Heart disease is the leading cause of death for both men and women. UNG is proudly participating in American Heart Month to prevent heart disease and increase awareness of its effects.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

**USG WELL-BEING CAN HELP!**

*Eligible employees can get well-being coaching at no cost!*

You will have access to:
- Dietitians
- Behavioral Health Specialists
- Pharmacists

You will learn how to create healthy habits and:
- Quit Smoking
- Eat Healthier
- Reduce Stress
- Exercise and Maintain a healthy weight

**GET STARTED NOW!**
JOIN A TEAM TO JOIN THE CHALLENGE

Your team is going from start to finish on this epic trail. Step to each destination, unlocking American backcountry and survival tips along the way. Pack your team spirit too — this hike is a true test of steps and willpower.

- Ends on March 23
- Teams can have up to 10 participants - join an existing team or create a new one! It's up to you.
- Scores are based on total team steps.
- Get credit for up to 30,000 steps per day!
- The individual or team with the most steps at the end of the challenge wins!

$25 Track your steps each week of this challenge and earn $25 towards your $100!

QUESTIONS? CONTACT US! HR@UNG.EDU

CLICK ON USG WELL-BEING WHEN YOU ACCESS YOUR BENEFITS THROUGH THE “MANAGE MY BENEFITS” PORTAL IN ONEUSG CONNECT!
David Marling
HR Compliance Officer

Dr. Marling has worked at UNG for seven years. He first served as Assistant Dean of Students for Student Conduct and then transitioned into the role of Title IX Coordinator for the past five years. He received his Bachelor’s degree in Radio/TV/Film from Stephen F. Austin State University, his Master’s in History from Texas A&M-Commerce and his Ph.D. in Higher Education Administration at UNG. He is married to Janet Marling, who serves as Executive Director of the National Institute for Transfer Students (NISTS) at UNG and has three children. In HR, he will oversee Compliance, Risk Management, Communications, HR Analytics, and Training and Development.

“I am excited about working with a talented and dedicated team in HR and I look forward to serving our faculty and staff in my new role.”

Guess Who
Click here to find the answer to last month’s flashback photo and guess the employees in this month’s flashback!

To be featured please email us your flashback and current photo! hrnewsletter@ung.edu

Where is Nigel?
Did you find Nigel? Click here to let us know where in the newsletter he is hiding!
BLACK HISTORY MONTH

The first Negro History Week was started by Dean Carter B. Woodson in 1926. Read all about it here!
The first black history month recognition was by the Black Student Association at Kent State University in Ohio in 1970.
Between the start of Negro History Week and Black History Month - National commemoration by President Ford in 1976 - the recognition developed and embedded in Black churches, Historically Black Colleges and Universities (HBCUs), and the Divine Nine Fraternities and Sororities. The University of North Georgia now has a chapter of Sigma Gamma Rho, one of the Divine Nine. Some UNG faculty and staff are alumni members of the Divine Nine.
Most historical recognition months started with the minority communities. The goals of these months has generally been to correct the exclusion by most American history books of these populations. If at all possible, attend Black History Month programs sponsored by the UNG Multicultural Student Affairs office. Learn about the injustices faced by the community and the efforts to overcome these. Learn about the contributions of African Americans to the development of the United States.

- Dr. Pablo Mendoza, Director of Diversity and Inclusion

BLACK HISTORY MONTH PROGRAMS SPONSORED BY THE UNG MULTICULTURAL STUDENT AFFAIRS OFFICE.

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<tr>
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<td>CELEBRATION – POETRY,</td>
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<td>BSTRUINITY GAME NIGHT</td>
<td>SONG, AND DANCE</td>
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CAMPUS CASH ACCOUNT

WHAT IS IT?
Campus Cash is an account on your Nighthawks Card that gives you access to purchases without having to carry cash, credit cards, or checks around campus.

WHERE CAN YOU SAVE?
Campus Cash can be used university wide at participating locations! Below are a few examples:

- Bookstore (save 5% on spirit merchandise)
- Vending Machines (save 5%)
- Dahlonega Dining Hall (save 5%)
- All dining locations at the Hoag Student Center (save 5%)
- Starbucks Coffee Bar, Gainesville Campus (save 5%)
- Food Court, Gainesville Campus (save 5%)
- Starbucks Coffee Bar, Oconee Campus (save 5%)

VISIT UNG CARD SERVICES FOR MORE INFORMATION!

IS DAHLONEGA YOUR HOME CAMPUS?
Leaving campus at lunch time can become tedious and potentially take too long. What if you had another option?

DAHLONEGA EMPLOYEES NOW HAVE THE OPTION OF PURCHASING MEAL PLANS!
You will save on your meal and not have to leave campus to do so!

- $312 per Semester - 50 meal swipes
- $220 per Semester - 35 meal swipes
- $130 per Semester - 20 meal swipes

VISIT UNG CARD SERVICES FOR MORE INFORMATION!
You may be familiar with a State of Georgia sponsored program known as TicketsatWork.com. This COST-FREE benefit provides access to THOUSANDS of exclusive travel and entertainment discounts, so you can make the most of your time away from work.

BE ON THE LOOKOUT IN YOUR EMAIL INBOX FOR DETAILS AND HOW TO REGISTER AS UNG HR LAUNCHES THIS PROGRAM EARLY THIS MONTH.
The North Georgia STAR employee recognition program recognizes meaningful accomplishments of UNG staff employees who embody the University's standards for excellence, efficiency, and outstanding customer service to internal or external constituents.

How do I nominate someone?
Nominations are accepted at any time. You may complete the online form here.

What happens after I nominate someone?
Nominees are notified via HR and will receive a certificate and a STAR pin in recognition of their award. Read more about the North Star Award here.

JANUARY NORTH STAR RECIPIENTS

Austin Tolbert – Testing
Ashley Garrett – Advising
Misty Young – Registrar
Sharon Hamilton – Leadership & Global Engagement
Kandi Sanders – University Relations
Michael Roth – IT
Darryl Jordan – A/V Event Services,
Travis Burdick – A/V Event Services,

Please congratulate these NORTH STAR AWARD Recipients! Let them know you appreciate their hard work and dedication!
UNG recognizes staff members for their professional achievements and their contributions to the university's success!

Full-time staff members from all campuses are eligible for this award!

Recent Winners:

- Cumming – Beth Collins
- Dahlonega – Elisha Blackford
- Gainesville – Betsy Chaput
- Oconee – Rebecca Carter

Award decisions will focus on the nominee's work for the University. Campus leadership roles and contributions to the community will be factors considered, if necessary, to help make the best selection. All campuses are encouraged to participate, including students.

- Dahlonega and Gainesville awards are monthly
- Blue Ridge, Cumming, and Oconee are quarterly

Staff Member of the Month
Nominations Form
NEW EMPLOYEE WELCOME: JANUARY WELCOME TO NIGHT HAWK NATION

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DAH- DOB 228 9A-12P | SUPERVISOR TRAINING PROGRAM  
GVL- LIBRARY 134 10A-12P | STAFF LEADERSHIP DEVELOPMENT PROGRAM  
DAH- HOAG ABC 9A-3P |

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GVL- LIBRARY 134 10A-12P | MONTHLY TRAINING  
GVL- LIBRARY 134 10A-12P  
MONTHLY TRAINING  
DAH- LTC 269 2P-3P |

UPCOMING TRAINING AND DEVELOPMENT

| Roshni Alexander | Faculty |
| Welela Berhanu | Clinical Faculty |
| William Brogdon | Assistant Professor |
| Jeff Etienne | Faculty |
| Abby Johnson | Faculty |
| Paige Massey | Faculty |
| Scott McGrath | Faculty |
| Maggie Mimms | Clinical Faculty |
| Brittany Murrow | Clinical Faculty |
| Mackenzie Newell | Faculty |
| Molly O'Roark | Faculty |
| Lauren Ringwall | Faculty |
| Tia Roper | Faculty |
| Melissa Rosser | Faculty |
| Michael Stewart | Faculty |
| Nanci Tackett | Clinical Faculty |
| Rosetta Ussery | Faculty |
| Anastasia Wright | Clinical Faculty |
| Ashley Chadwick | Nurse Practitioner/Physician Assistant |
| Christine Godwin | Shuttle Bus Driver |
| Tejaswini Plyler | Institutional Research Analyst |
| Kaylee Singletary | Library Associate |
| Norman Loyd | Network Technician |
| Terri Ogden | Administrative Assistant I |
| Donna Rutledge | Faculty |
| Alexander Young | Web Systems Coordinator, Title III |
| Lauren Garcia | Office Assistant II |
| Ruffin Barnes | Test Center Administrator |
| Lazaro Amores | CE Instructor |