacking trip with 8 to 10 JMU students, certified wilderness guides, and Counseling Center clinicians". Two columns of text list activities and therapeutic elements. A quote by John Muir is at the bottom.

COUNSELING CENTER

WILDERNESS THERAPY

Spring Break: March 5-9, 2018

5 day, 4 night backpacking trip with 8 to 10 JMU students, certified wilderness guides, and Counseling Center clinicians

Wilderness Activities:

- Backpacking
- Camp-Building
- Leave No Trace Education
- Survival Skills

Therapeutic Elements:

- Therapy Process Groups
- Inter & Intrapersonal Skill Building
- Natural Interventions
- Self-Reflection

Interested? Must have some experience with camping, hiking, & a general interest in being outdoors for an extended period of time. Keep in mind the rustic & rugged environment as well as weather possibilities in early March.

In every walk in nature, one receives far more than he seeks.
John Muir



ABOUT COMMUNITY WITH IDEAS

Community with IDEAS is your bi-annual newsletter.

We welcome all comments and suggestions. Please contact a *Community with IDEAS* committee member to submit content, photographs or announcements. We look forward to hearing from you!

FALL 2017 COMMITTEE MEMBERS

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Aimee Stright

Mollie Zenz