**HSC Staff Committee News**

**Meditate to Manage Stress—Monday & Friday 12-1pm**

Meditation is a potent antidote for our busy, hyperstimulated lives—and it has proven benefits for physical and emotional health. Faculty, staff, and students are welcome to join this HSC meditation group, which meets Mondays and Fridays from noon to 1 p.m., in room 2403 of the North Building in the Dominges Center for Health Sciences Education. No prior experience is necessary (pre-recorded instruction is available). For more information, please contact Michael Haasler: mhaaster@ksu.edu

**Lobo Cancer Challenge — September 8, 2018**

Join a UNM Team in the Lobo Cancer Challenge

There are 13 UNM teams registered for the Lobo Cancer Challenge (so far). Can you raise more than your coworkers’ team? We bet you can! Enjoy biking 25, 50, or 100 miles, or run/walk in the 5K, while raising funds for cancer treatment and research at the UNM Comprehensive Cancer Center. See all the UNM teams online. Click on Advanced Search, and enter UNM in the Company Name field.

Or create your own team.

A few great team names:
Save 2nd Base - Fidel & Bernard - Team F&B & T

**Morning RAVE—Friday, September 14th from 7-9am**

Come one, come all, come early! The HSC Morning Rave is a great way to start your day with energy and intention!

Instead of letting the gym come between a morning Shakti (a happy and positive vibe). Wake up early, Friday September 14th, and get yourself to the HSC Plaza area from 7:05-8:05.

Running Medicine will be there early for registration for the walk or run starting at 6:45am. For more info visit their Facebook page, call 505.540.5658 or send an email to runningmedicinedr@gmail.com.

The opening ceremony will be at 7:15 in the HSC Upper Plaza.

Events taking place in the HSC Upper Plaza—Walk/Run, Yoga (bring your mat), Tabata, a Mindful Meditation Walk, and Laughter Yoga.

Events in the HSC Lower Plaza—Zumba, Dance breaks, refreshments, and Employee Health.

**Table of information**

Refreshments in the Lower Plaza. Bring your coffee mug, your water bottle, and your yoga mat. Come get your glow stick and work out with us!

**People Appreciate Wonderful Staff—PAWS**

The UNM Staff Council PAWS Award is presented each month to one staff employee who provides exceptional service to the LMM community. This employee exemplifies University values and shows initiative outside of their job scope.

The deadline for nominations is the last day of each month at 5:00 p.m. [https://staffcouncil.unm.edu/staffawards/paws.php](https://staffcouncil.unm.edu/staffawards/paws.php)

**Free HSC Yoga — 12-1pm**

Fall Semester 2018 Yoga is available. There are 2 formats this semester: Live and Video.

Live instruction by Emme Johnson Tuesdays & Thursdays: Dominic North 2710 Fee to HSC students, faculty & staff.

Video enrollment appreciated.

Video group is Monday, Wednesday, Friday in the Nursing Bldg B103 (room 359 on specific dates).

*With posted exceptions*

Video group will meet in Nursing 359 on following dates: 9/10, 9/12, 9/14, 9/21

Note that on 9/14 there will be no video group.

**The HSC Staff Council Fall Book Exchange is Coming!**

Start getting your book donations ready! Date to be announced.

**Check Out the HSC Office Supply Exchange!**

Come and visit the Office Supply Exchange! Bring your gently used items, or come see what others have left for you! The supply exchange is located in the HSC Copy Center in the basement of Fitz Hall, and is open 8:00 am and 4:30 pm.

---

**Did you know that UNM SHAC offers services to employees as well as students?**

Go to SHAC, located between Mesa Vista Hall and Johnson Center, for (1) international travel immunizations, (2) pharmacy to fill prescriptions, and (3) $40 massages! Call 277-3136 for more information.

---

**HSC Committee Change**

As a standing committee of the UNM Staff Council, the HSC Committee can only accept the mission of the Staff Council on the value to staff to date will be the first priority of the committee. The Committee will develop and implement initiatives in advocacy and policy that improve the lives of staff within the HSC, and enhance the visibility and recognition of the support the staff in the overall success of the HSC. Members of the committee are interested in and committed to the HSC staff from a variety of positions.

[www.hsc.unm.edu](http://www.hsc.unm.edu) | HSC Committee Email: hscstaff@unm.edu

---

**Current HSC Members**

- Lizzet Soborczak (Chair)
- Jennifer Thibodeaux
- Ana Alvarado
- Mary Bonilla
- Nancy Bruce (Advisor)
- Lewis Byers (Advisor)
- John Coker (Advisor)
- Rosemary Columbia (Advisor)
- Samantha Duncan (Advisor)
- Malia Esquivel (Advisor)
- Marueta Falzon (Advisor)
- James Gentry (Advisor)
- Meryl Hardman (Advisor)
- Danielle Hume (Advisor)
- Pedro Jimenez (Advisor)
- Anna Johnson (Advisor)
- Kandi Kitain (Advisor)
- Mary Lewis (Advisor)
- Michael Loucks (Advisor)
- Artie Marquez (Advisor)
- John Markel (Advisor)
- E. Marie Martinez (Advisor)
- Marcia Neighbors (Advisor)
- Laura Peterson (Advisor)
- Georgie Perez (Advisor)
- William Reaves (Advisor)
- Michelle Ribar (Advisor)
- Amy Rivas (Advisor)
- Christine Roe (Advisor)
- David Schmitz (Advisor)
- Jason Schwab (Advisor)
- Thomas Snyder (Advisor)
- Lupe Thibodeaux (Advisor)
- Robert Varnum (Advisor)
- Michelle West (Advisor)
- Linda Williams (Advisor)
- Karen Wood (Advisor)

---

**UNM SHAC**

- Nancy Bruce (Advisor)
- Jennifer Thibodeaux
- Ana Alvarado
- Mary Bonilla
- Lewis Byers (Advisor)
- John Coker (Advisor)
- Rosemary Columbia (Advisor)
- Samantha Duncan (Advisor)
- Malia Esquivel (Advisor)
- Marueta Falzon (Advisor)
- James Gentry (Advisor)
- Meryl Hardman (Advisor)
- Danielle Hume (Advisor)
- Pedro Jimenez (Advisor)
- Anna Johnson (Advisor)
- Kandi Kitain (Advisor)
- Mary Lewis (Advisor)
- Michael Loucks (Advisor)
- Artie Marquez (Advisor)
- John Markel (Advisor)
- E. Marie Martinez (Advisor)
- Marcia Neighbors (Advisor)
- Georgie Perez (Advisor)
- William Reaves (Advisor)
- Michelle Ribar (Advisor)
- Amy Rivas (Advisor)
- Christine Roe (Advisor)
- David Schmitz (Advisor)
- Jason Schwab (Advisor)
- Thomas Snyder (Advisor)
- Lupe Thibodeaux (Advisor)
- Robert Varnum (Advisor)
- Michelle West (Advisor)
- Linda Williams (Advisor)
- Karen Wood (Advisor)