



# The Link

Published by the Human Resources  
Department of Longwood University

August—September 2007

## Fitness Center Grand Opening Matt McGregor



On November 1, 2005 Longwood University broke ground for the new Health & Fitness Center. After almost 22 months of construction and almost a decade of design and discussion about this facility, it is finally a reality for campus.

The 76,000 square foot Health & Fitness Center will hold the Grand Opening event on Tuesday, August 28, 2007. The Grand Opening event will begin at 4:00 p.m. and activities and opportunities to demo equipment and try out the facility will be available until 7:00 p.m. Normal operating hours will begin on Wednesday, August 29<sup>th</sup>.

### Health & Fitness Center Fall Semester Operating Hours

Monday – Thursday	6:30 a.m. – 10:00 p.m.
Friday	6:30 a.m. – 8:00 p.m.
Saturday	9:00 a.m. – 8:00 p.m.
Sunday	1:00 p.m. – 10:00 p.m.

During the fall 2007 semester, all faculty, staff and contract employees (**Aramark, Barnes & Noble, etc**) working at Longwood University will have the opportunity to utilize the facility with no membership fee. This trial period is an opportunity for all faculty and staff to decide if a membership to this facility will be of value. Spouses and family members will have the opportunity to use the facility as well. There will be restricted “family hours” when minors under 18 years of age will be permitted in the facility. A complete list of our membership policies will be available on the campus recreation web page.

The Health & Fitness Center Advisory Committee, which had student, faculty and staff input, developed a membership fee that is below the market value for the facility and services being offered to the campus community. The membership fee listed below will be implemented beginning January 1, 2008.

Category	Semester Fee	Annual Fee	Daily Fee
Faculty/Staff	\$60	\$120	\$5
Faculty/Staff Couple	\$120	\$240	\$8
Faculty/Staff Family	\$150	\$300	\$12
Guest of Faculty/Staff	NA	NA	\$5

The Health & Fitness Center will be a state-of-the-art facility which features;

- Two wood floor basketball courts for basketball, volleyball and badminton
- Multi-purpose Activity Court for floor hockey, indoor soccer, volleyball and sport club activities
- 8,000 square foot Fitness Center with 40 cardiovascular machines, full circuit of selectorized weight training machines as well as free weights, plate loaded and cable driven weight machines
- Two group fitness studios for group exercise, personal training and sport club activities
- A semi-private studio for circuit training and small group sessions (Women only, Beginners, Rehab, etc)
- A 1/8<sup>th</sup> mile, four lane track
- A 35 foot high climbing wall
- Two racquetball courts
- Other Amenities include; juice bar, locker rooms and equipment issue



Expanded group fitness classes and individual fitness consultations, exercise prescriptions and personal training opportunities will be available.

Housed in the Health & Fitness Center will be Campus Recreation, Counseling Center and the Health and Wellness Center. The Health & Fitness Center is located at the south end of campus between Hull Education Center and the Small Business Development Center. For more information about the Health & Fitness Center, contact Campus Recreation at 395-2356 or [www.longwood.edu/recreation](http://www.longwood.edu/recreation)

### Inside this issue:

<i>Benefits Fair</i>	2
<i>Bookstore Move</i>	2
<i>VRS Group Counseling</i>	2
<i>Birthdays</i>	3
<i>Birthdays</i>	4
<i>New Employees</i>	5

## From the President

**President's Welcome  
Friday, August 17, 2007  
10:30 a.m., Grand Dining  
Hall  
Please join Dr. Cormier  
for lunch and  
an update on Longwood  
initiatives and  
a chance to win a [free  
parking pass](#) for 2007-2008**



## Barnes & Noble Bookstore Opens

The Longwood Bookstore officially made its transition to the Barnes & Noble at Longwood University on July 30. The new store is located at Longwood Landings and is very exciting news for Longwood and the community.

The store has about 10,000 trade titles (non-textbooks) and all of the functions of a regular Barnes & Noble," said the manager, Louisa Lackey, while unpacking boxes a few days before it opened. "For example, if we don't have a book, it can be ordered and sent either here or to the customer's home. We have some of the gift items, such as bookmarks, as any other

Barnes & Noble, and there are as many food items in our café as in the standard Barnes & Noble café." With the grand opening scheduled for September 6, the store is already up and running and ready to serve the community. "Even though students haven't returned, we are open and want the public to feel comfortable coming in," Lackey said. "This is a community bookstore, not just a Longwood bookstore."

Stop by on your way to work and pick up a cup of your favorite beverage from the Barnes & Noble café, serving Starbucks coffee. From Monday through Thursday,

the café will be open from 7:30 a.m.-9 p.m. and the store from 9 a.m.-9 p.m. The store and the café will both be open 9-9 Saturday and noon- 6 p.m. Sunday.



## Benefits Fair

Lisa Mooney

**MARK YOUR  
CALENDAR!  
WEDNESDAY,  
SEPTEMBER  
26TH**

**BENEFIT FAIR**

Please come out to the **Benefit Fair** on **Wednesday, September 26, 2007**, from **9am to 3pm** in the **ABC rooms in Lankford**. Representatives from Aflac, Anthem, CommonHealth (9-12 only), Delta Den-

tal, Fidelity, Great-West, Lincoln Financial, Medco, TIAA-CREF, Valic, Value Options, Virginia Credit Union, and VRS will be on hand to answer your questions. No appointment or sign up is required!



## VRS Group Counseling Session

**THINKING OF RETIREMENT?**

Make plans to attend **Virginia Retirement System's Group Counseling Session** from **9:30am to 12pm in Jeffers Auditorium** located

in the Stevens/McCorkle Building on **Wednesday, September 26, 2007**. This session is recommended for members who are 5 years or less to retirement. Topics to be discussed:

VRS Retirement Options, estimating your monthly benefit, increasing your retirement benefits, life insurance and other retirement resources. **PLEASE SIGN UP FOR THE VRS GROUP**



# Happy Birthday

8/1	Angela Whitaker David C. Hamilton	8/18	Laura Sanchez Lonnie I. Calhoun
8/4	Andre K. Rachels Matt C. McGregor		Willie J. Walker
8/5	John R. Williams Katie M. Register Sherri G. Crawford	8/19	Douglas M. Dalton Ronald F. McPherson
8/6	Jennifer G. Conkwright M. David Whaley Susan H. McGlothlin Tiffany S. Carter Vincent P. Magnini	8/20	J Tim Trent Janet G. Green
8/7	Bill B. Westerhoff	8/21	Glenn E. White
8/9	Cynthia M. Thompson Daniel M. Senger Deneese L. Jones Gena D. Southall Philip O. Nusbaum	8/23	Jake S. Milne John P. Johnson Johnice D. Brown Martha E. Cook Melissa P. VanRomondt
8/10	Lynda M. Miller Tammy M. Hines	8/24	Joshua S. Turbyfill Ling Y. Whitworth Tydell C. Scott
8/11	Kim C. Redford Ronnie D. Jennings Sharon M. Sercombe	8/25	Christina M. O'Brien June W. Ashmore Robin W. Sedgwick
8/13	Glenn S. Dardick Ken A. Martin Michael E. Burke	8/26	Amy J. Henry Carol C. Cousins Isiah Hurt Kelly M. Nelson
8/14	Roy R. Creasey William H. Cary	8/27	Chris D. Shumaker
8/15	Linda R. Locke Norman J. Bregman Raymond T. Brastow	8/28	Charlene L. Reiser Daniel M. Steele Michael R. Cubberley
8/16	Emily A. Gresham	8/29	Anthony J. Crocitto
8/17	Carolyn A. Higgins Jackie A. Hall	8/30	Barbara A. Ryman E. Ann Vaughan K. Rena Reynolds
		8/31	David B. Dooley Leander E. Moseley Oliver S. Macabrey



***A birthday is just  
the first day of  
another 365-day  
journey around  
the sun. Enjoy  
the trip. ~Author  
Unknown***



# Happy Birthday

- |      |                      |      |                       |
|------|----------------------|------|-----------------------|
| 9/1  | Virginia S. Cook     | 9/16 | Joseph B. Kilby       |
| 9/2  | Chuck D. Ross        |      | Kevin M. Fillman      |
|      | Kelly A. Martin      |      | Linda M. Webster      |
|      | Steve R. Kerns       |      | Melissa J. Short      |
| 9/3  | A. Moffatt M. Evans  | 9/17 | Cy P. Shadzad         |
| 9/4  | Faith J. Pence       |      | Daniel C. Lee         |
|      | Joyce M. Trent       |      | Michael G. Rentschler |
|      | Michael L. Frank     | 9/18 | Jonathan D. Atkinson  |
|      | Neil S. Cole         |      | Joshua K. Blakely     |
|      | Stephanie Buchert    |      | Sylvia C. Schutt      |
| 9/5  | Jayne C. Fanshaw     | 9/19 | Kathy E. Charleston   |
| 9/6  | Matt R. Kirkpatrick  |      | Sally S. Scott        |
|      | Sean C. O'York       | 9/20 | Chene R. Heady        |
| 9/7  | Charles J. Skates    |      | Margaret B. Lindsay   |
|      | Eric L. Laws         | 9/21 | Donald J. Herlan      |
| 9/8  | Eric A. Koger        | 9/22 | Nicole C. Chantee     |
|      | Robert E. Clark      |      | Susan S. Throckmorton |
| 9/9  | Charles C. Stein     | 9/24 | Melinda I. Fowlkes    |
|      | K Darlene Bratcher   | 9/25 | Timothy M. McKay      |
|      | Matthew D. Lucas     | 9/26 | Luis F. Guzman        |
| 9/10 | A. Gordon Van Ness   | 9/27 | Jennifer L. Sheeler   |
|      | Kenneth W. Nelson    |      | Matthew W. Scruggs    |
|      | Rick T. Blanc        | 9/28 | Barbara J. Simons     |
|      | Thomas S. Akre       |      | Calvin C. Hartley     |
| 9/11 | Kent L. Booty        |      | Debra S. Kelley       |
|      | Robin L. Rutledge    |      | Robert S. Rash        |
| 9/12 | Andrew R. Newton     |      | Tracy M. Nelson       |
|      | Ashley M. Reeder     |      | William B. Wade       |
|      | Pinkey Baldwin, III  | 9/29 | Joseph C. Blauvelt    |
|      | Suzanne S. Swisstack |      | Peggy K. Ward         |
| 9/13 | Rita W. Harris       |      | Samuel L. Williams    |
|      | Thomas M. Gibson     |      | William B. Lynn       |
| 9/14 | Charles B. Bolding   |      |                       |
|      | Frank W. Bacon       |      |                       |
|      | Sally O. Reed        |      |                       |
|      | Susan G. Finch       |      |                       |
|      | Tommy L. England     |      |                       |



**Age is strictly a case of mind over matter. If you don't mind, it doesn't matter. - Jack Benny**



Longwood University  
Human Resources Department  
201 High Street  
Farmville, VA 23909  
Phone: 434-395-2074  
Fax: 434-395-2666

The Link  
Phone: 434-395-2963  
Fax: 434-395-2666  
E-mail: rymanba@longwood.edu

The Link is a bi-monthly newsletter, published by the Human Resources Department, for faculty and staff of Longwood University.

If you have suggestions for future articles, please send them to rymanba@longwood.edu. The Human Resources department reserves the right to approve and/or edit any content submitted.

## Welcome to the Longwood Family Employment beginning June 1—July 25

Elizabeth Baker

Connie Ballard

Joshua Blakely

Alison Brandon

Kristin Caruso

Jennifer Cox

Anthony Crocitto

Jennifer Eckrote

Calvin Hartley

Amy Henry

Jennifer Huddleston

Goldie Jamerson

Steven Kerns

Nathan Landis

Daniel Lee

Kelly Martin

Lisa Martin

Robert Mitchell

Terry Monahan

Andrew Newton

Beverly Patteson-Klein

Amanda Pelar

Donna Peterson

Kathryn Planow

Paul Pletcher

Margaret Potts

Ashley Reeder

Michael Rentschler

Nicole Shenefiel

Diana Shores

Melissa Short

Elizabeth Stich

Bradley Taylor

Joshua Turbyfill

Samuel Williams

Elizabeth Wilson

Walter Witschey

Pamela Worner

