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HEALTH SERVICES OFFERS TIPS FOR PREVENTION OF HEAT ILLNESS.

Texas and the Southwest have been hit with the highest temperatures this summer, but the 98 to 100 degree temperatures here in the humid Ohio River Valley are potentially as dangerous as the 114-120 degree temperatures in the desert climate if residents are not prepared to deal with the heat.

Some people have a greater risk of developing heat illness than others. No one who is already ill with fever, nausea, or dehydration should attempt physical labor in the heat. Any one overweight, out of condition, or with a heart or lung problem has a limited ability to cope with excess body heat. Even a normal, healthy lone sunbather asleep in the sun may rapidly progress to heat stroke and unconsciousness without experiencing early warning signs of heat illness.

Common sense is the best approach to preventing heat illness. Know your limits and stay within them. When the human body is overheated, it loses heat in one of three ways: (1) through radiation - heat transfers directly from the skin surface to the cooler environment; (2) through conduction or convection - heat transfers directly from the skin surface to a cooler surface such as water in a lake or pool; and (3) through evaporation - most body heat is lost through the evaporation of perspiration from the skin surface. When the surrounding environment is warmer than the skin surface, no heat is lost through radiation or conduction; heat can only be lost through evaporation, which also drains the body of electrolytes. Conditions which limit evaporation such as high humidity, sauna suits, dehydration or decreased perspiration also limit the body's ability to rid itself of heat and increase the risk of heat illness.

To avoid heat illness and improve your ability to cope with a hot, humid environment, follow these rules:

- 1) Wear white or light-colored, loose-fitting cotton clothing. White reflects, rather than absorbs, heat. Cotton absorbs perspiration and brings it to the surface where it can evaporate.
- 2) Acclimate yourself gradually to the environment. If you know you will be working in the heat all day, begin with short periods and gradually increase your endurance and tolerance. The football player who works all summer in an air-conditioned setting may have heat problems when practice begins on hot August afternoons.
- 3) Rehydrate (drink) to replace body fluids. Water is best because water is what your system has lost. The normal American diet already is high in salt, so salt replacement makes little sense. Though the use of salt tablets is not recommended, if they are taken, remember that it takes at least one quart of water to dissolve them and get the salt into your system. Usually just drinking a quart of water would relieve symptoms or prevent illness. If a salt tablet is taken without taking at least a quart of water, or if more than one salt tablet is taken at a time, further dehydration can occur, making symptoms worse, since heat illness is dehydration.

TIPS FOR HEAT ILLNESS, CONTINUED

Stages and Treatment of Heat Illness

1. Heat Cramps -- usually occur first in the legs and are a result of rigorous physical exercise. Rehydrate and stretch the involved muscle.
2. Heat Exhaustion -- victim may become confused, disoriented or simply respond more slowly than usual in conversation or when asked to perform a task. Skin is pale, cool, and perspiration is profuse. Pulse is rapid but strong. Move victim to shade or air-conditioning, give fluids, have him/her lie down and elevate feet. Don't ignore these symptoms, they may get worse.
3. Heat Stroke -- true medical emergency, 80 to 90 percent fatal. Skin is red, hot and dry, pulse is rapid but weak and thready. The victim may be confused, dizzy, have vomiting or diarrhea, have difficulty standing. If he/she becomes unconscious, may progress rapidly to coma and death. Use any method available to cool the body. Immerse in water, apply ice bags to underarms and groin. Call an ambulance. Give fluids if awake.

ISUE SURPLUS VEHICLE SALE. Indiana State University Evansville will dispose of the following vehicles which have been replaced by new vehicles in the fleet and are thus declared surplus. All are in good mechanical condition and may be inspected in University parking lot "B".

'74 Datsun Pickup #1.....	minimum \$ 650.
'74 Datsun Pickup #2.....	minimum \$ 650.
'75 Dodge Van, 12 passenger.....	minimum \$1000.
'77 Ford LTD Stationwagon.....	minimum \$ 950.
'77 Dodge Aspen #6.....	minimum \$1500.
'77 Dodge Aspen #7.....	minimum \$1600.
'77 Dodge Aspen #8.....	minimum \$1500.

These vehicles will be sold at 2:00 p.m. Friday, July 18, 1980 to the purchaser with the highest bid, provided such bids are equal to or exceed the stated minimums. Bids will be accepted by phone, in writing, or in person at the ISUE purchasing department, 8600 University Boulevard, Evansville, IN 47712, phone 812/464-1848. Interested parties may obtain the highest bid on record at any time by calling the above number. ISUE will allow time for any bona fide purchaser to arrange financing.

PEOPLE IN THE NEWS. CHARLES M. LONNBERG, librarian and professor of library science, and his wife Evelynne, presented a concert for the Hadi Temple Shrine Luncheon Club on Friday, July 11. Their program consisted of Broadway and show music. For their outstanding service to the club, they received a framed plaque with their names inscribed on it.

SHERRIANNE STANDLEY, assistant to the president, has been named to the Board of Directors of the Volunteer Action Center. JOHN DEEM, registrar, also serves on the Board.

APPOINTMENTS. CREIGHTON E. BURNS has been appointed assistant basketball coach, instructor in physical education and director of athletic promotion. Burns comes to ISUE from Armstrong State College where he was an assistant coach. He also coached in the high school ranks in Indiana for 11 seasons and is a native Hoosier, hailing from Cromwell, Indiana. He played basketball and baseball while attending Purdue University and graduated in 1964 with a Bachelor of Physical Education degree. He completed work for the Master of Science in education at St. Francis College in 1972. Burns and his wife Darlene have two children, Chris, age 13 and Betsy, age 7. They will be living at 3234 N. Red Bank Road on Evansville's west side.

DOUGLAS F. CLAYBOURN has been appointed coordinator of cooperative professional practices. An ISUE graduate in 1977, Claybourn majored in communications and says he was a co-op student before there was a co-op program. He is referring to his position with the Evansville Sunday Courier and Press as reporter trainee, a job he held from 1972 until 1977 when he accepted an internship with Channel 25 television. While at Channel 25, Claybourn moved up the ranks from intern to news reporter, to sports reporter, to weekend sports anchor, and finally to sales and production coordinator, the position he held before joining ISUE. Active in University organizations, Claybourn is a member of the Varsity Club and currently is president of the Alumni Association. He and his wife Michele, who is apparel department manager at Baynham's in Washington Square, live at 1829 Lodge Avenue in Evansville.

NEW FACES. TIMOTHY R. BRIDGES is the new science storeroom supervisor. He is a graduate of Balboa High School in Balboa, Canal Zone and of Indiana University, where he received the Bachelor of Science degree in chemistry in January 1980. Prior to joining ISUE, he was a census enumerator in Evansville. He enjoys basketball, racquetball, tennis and traveling. He lives at 1416 Harriett Street in Mt. Vernon, Indiana.

The new equipment manager in the HPER Building is RAYMOND F. WALKER, who comes to ISUE from a position with the Farmers Equipment Company of Evansville. An Evansville native, he graduated from F.J. Reitz High School and attended University of Evansville. He enjoys golf, spectator sports and traveling and is married to DOROTHY WALKER, secretary in purchasing. The Walkers have three children and live at 3809 Hogue Road in Evansville.

ROBERT ALAN VOGT has accepted the position of assistant in biochemistry in the Medical Education Center. Also an Evansville native, he graduated from Memorial High School in 1976 and graduated with a Bachelor of Arts degree in biology from Wabash College in 1980. He enjoys football, swimming, basketball, guitar and traveling. He counts Germany, Austria and Italy among the countries he has already visited. He lives at 6605 East Chestnut Street in Evansville.

FAMILIAR FACES IN NEW PLACES. JUDY GOEN has accepted the position of secretary in the Office of the President. She will be moving from her current position as secretary in the Office of Cooperative Professional Practices. COURTNEY GROSSMAN is the new secretary in the Division of Engineering Technology. Prior to moving to her new position, she was secretary in the Office of Security.

REMINDER. Information cards and alphabetical listings of all personnel for the ISU and ISUE telephone directories are due in the Office of the President this week. Department secretaries are compiling the information for each department. Please address questions to your department secretary or call extension 1755 for more information.

MARKETPLACE.

FOR SALE

Two 10-speed bicycles: Western Flyer (\$55), Free Spirit (\$75). Call extension 1734 or 422-5543 after 5:00 p.m.

'73 Datsun 610. 4-door. Air-conditioning. AM-FM stereo. Standard transmission. Excellent tires. 67,000 miles. \$1400. Call Melody Lewis at 838-6918 before 7:30 a.m. or after 6:00 p.m.

1973 18½" Wilderness self-contained camper. Perfect condition. Call Leona at 422-0594.

1978 Chevette. Low mileage. Good condition. \$3600 or best offer. Call Ted Wendt at 464-1743.

Lovely two-bedroom brick house. One bedroom king size, full basement could be converted to apartments. Wood-burning fireplace, dining room, drapes, carpeted, gas heat and air, new roof. Corner location, southeast near Akin Park. Mid \$40's. Call owner at 425-6709.

'79 Cornet. Brass, lacquer coated. \$250. Call John Young at 424-7815.

House for sale by owner. Near UE. Charming two-bedroom home with pine-panelled room in basement, fireplace, central air, newly decorated, garage and fenced yard. Call for appointment after 4:00 p.m. at 476-0870. Located at 631 S. Rotherwood.

Attractive two-story stucco home located on east side. Three to four bedrooms, 1½ baths, formal dining, fireplace in living room, equipped kitchen, full basement, central air, fenced yard, garage. Owner being transferred. Asking \$56,900. Phone 479-1646. (Detailed description of property available in Office of the President).

Portable sewing machine. In good repair. \$25.00. Call 424-8547 after 5:00 p.m. or call extension 1840 during business hours.

POSITIONS AVAILABLE.

The following positions are available as of July 8, 1980. Indiana State University Evansville is subject to the requirements of Executive Order 11246 and is an Affirmative Action Employer. Interested individuals should contact the Personnel Office, Administration Building, Room 101-A, extension 1770.

<u>FACULTY/ADMINISTRATION</u>	<u>DEPARTMENT</u>	<u>JOB DESCRIPTION</u>
Coordinator of Recreational Sports	Continuing Education	A 12-month administrative-teaching position with responsibilities for developing and coordinating noncredit recreational sports programs in the areas of aquatics, gymnastics, and fitness. Also includes teaching credit physical education courses in aquatics. Requires bachelor's degree in physical education, recreation, or related area and appropriate aquatics certification and teaching and coordination experience in a work setting that demonstrates skills in program development and administration. Apply to Dr. M. Edward Jones, director of continuing education, ISUE, Evansville, IN 47712.

POSITIONS AVAILABLE, CONTINUED.

<u>FACULTY/ADMINISTRATION</u>	<u>DEPARTMENT</u>	<u>JOB DESCRIPTION</u>
Academic Systems Analyst	Computer Center	Responsible for serving and training faculty and students in the use of the CDC computer system. Conduct seminars and workshops for CDC on-line programming, teach programming languages, and research uses of the computer. Hire, train and supervise student monitors. Serve as the liaison with the user services manager at the ISU Computer Center. Maintain the system documentation library. Programming languages needed are: FORTRAN, COBOL, SPSS. Experience on CDC computers is desirable, large computer system experience needed. A minimum of a bachelor's degree, master's preferred. Position available September 1, 1980. Apply with resume to: Patricia Nordberg, director of computer services, ISUE, 8600 University Blvd., Evansville, IN 47712.
<u>CLERICAL/SUPPORT</u>	<u>DEPARTMENT</u>	<u>JOB DESCRIPTION</u>
Custodial Worker (Pay Grade 6)	Physical Plant	Full time, first shift custodial position, 6:00 a.m. to 2:00 p.m. Sunday through Thursday. Must be knowledgeable in general housekeeping duties, capable of using industrial cleaning equipment and moving furniture. Will be responsible for cleaning floors, furniture, lavatories and carpets. Experience preferred.
Library Assistant (Pay Grade 11)	Library Services	Bachelor's degree and library experience required. Teaching background desirable. Under direction of a librarian, will be responsible for functions of the Learning Resources Center, including planning and recommending materials, equipment and facilities required to implement LRC services. Will work closely with faculty in selection of materials to be accessible to library users and instruct patrons and assist in general reference and other public service areas. Will be responsible for maintaining displays within the Library. Some night or weekend assignments.
Secretary (Pay Grade 4)	Co-op Education	Full time secretarial position. Will work with students and individuals in the business community. Responsible for handling secretarial and clerical duties. Office experience required with typing skills of at least 50 wpm.

POSITIONS AVAILABLE, CONTINUED

<u>CLERICAL/SUPPORT</u>	<u>DEPARTMENT</u>	<u>JOB DESCRIPTION</u>
Secretary (Pay Grade 6)	Student Activities	Full time secretarial position. Will assist director with the coordination of various student activities. Responsible for performing secretarial and clerical duties. Will work closely with students and student organizations. Maintains information for University Center Information desk. Office experience required with typing skills of at least 50 wpm.

"There isn't anything worse than getting mixed up in a discussion about something of which you are profoundly ignorant."

- Abe Martin (created by Kin Hubbard)