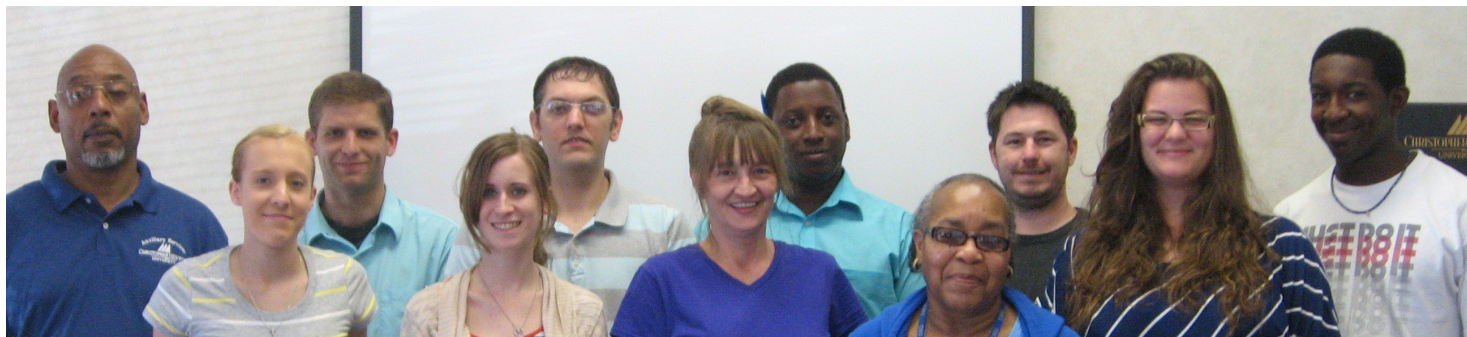




## INTRODUCING OUR NEWEST CNU COLLEAGUES



From left to right: **David Thomas**, Freeman Center; **Chelsea Fansler**, University Housing; **Jon Boyette**, Auxiliary Services; **Cristi Cox**, Residential Housing; **Ray Koehl**, Physics, Computer Science and Engineering; **Gini Holt**, Dining Services; **Jaz Sedgwick**, Dining Services; **Flo Beamon**, Plant Operations; **Joe King**, Plant Operations; **Rachel Jackson**, Dining Services; **Dythaniel Lewis**, Dining Services.

Diabetes Prevention  
and Control



Virginia Department of  
Health Peninsula Health  
District Presents:

### **Eat Smart, Live Strong:**

DSU Harrison Room  
12:00pm to 1:00pm  
April 17      April 24  
May 1        May 8

Come join us for this informative and enlightening series to learn more about diabetes risks, symptoms, treatment and management. Blood Pressures and Diabetes risk assessments will be available from 10:30am to 11:30am on Wednesday, April 17. For more information and RSVP, please contact the office of Human Resources at 757-594-7145.

### **Christopher Newport University celebrated the 2013 Recognition and Service Awards on April 10, 2013**

CNU honored faculty and staff for their service at the annual service awards program. Our beloved, Dr. Mazzarella expressed his heart-felt [remarks](#) during the Recognition and Service Awards program and has graciously allowed us to share them with you.

In addition, supervisors, colleagues and friends provided [thoughtful comments](#) about faculty and staff that we thought you would appreciate.

**We can't say it enough. Our faculty and staff are the best!**

## **PERSONAL FINANCIAL PLANNING APPOINTMENTS**

### **Campus Visits for the Month of April**

**VALIC:** Tuesday, April 16, 9:00am - 1:00pm

Contact Information: Representative, Cheri Coleman

To schedule an appointment, call at (757) 646-2314 or email [cheri.coleman@valic.com](mailto:cheri.coleman@valic.com)

**Fidelity:** Friday, April 26, 8:30am - 4:00pm

Contact Information: Representative, Boyce Brice

To schedule an appointment, call (800) 642-7131 or register online at [getguidance.fidelity.com](http://getguidance.fidelity.com)



Christopher Newport University celebrated our 2013 Recognition and Services Awards on April 12, 2013 for all employees reaching a significant milestone with the Commonwealth of Virginia and Christopher Newport University.

Please join us in congratulating everyone for their accomplishments!

**RETIREES**

**Dr. Mario D. Mazzarella** - 44 years of service  
**Dr. Martin W. Bartelt** - 37 years of service  
**Mr. Milton M. Brooks Jr.** - 32 years of service  
**Mr. John A. Myers** - 23 years of service  
**Dr. Bobbye H. Bartels** - 18 years of service  
**Mr. Patrick A. Castonguay** - 16 years of service  
**Mrs. Bobbie J. Zepp** - 14 years of service  
**Mrs. Judy C. Gentry** - 12 years of service  
**Mr. Kenneth F. Kirk** - 12 years of service  
**Mrs. Virginia L. Kirk** - 11 years of service  
**Mrs. Marilyn M. Buckaloo-Harris** - 7 years of service  
**Ms. Delores Wells** - 6 years of service  
**Ms. Dorothy M. Coleman** - 5 years of service  
**Mr. Keith W. Outten** - 5 years of service

**THIRTY-FIVE YEARS OF SERVICE**

Mrs. Carol A. Safko

**THIRTY YEARS OF SERVICE**

Ms. Doris M. Archer  
Mr. Tony R. Dinkle  
Mrs. Stephanie Kuebler  
Ms. Patricia L. McDermott  
Ms. Lyn S. Sawyer

**TWENTY-FIVE YEARS OF SERVICE**

Mrs. Barbara F. Copley  
Mr. Brian K. Foran

**TWENTY YEARS OF SERVICE**

|                           |                       |
|---------------------------|-----------------------|
| Mr. Gregory A. Henry      | Dr. Lynn Lambert      |
| Dr. Timothy R. Marshall   | Mr. Tony O. Parker    |
| Dr. Scott T. Pollard      | Ms. Deborah D. Poole  |
| Mrs. Mary H. Pratt        | Dr. Mark U. Reimer    |
| Dr. Kenneth T. Rose       | Mrs. Kathleen S. Shaw |
| Dr. Marsha M. Sprague     | Ms. Judy M. Stenzhorn |
| Mrs. Lorraine M. Westphal |                       |

**FIFTEEN YEARS OF SERVICE**

|                          |                       |
|--------------------------|-----------------------|
| Ms. Desiree R. Allen     | Mrs. Magaline Bolling |
| Mrs. Penny Crudup        | Ms. Jacquelyn W. Eley |
| Mr. Fatu Fonoti          | Mrs. Linda M. Gordon  |
| Ms. Janine W. Kennell    | Dr. Quentin Kidd      |
| Mrs. Alicia M. Rodriguez | Mr. Charles L. Sibley |
| Ms. Briana C. Taravella  | Mrs. Anna M. Thombley |
| Ms. Ruby M. Williams     |                       |

**TEN YEARS OF SERVICE**

|                               |                         |
|-------------------------------|-------------------------|
| Mr. Eric A. Allen             | Dr. Linda L. Baughman   |
| Mr. Allen B. Crowder          | Mr. Curtis D. Davidson  |
| Ms. Shanika D. Ellis          | Ms. Denise R. Gillman   |
| Dr. Phillip F. Hamilton       | Dr. Robert B. Hasbrouck |
| Mr. Gregory A. Hatchett       | Mrs. Clara E. Johnson   |
| Ms. Tara D. LaCour            | Mr. Brian C. Larson     |
| Dr. Joan M. McMahon           | Mrs. June L. Miles      |
| Mr. Charles L. Ruble          | Ms. Tanya E. Sweet      |
| Mr. Dwight U                  | Dr. Dali Wang           |
| Ms. Alicia C. Willson-Metzger |                         |

**FIVE YEARS OF SERVICE**

|                           |                             |
|---------------------------|-----------------------------|
| Mr. Todd Boward           | Mrs. Chereta R. Braddock    |
| Mr. Joseph G. Brooks      | Ms. Alicia G. Brown         |
| Dr. Stephanie E. Byrd     | Mrs. Kimberly S. Carson     |
| Mr. Robert A. Clark       | Mr. Ronald Y. Clough        |
| Mr. William T. Coxe       | Mr. Don H. Crudup           |
| Ms. Caitlin M. Dana       | Mr. Damien W. Dorsey        |
| Ms. Ingrid K. Edery       | Mr. Arthur L. Edwards       |
| Mrs. Cara L. Fitzgerald   | Mrs. Pamela J. Gaddis       |
| Dr. Elizabeth Gagnon      | Ms. Carrie C. Gardner       |
| Ms. Amie E. Graham        | Ms. Ali Gustafson           |
| Mr. Vincent S. Hadad      | Dr. David P. Heddle         |
| Mrs. Nicole B. Hunter     | Mr. Eric K. Kelly           |
| Mrs. Christine Ledford    | Ms. Zena Mageras            |
| Mr. John W. Mann          | Mr. Vernon L. Marshall, Jr. |
| Mrs. Kathleen E. Mazzitti | Mr. Kyle S. McMullin        |
| Dr. Elizabeth Moran       | Mr. Joseph W. Morris        |
| Mr. Stephen D. Murphy     | Dr. Jeanne M. Nailor        |
| Ms. Nicole L. Oman        | Dr. Mark W. Padilla         |
| Ms. Stella T. Parker      | Mr. Noel B. Porter          |
| Dr. Laura M. Puaca        | Ms. Melissa E. Pullen       |
| Ms. Carolyn E. Raveia     | Mrs. Alice D. Reed          |
| Mr. Thomas M. Ridley      | Mr. Matthew B. Schnepf      |
| Dr. Noah Z. Schwartz      | Ms. Brenda J. Staton        |
| Dr. Jeffery J. Steckroth  | Dr. Mark A. Steiner         |
| Mr. Gregory G. Steward    | Mrs. Teri D. Teter          |
| Dr. Jessica S. Thompson   | Mrs. Lori Throupe           |
| Mr. Craig V. VanClief     | Mrs. Elaine B. Viel         |
| Mr. Richard D. Whitehead  | Mr. Howard L. Williamson    |
| Mrs. Geneva J. Wynn       |                             |





## 2013 HEALTH & FLEXIBLE BENEFITS OPEN ENROLLMENT

**Open Enrollment** for the Health Benefits and Flexible Spending Accounts begins on May 1, 2013 and ends on May 24, 2013.

**Very Important News:** The Department of Human Resource Management (DHRM) will mail The Spotlight on Your Benefits to your home approximately mid-April which contains detailed information on the Open Enrollment and the changes to the health plan and Flexible Reimbursement Accounts.

DHRM scheduled employee meetings throughout the Commonwealth one of which is to be held at CNU in the David Student Ballroom on May 1, 2013, at 10 am. There are many changes to health care, so it is important that you attend one of the [employee meetings](#) (vendors from the insurance companies will be in attendance) or one of the meetings Human Resources is scheduling. We'll let you know those dates as soon as we have the plan materials to share.

Here is what we know at this time:

- COVA Care, COVA HDHP and the Tricare Supplement remains as options for employees in our area.
  - COVA Care and the COVA HDHP will continue to be administered by Anthem Blue Cross Blue Shield
  - COVA Connect that was administered by Optima will no longer be offered. Employees in the COVA Connect will be able to make an open enrollment election into another plan or will default into the comparable COVA Care plan.
- There will be a new Consumer Driven Health plan – COVA HealthAware, administered by Aetna which will include a Health Reimbursement Arrangement.
- The Flexible Reimbursement Accounts will be administered by Anthem.
  - The Medical Reimbursement Account maximum will be \$2500.00.
  - The Dependent Care Account remains at a maximum of \$5,000.

At this time, we do not have any rate information or further details to share regarding these plans. We promise we will update you as soon as we receive any information regarding changes.