

THE ASCE MONTHLY

THE ASSOCIATION OF SECRETARIAL AND CLERICAL
EMPLOYEES

And So It Begins!

WRITTEN BY ANDREA SMITH

Holiday season is here! It's the time when fall decor comes out with leaves and gourds. Or maybe you come straight out of the gate with ghosts and pumpkins. Oranges and reds are seen in nature and clothing, even hair color may change.

No matter what your preferred season is, there are loads of changes coming up. Soon we'll get to see students in Halloween costumes, children trick-or-treating, and Christmas shopping will commence like start of a Kentucky Derby race. Black Friday is looming and families feel obligated to attend every dinner known to man.

But I implore you, take time to stop and smell the still beautiful roses. Spend time with your loved ones and really see who they are, who they're becoming. If having a baby has taught me anything it's that change is constant. Have you really looked lately?

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Be like a flower.
Survive the rain,
but use it to grow.

UNKNOWN

Key Facts about the MT One Stop



WRITTEN BY DAWN KEY

The MT One Stop is located on the second floor of the Student Services and Admissions Center (SSAC). The GPS address for the SSAC is 1860 Blue Raider Drive.

The desk is staffed with Enrollment Coordinators (EC) Monday - Friday, 8 am to 4:30 pm. Students begin by signing in with their M# at one of the computers to the right of the main desk and the next available EC will then call them to the desk for assistance.

Several people on campus think the whole building is the One Stop. However, the One Stop is actually only one end of the second floor, between the parking garage and the bridge that connects to the Student Union building.

We share this building with Undergraduate Admissions, the Registrar, Tours, the BlueID Office, Bursar's Office, and Financial Aid.

The One Stop **DOES NOT** handle these services:

- BlueID Office: There is a dedicated ID office on the first floor of the SSAC.
- Parking Passes: Students get these from the NEW Parking Services Building at 205 City View Drive.
- Academic Advising: Any questions about what classes to take are answered by the student's advisor.

The One Stop **DOES** answer these questions:

- Financial Aid Eligibility
- Residency (in-state/out of state)
- Withdrawing from one or all classes

Development Day

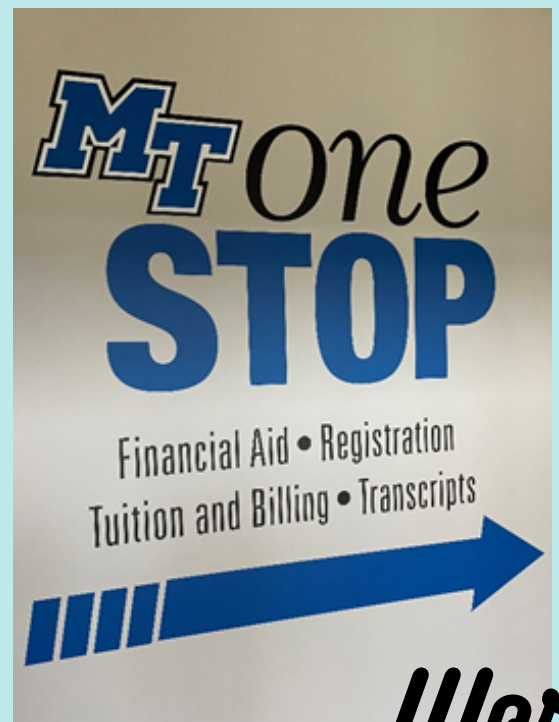
10TH ANNUAL CONFERENCE

What an amazing day!! I hope you were able to join us for Development Day 2021 because it rocked our socks off.

We had a fantastic day of learning and development from some amazing speakers: Deana Raffo, Ben Austin, Dianna Rust, and Dawn McCormack, just to name a few.

One of my favorite takeaways came from Kimara Clarke in her session, *Know your Value, Cultivate your Strengths*. She was speaking on why she had chosen the photo of Wonder Woman in her presentation. Kimara said she particularly liked her lasso; that Wonder Woman used her strength (lasso) to contain her obstacle.

"There is Power in Focus!" Cultivate your skills and use them religiously, because what you contain within that focused strength will eventually bend; no matter who notices.



THERE'S NO PLACE LIKE HOME

WRITTEN BY ANDREA SMITH

I met a friend for lunch at a hidden gem a few weeks ago and we both really enjoyed it.

At the bottom left of the James Union Building steps is the Raider Zone Grill. They have made to order breakfast, lunch, and dinner combo items along with a small convenience market available inside. What I found particularly interesting was the yogurt bowl machine with toppings available that was kept beside the pick-up window. I might have to try that another day!

Purchase from a menu near the door and place your ticket on the left side counter for your order to be completed. Then either take your food to go or sit in their small seating area on the right side of the grill. It was a fun place to hang out.



Insurance Check-up

WRITTEN BY ANDREA SMITH

October is here! October 1st began open enrollment for employee benefits.

There were a few changes this year in health service premiums and networks, as well as, dental updates, so make sure you look things over and ensure your service providers are still accepting your enrolled benefits plan.

You should have received a few emails from benefits.info@tn.gov to help you determine where to begin.

If you don't make changes, you will stay enrolled in your current health insurance products. To update your benefits packages, you will need your Edison ID. If you do not remember this ID and password, you may retrieve them [HERE](#).

Current MetLife DPPO members who don't make changes will be enrolled in Delta Dental DPPO, which is the new preferred provider in 2022.

Partners For Health - All insurance premiums can be viewed [HERE](#).

Also, a HUGE thank you to those in Human Resources helping us all understand our different options. We would all be lost without your help!... or maybe it's just me... I would be lost without you. Either way, thank you!

Life Update

Congratulations to Julie Baker for graduating with her MA in Liberal Arts in May 2021! We are so proud of you!!

If you have a life update, please email Sherry Fuller at Sherry.Fuller@mtsu.edu.

Soup Season

RECIPE FROM SIX SISTERS' STUFF

I am a fan of the instant pot and one of the things this gadget does really well is bring in incredible flavor in the least amount of time.

If you haven't broken down and purchased one yet, I'm not going to say you should; but if you own an instant pot and it's still packed away in its box, fall is the perfect time to try it out. Soup is a great beginner instant pot recipe and there are TONS to try if you are a soup lover.

One of my favorite YouTuber's for recipes is Kristen from Six Sisters' Stuff. She provides instant pot gold with recipes all over the map. She is a master at the instant pot and has released a new video about [20 of the Best Soups to Make in the Instant Pot!](#)

This video has some down home traditional recipes I grew up with along with some that are new to me. These include, but are not limited to:

- Broccoli Cheddar
- Chili
- Chicken Noodle
- Disneyland Clam Chowder
- Loaded Veggie
- Chicken and Potato
- Minestrone
- Loaded Taco
- Stuffed Pepper
- Sweet Potato and Quinoa Stew
- Creamy Enchilada
- and many more!



Beetlejuice, Beetlejuice, Beetlej...

WRITTEN BY ANDREA SMITH

Just Kidding! Wouldn't want to risk it...

The Mayday Brewery team is hosting a night of fun, costumes, and a movie on October 9th.

They will be playing, you guessed it, Beetlejuice!

This party is themed so come in your best costume and take a chance on winning one of their contest prizes.

Mayday is located at 521 Old Salem Road here in Murfreesboro.

You may find all the details and the party registration [HERE](#).



Unplug Alone

WRITTEN BY ANDREA SMTH

Last month we read about how to find time for self care. This month, I found a great article written by Royale Scuderi called [10 Simple Ways to Find Balance and Get Your Life Back](#).

In it, Royale lists some great ways to find that balance, but the first one hit home.

Turn it Off. This sounds simple, but for many of us it's one of the most difficult things we never do.

Unplug, disconnect, hang up the line... However you say it, do you find doing it challenging?

Yard work is almost at its end for this season, and I haven't been able to get out much with my son too little to use sunscreen. Regardless, one of my favorite times unplugging is while I'm mowing the lawn.

We have almost an acre and it takes a chunk of time to get through. A few times, my fiance thought I had been listening to music on my phone because I can be found bebopping around the yard on our riding mower.

The truth is my phone is usually inside sitting quietly. My mind is what is active. There is probably an earworm of a song rolling around my head, and I might even have the chorus on repeat.

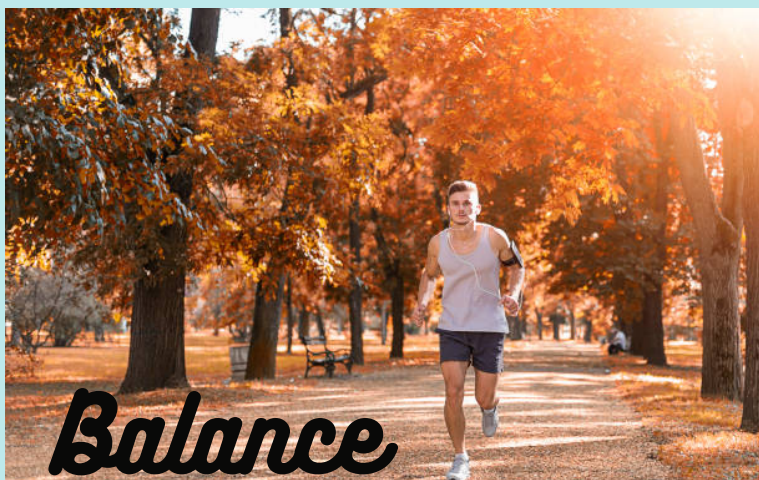


I enjoy letting my mind wander, gazing around at nature; and if I'm being honest, the millennial in me loves the instant gratification of running across a patch of grass and it coming out the other side looking pretty.

What is a time you enjoy unplugging?
Do you currently have one?
Would you try finding a time to sit with yourself?
What would you talk about if you were sitting in front of yourself?
Would it make you uncomfortable?

Well, no matter what your answer is about number one, read the rest of Royale's article and find the right ideas for you.

How do you find balance? There are nine other ways listed. You don't have to stop at #1.



Better Together

WRITTEN BY SHERRY FULLER

We kicked off the year, as we always do, with a membership drive, which is still in progress, and tossed in a twist with Development Day as our first event. To do that takes a team; and our vibrant Vice President, Andrea Smith, happily took to the challenge and chaired the event. She has a growing vision to help each cultivate the best versions of ourselves, and all I had to do was unleash her, because her brilliant ideas and creativity had to come to a screeching halt when the university severely shifted, cancelling all on campus events due to the pandemic.

Many are letting us know they had a take away from EVERY speaker, and some say it was the best Development Day so far! My only regret is everyone was not able to attend. As it turns out, there is NEVER a day that will work for all, despite our best conscious effort to choose a day with the least amount of conflicts.

Now, with extra special support from the fabulous Francine Mullins, who again took on the challenge of serving as our nuttiest job ever, our lead nut representative, we launched our annual Atwell Nut Sale! Let me just say,,, we are crushing it! Special thanks to all of you who said yes to serving as a building representative and for working alongside Francine to tackle the task of fulfilling orders! MTSU employees and retirees are wildly excited to use Atwell for their baking needs. We have already sold completely out of almonds and anticipate walnuts to sell out soon. We're down to 2 doz. bags!

I want to thank the ASCE board members for hanging in there as we go through growing pains and the use of dynamic forms and list serves. We ask for an extra dose of grace as we get it all together.

When agreeing to the nomination, then being voted in, and serving, no one actually knows the countless personal hours it takes to be successful; and it begins when all things are new on campus. All at once we have a new board, new membership drive, new members, all while beginning a new school year! So. let's do this thing called work together, and we will all be better together!

Green is the New Blue

EVENT IN OCTOBER

I ran across an interesting event coming up this month with the Green is the New Blue Team.

This is an organization supported through donations that holds creativity workshops in nature. It sounded delightful, so if you are available, put on your tennis shoes and have some fun!

Events are FREE and Open to the Public!

On Saturday October 9, they are holding a FREE **Dance Workshop: The Body in Nature** on the Discovery Center boardwalk between 10:00 am and Noon. This Noyes Rhythm Experience is taught by MTSU's own Meg Brooker and Patricia Collins.

REGISTER FOR THE EVENT [HERE](#).

Bring your yoga mat and use imagery to develop strength, coordination, and efficient movement patterning.

ASCE NEWS

Upcoming Events

Winter Wonderland - TBD

There are several positions available.

Join a committee!

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THE ASCE MONTHLY NEWSLETTER
PRIZE PATROL