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Health Care Changes Effective July 1, 2003

What's new for July 1?

As the new COVA Care statewide plan replaces the Key Advantage and Cost Alliance plans on July 1, employees may have questions or concerns about what's covered and how. Here are some of the key features of this new plan:

- An expanded network of Blue Cross PPO providers worldwide, including current Anthem providers and others in all fifty states. Except in emergencies, you will not have coverage outside the network unless you opted to purchase the Out-of-Network coverage.
- Greater access to specialists with no referral needed from a primary care physician and NO requirement to designate a primary care physician (PCP).
- An annual routine wellness check-up and an annual mammogram (age 35 and older).
- A three-tier co-payment system for the prescription drug program.
- Basic dental benefits covering twice a year visits to the dentist and primary services such as filling and root canals.
- An annual deductible applies to most services requiring coinsurance (lab, x-rays, medical equipment, ambulance services, etc.)

Employees will be receiving new cards prior to July 1. Member handbooks will also be distributed to departments in mid-June. Directory of Providers will also be available.

Important Membership Note! Any biological or adopted child may be covered to the end of the year he or she turns age 23, provided the child is unmarried, lives at home, and is eligible to be claimed on his or her parent's federal income tax return.

Contacts

Anthem Blue Cross/Blue Shield of Virginia: 1-800-552-2682

www.anthem.com for list of physicians, specialists, hospitals, etc., as well as "Drug Finding" for names of alternative drugs in lower tier or to determine tier of a specific drug and/or whether or not a generic is available.

Magellan Behavioral Health (Mental Health and Substance Abuse): 1-800-775-5138
Employee Assistance Program (EAP): 1-800-775-5138

Technology Tips for Summer

Summer is here! Here are a few technology tips to keep in mind as we plan for summer vacations:

- A vacation message on your email account ensures that those sending you email will know that you are out of the office. Setting up this message is easier than ever with Webmail. Visit <http://webmail.longwood.edu>, select the Account Manager menu, Vacation Notices, and follow the instructions provided to set up your message.
- Remember to change your voice mail message to inform your callers that you are out of the office.
- Messages left un-retrieved on your Longwood voice mail are only stored for seven days. After this time, the message is automatically deleted. Changing your voice mail to inform callers of your time away from the office may prevent missed messages.
- Since your PC is typically powered off while you are on vacation, the automatic updates provided by McAfee are not going to happen. Here are some precautions that you can take to avoid getting a virus on your computer when you return: When you first boot up your PC and the McAfee software starts it will attempt to update your software so that your virus protection is current. Allow this process a few minutes to complete before checking your email, opening any attachments or downloading any files. Then, simply right click on the V-Shield in the bottom right corner of your screen and choose About. The "Created On" date should be no more than one week old. Typically, McAfee releases their new updates on Wednesdays.

Excitement Reigns at the LCVA

If everything goes as planned, next summer (2004) the Longwood Center for the Visual Arts will be in the midst of renovations. The University has been talking with architects about the renovations, and a pre-design study will take place next fall. Phase I renovations are scheduled to take place between May and September 2004. Due to the high volume of school tours during the academic year, the summer months have proven to be best for handling renovations.

For about a year, many people connected to the LCVA and Longwood University have been working behind the scenes with the goal of meeting two fund-raising challenges that will allow the LCVA to make major renovations to the Center. In late April, we were able to report to the Mary Morton Parsons Foundation and to the Marietta McNeill Morgan and Samuel Tate Morgan, Jr. Foundation that we had commitments to meet their two-for-one challenges.

The LCVA now has more than \$700,000 in commitments toward \$780,000 needed to complete Phase I renovations. Of the money already committed for renovations, the Parsons Foundation will provide \$200,000 and the Morgan Foundation will provide \$35,000. For both foundations, these are first-time commitments to Longwood. About \$1.35 million will be needed to carry out two phases of renovations. When completed, the LCVA's lower level will be an education center that will include additional classrooms and programming space for large audiences.

For more information, contact Evelyn Terry at extension 2811.



Member Benefits at Anthem.com and MagellanAssist.com

When you're in need of information regarding your current coverage under the statewide insurance plans or the Employee Assistance Program (EAP), Anthem and Magellan have developed their websites to provide a vast amount of information.

At Anthem.com members can search the provider directory, search the drug listing, find information on certain health conditions, find treatment decision information, and much more. At the Anthem homepage, go to Members and Consumers and choose Virginia. Anthem's website announces special offers such as free registration to Weight Watchers when you sign up using the 800 number provided and discounts up to 65% on health-related products.

Also, MagellanAssist.com offers information regarding managed behavioral health services, providers, advocacy and awareness. Members can also access articles related to everyday issues such as Family, Children, Teens, Single Parenting, Workplace Issues, and Time Management. Special sections offer information on other topics such as Understanding Workplace Violence, Coping with War and Terrorism, and much more. Visit their guest area to find articles on Health and Wellness, Advocacy, and Awareness. The following is a sample of information available from Magellan.

Bringing Diversity to Life

We're often told that in order to have a strong financial outlook, we should diversify our investment portfolio. Consider applying that philosophy to life and what diversifying your life can do for your well being. Diversity can be more than a corporate initiative. It can be a practice incorporated into your personal life. There's a saying, "you get the same results by doing the same things." Try something different. Think about how diverse your life is and the types of things that you can do to enrich it. Being open to different experiences can be a catalyst to being open to different kinds of people. Not sure how? Here are a few suggestions to help get you started.

Say Yes to New Things

When someone invites you to a play, movie, or an event that you normally wouldn't attend, say yes. One reason people don't seek out a new experience is that they have never tried it before. How do you know you won't like foreign films if you've never seen one? How do you know you won't enjoy an opera if you've never heard one? Try something at least once, maybe even twice. Learning about other cultures through experiences is a great way to make an effort towards diversity.

Volunteer

Many different organizations could use your help. You can read to the blind, tutor a child, or help a shelter that serves the homeless. Interacting with persons different from yourself is a great way to broaden your perspective. Having personal experiences with those of other races or cultures may help negate myths, stereotypes, or fears. Volunteering is a wonderful way to enrich your life, while helping an organization in need.

Tempt Your Palate

Food is a wonderful way to be exposed to other cultures and ethnicities. Besides Italian or Chinese, consider trying an Ethiopian, Thai, or Hungarian restaurant. It's a great way to open up to other parts of the world. If you find yourself really enjoying food from a particular country, take it a step further and learn more about the culture itself. It could be the start of a great experience and bring another culture even closer.

Take an Ethnic Studies Class

If there's a particular culture that you've always been interested in, an adult education class could be for you. Local community colleges offer a variety of courses from African American Literature to Chinese Religions. You can expand your horizons, meet new people, and learn something all at the same time.

Having a lifestyle full of diversity means being open to change and incorporating it into your everyday living. Make sure you are friendly to everyone and not exclusive

WHAT'S IN A MONTH

JUNE

1	National Cancer Survivors Day
5	Shavuot (Jewish)
5	World Environment Day
6	D-Day
7	Daniel Boone Day
14	Flag Day
15	Father's Day
18	National Splurge Day
19	Corpus Christi (Christian)
21	First Day of Summer (Summer Solstice)
21	Baby Boomer's Recognition Day
28	Stonewall Rebellion Day

WEEKLY EVENTS

June 1-7	National Headache Awareness Week
June 8-14	Meet a Mate Week and National Youth Sport Coaches Week
June 9-15	National Credit Awareness Week
June 13-20	National Hermit.
June 22-28	National Cheese Week

JUNE IS ...

Cancer from the Sun Month
Dairy Month www.eatright.org
Fireworks Safety Month
Gay and Lesbian Pride Month
International People Skills Month
National Candy Month
National Rose Month



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in any way, shape, or form. Seek out groups that are working toward improving diversity. If you see an opportunity to encourage diversity in your workplace or community, strive to make it happen.

Getting Help

If you would like more information, you can call your Magellan program number. To find out what services are available, check your employee benefits or call your local human services agency. You can also talk with someone you can trust, such as a doctor or nurse, local mental health professional or member of the clergy.

CommonHealth Activities for June and July

June – Stress Buster Challenge

The goal of this challenge is to encourage participants to complete fun, stress-reducing activities over the course of a month. By practicing these activities, participants will learn new and creative ways to make their lives more enjoyable. The date for the challenge to begin will be announced via e-mail.

July – Water Drinking Challenge

The goal of this challenge is to encourage participants to drink lots of water in order to improve muscle and skin tone, reduce water retention, or avoid excess body fat. This challenge is by far, the most popular. The date for this challenge will also be announced via e-mail.

We strongly encourage the participation of employees, as well as their spouses. These challenges are all sponsored by the Commonwealth of Virginia to promote wellness in employees. The completion of a challenge, not only makes you feel better, but you also receive an incentive gift (some of which are extremely useful).

Please be sure to respond if you are interested in the above challenges once they have been announced.

Tech Tips ...

Telling Off Telemarketers

It's not hard for telemarketers to obtain your telephone number if you are listed in your local phone book, you provide it on a contest entry form or if they use random digit dialing devices. And invariably they will call you during dinner.

You can significantly decrease the number of these calls the following ways:

- Add your number to the Direct Marketing Association's "Do Not Call" list. Send your name, address and phone number to Telephone Preference Service, P.O. Box 1559, Carmel, NY 10512.
- When you receive a call from a telemarketer, ask to be placed on its "Do Not Call" list. Companies are legally required to update and follow these lists. Check if your home state has instituted its own list, and sign up for that as well.
- Keep your phone number unlisted. Random dialers might still reach you, but others will not.
- Invest in Caller ID and Privacy Manager to screen unfamiliar numbers.
- Contact the credit bureaus and ask to be taken off their marketing lists: 888.567.8688.
- If even your fax machine can't avoid unwanted messages, contact Fax.com to be removed from junk faxer lists at www.fax.com/Customer_support/contact.asp.

Busch Gardens Williamsburg and Water Country USA!

Human Resources has just received \$5 coupons off general admission to Busch Gardens and Water Country USA. These coupons are good through September 28 for Busch Gardens and September 14 for Water Country. One coupon is good for up to six admissions.

Also available, the 2003 Virginia Vacation Get-a-Way Kit offers employees great savings and hotel vacation packages. The vacation kit provides packages from Williamsburg and Virginia Beach. Busch Gardens is open through October 26 and Water Country USA is open through September 14. Come by or call Human Resources at x2076 to get your Get-a-Way kit! These discount coupons are available in the Self-Help Center.

June Birthdays

1	Larry Fannon
1	Keon Pulliam
2	David Hardin
2	Patricia Jennings
3	James Shelton
3	Darryl Hodges
4	Don Merkle
6	Frances Reeve
6	Rhonda Brock-Servais
6	Cynthia Elliott
6	Courtney O'Hara
7	Sheri McGuire
7	Jane Martin
7	Shelley Smith
7	Patricia Smith
11	Susan Deaton
11	Judy Ward
11	Kristin Beal
12	Angie Worrell
13	Don Butler
14	Lisa Seamster
14	Consuelo Alvarez
15	John Thompson
16	Eric Moore
17	Denise Hill
17	Zane Traylor
17	Judy McReynolds
18	Dana Johnson
19	Mitzi Lail
19	Chris Freeland
19	Ivan Iglesias
20	Melissa Lucas
21	Linda Morgan
21	Glenda Taylor
21	Heather Yattaw
22	Brian Bates
22	Pat Payne
22	Crystal Lamm
24	Doug Poulston
25	Joe Lammay
26	Willie McAbee
26	Larry Harris
26	Gary Lutz
26	Leah Andary
27	Reed Horton
29	Cindy Owen
30	Ruth Meese



Comings . . .



The following employees have recently joined the Longwood family:

Jason Brooks	Info. Technology Specialist I	IITS
James "Mike" Gillian	Head Men's Basketball Coach	Athletics
Gary McQueen	Compliance/Safety Officer III	Facilities Management
Dwight Vaughan	Administrative Office Specialist I	Materiel Management
Melinda E. Chaffin	Conference Assistant	Conferences, Scheduling and Special Events
Berkeley H. Coleman	Conference Coordinator	Conferences, Scheduling and Special Events
Joshua L. Elder	Conference Coordinator	Conferences, Scheduling and Special Events
Tiffany Y. Holmes	Conference Assistant	Conferences, Scheduling and Special Events
Patrice C. Johnson	Conference Assistant	Conferences, Scheduling and Special Events
Emily J. Maloney	Conference Assistant	Conferences, Scheduling and Special Events
Katherine E. Redding	Conference Coordinator	Conferences, Scheduling and Special Events
John D. Sawyer, Jr.	Conference Coordinator	Conferences, Scheduling and Special Events
Wendi K. Strickland	Conference Assistant	Conferences, Scheduling and Special Events

Goings . . .

The following employees have recently left the Longwood family:

Rita Martin	Admin. Office Specialist III	Conferences, Scheduling and Special Events
Trevor Potts	Lecturer	Communication Studies and Theatre
James Scepansky	Assistant Professor	Psychology
Megan Shockley	Assistant Professor	History and Political Science
Tim Stewart	Assistant Professor	Natural Sciences
Janet Lantz	Fiscal Agent	Longwood Foundation
Earl Gibbons	Dean	College of Business and Economics

And Congratulations . . .

Congratulations to following retiring employee:

Allen Witt, Trades Technician III at the Golf Course, after more than 32 years of state service.

Congratulations, also, to **Nadine Garrett**, Manager of the Student Employment Office in the Career Center, who will be in Chicago from May 22-29 at the 2003 Women of the Moose International Conference. Nadine will be receiving the College of Regents Degree, which is the highest degree that can be earned in a Chapter. She earned this recognition for service and leadership as Senior Regent for the Farmville Chapter of the Women of the Moose.

Congratulations, also go out to Kimberly Garrett, Nadine's daughter, and Dawn Garrett, Nadine's daughter-in-law, both of whom graduated this May from Longwood.

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Kim graduated from Longwood with honors. She was a Liberal Studies Major with a concentration in Elementary Education NK-8 and a Minor in Communications. She has been employed with the Longwood Bookstore since 1998, and received the following honors during her Longwood years:

President's List; Dean's List; Annie B. Cox Scholarship; Martha Cooke Elder Scholarship; Memorial and Honor Scholarship; Tobacco Teacher Scholarship; Alpha Lambda Delta National Leadership Honor Society, Vice President; Omicron Kappa Delta-International Leadership Society, Member; Who's Who Among Students in American Universities and Colleges.

Kim's activities while at Longwood included the Commuter Student Association, Rotunda--Reporter/Photographer/Features Editor, and America Reads tutor. Kim graduated cum laude and plans to teach locally.

Nadine's daughter-in-law, Dawn Garrett, also graduated summa cum laude with a BS in Business Administration - Accounting.

"There are many truths of which the full meaning cannot be realized until personal experience had brought it home."
- John Stuart Mill

Quotes for Inspiration ...

Initiative

We should be taught not to wait for inspiration to start a thing. Action always generates inspiration. Inspiration seldom generates action.

—*Frank Tibolt*

Choice

Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work.

—*H.L. Hunt*

I chose and my world was shaken. So what? The choice may have been mistaken; the choosing was not. You have to move on.

—*Stephen Sondheim*

Self-sufficiency

There is no dependence that can be sure but a dependence upon one's self.

—*John Gay*

