FLAMES FRIDAY

Join the movement to generate school spirit by wearing UIC apparel every Friday. Whether it's your favorite UIC hoodie, a jersey from a Flames athlete, or a t-shirt from a campus event...if you've got it, flaunt it!

Need some new UIC apparel? Every Flames Friday, the UIC Bookstore offers a discount of 20% off one UIC apparel item. Be on the lookout for the UIC Center for Student Involvement's Street Team for Flames Friday promotions. If they spot you wearing UIC gear on Fridays, you could win awesome giveaways!

Ways to get involved in Flames Friday:
• Wear UIC apparel every Friday
• Take a photo and post it with #FlamesFriday on social media
• Decorate your office, or department with UIC red and blue decorations
• Attend UIC Athletics events
• Follow the #FlamesFriday hashtag on social media for upcoming promotions

Students, faculty, and staff can all participate in this campus wide movement.
Join in the Flames Friday fun and demonstrate your passion for UIC. If you feel it, show it!

GO FLAMES!
The UIC Pop-Up Pantry, is a free resource to support UIC students who, due to financial constraints, are experiencing very low food security, as defined by the U.S. Department of Agriculture (USDA).

Food for the Pop-Up Pantry includes donations from students, faculty, and staff, collected at any time during the academic year. The Pop-Up Pantry has also received monetary donations from faculty members which have been used to purchase food in bulk. All donations go to help UIC students.

The most popular donated (always the first to go) items include instant meals, pasta, rice, cereal, peanut butter/jelly, snack foods, and beverages, such as coffee and tea. Other needed items include, canned foods: fish, meats, beans, soup, and vegetables. Non-food items are also appreciated, such as shampoo, toothbrushes/toothpaste, toilet paper, deodorant, and laundry detergent. Note that candy and cookies are not accepted.

Since the first Pop-Up Pantry in November of 2014, the pantry gets on average 1,000 bags of food and they serve over 800 students every year. For the first time, they will be giving away fresh fruit and bread this year. The food pantry is also used as a tool to educate students on the importance of good, healthy food. Food is not just necessary to fill up your stomach, it is crucial to a student's intellectual power and holds a lot of weight in the success of learning, cognition, function, and attention.

Did you know, your brain uses 20% of the calories that you eat? When you help feed a student, you are giving them a chance to promote their academic success. Join the mission to provide students the nutrition they need to succeed!

Food donations may be dropped off at the Wellness Center in Student Center East. For curbside service, call 312-413-2120 and helpers will meet you at your car on Halsted Street. For monetary donations online, click here.

Students have benefitted from a cooking lesson taught by a nutrition graduate student who focused on smart eating. To encourage healthy eating at home, everything that was used in the recipe was also purchased and made available to students. The meal contained a good source of protein, fiber and vitamins.

Carol Peterson, Associate Director of the Wellness Center, explains their next biggest challenge is finding a dedicated area to hold the pantry. This space would allow them to hold the pantry more often, possibly even weekly. As a result, wait times will decrease and students can get in and out quickly.
For event locations and times, visit go.uic.edu/FlamesFinishStrong

Student Center East will be open overnight **Monday, 12/5 – Wednesday, 12/7.** Students can stop by anytime to study.

Commuter Student Resource Center will be open **7:30AM–10:00PM during finals week.** Free coffee offered each day 7:30AM–11:00AM & 6:00PM–10:00PM.

**COMMENCEMENT**
The 2016 Commencement Ceremonies will be held **Saturday, December 10** at the UIC Pavilion. The 9:00AM ceremony honors graduate students and the 2:00PM ceremony celebrates undergraduates. Last year marked the first of the December Commencements, so we are very excited to be celebrating the second one soon! The UIC Commencement Ceremonies are televised live through the University’s Commencement website.

**ICYMI**
**IN CASE YOU MISSED IT**

**UIC Flames Tip-Off Tailgate**
Pre-game celebration held November 16th

**Amazon@UIC Debut**
Amazon@UIC is now open in Student Center East! Don’t forget to stop by later and check it out!

**Catalyst Leadership Retreat**
Catalyst is a one-day intensive leadership retreat that was held in September allowing students to engage in meaningful dialogue about leadership, change, and possibility.

**NEW YEAR'S EVE**
SHOUT-OUT TO THE CREW

EMPLOYEE RECOGNITION AWARDS

Two Student Affairs team members were awarded in an Employee Recognition Awards Ceremony in November for their outstanding and exemplary work in their fields.

SPENCER LONG

Spencer Long, Associate Director of Student Leadership, Development, and Volunteer Services received the UIC Award of Merit, which recognizes outstanding Academic Professionals and Civil Service employees. It is a university-wide honor available to UIC campus staff who exhibit service, commitment, and dedication. Award recipients receive $2,500 and a memento gift. In Spencer Long's application for the award, Carol Petersen (Associate Director, Wellness Center) wrote: "Man of Action" aptly describes Spencer Long. His unit entails promoting and educating students on two critical pillars of life: leadership and civic engagement through volunteering. This critical education, when done well, can positively impact a student's lifelong contribution to society and their profession. Mr. Long has met and exceeded the challenge of doing well.

MARIOLA ARRIOLA

Mariola Arriola, Business Manager, UIC Convenience Stores, (former Business Manager, Student Centers Administration) received the Janice Watkins Award, which recognizes exceptional Civil Service employees for their distinguished service to the University. Sponsored by the Staff Advisory Council, the design for the award is based on three interlocking components signifying the unity of faculty, staff, and students of the University of Illinois at Chicago. The award is a token of gratitude from the university and is awarded to Civil Service employees who exhibit a pleasant, warm demeanor and provide willing assistance to others and perform duties with diligence and dedication. In Mariola Arriola's application for the award, Eric Simon (Executive Director, Business Development) wrote: Ms. Arriola exemplifies the definition of a servant leader. She is a self-less professional that always finds ways to fulfill her duties while helping others with their projects and duties. Ms. Arriola's attention to detail and ability to get work complete has led her to become one of the more respected and highly regarded leaders in the Student Centers.

SERVICE RECOGNITION AWARDS

Student Affairs gives a heartfelt thank you to our staff who have served 10–25 years at UIC.

25 YEARS

Jill Rothamer, Center for Student Involvement
Annette Wright, Office of the Dean of Students

20 YEARS

Nikki Andrae, Meetings & Conferences
Lisa Days-Marti, Student Affairs Human Resources
Sabrena Givens, Office of Student Financial Aid
Barbara Henley, Office of the Vice Chancellor for Student Affairs
Kimberly Kull, Children's Center
Juanita McCary, African American Academic Network
Bettye McGee, Student Affairs Financial Services
Susan Teggatz, Campus Housing Central Administration
Ruben Velano, Student Centers Operations
Arlene Wells, Children's Center
Michelle Williams, TRIO Academic Service Program

15 YEARS

Omar Abdullah, Student Centers Operations
Eric Arding, Campus Housing Central Administration
Jose Ayala, Office of Student Financial Aid
Debra Brown, Student Centers Operations
Frances Chavez, UIC Medical Bookstore
William Dagen, UIC Forum
Sylvia Daniels, Counseling Center
Linda Deanna, Office of the Dean of Students
Rosalinda Gonzalez, Student Centers Operations
Ruby Lepe, Student Centers Administration
Loreen Maxfield, UIC Bookstore
Christener McCrorey, Children's Center
Janice Norwood, Student Affairs Human Resources
Carol Anne Petersen, Wellness Center
Drumelle Shines, Campus Housing
Deborah Taylor, Campus Housing
Kelli Thomas, Office of Student Financial Aid

10 YEARS

Anaberta Acosta, Office of Student Financial Aid
Rene Amador, Campus Recreation

Allen Braxton, Student Centers Operations
Tenisha Burnett, Office of the Vice Chancellor for Student Affairs
Curtis Cross, Student Centers Operations
John DeWries, TRIO Academic Service Program
Joseph Fields, African American Academic Network
Allen Flanagan, Campus Housing
James Fricke, Student Affairs Financial Services
Valerie Gordon, Center for Student Involvement
Patricia Handcox, Student Centers Operations
Joseph Hermes, Counseling Center
Brenda Jefferson, Student Centers Operations
Juan Jimenez, Children's Center
Bridgette King, Campus Housing
Mark Kramer, ID Center
Vishaka Patangay, Student Affairs Technology
Vance Pierce, Center for Student Involvement
Yadira Ramirez, International Services
Maria Sosa, Campus Housing
Margaret Taylor, International Services
Tamika Webb, ID Center
Melinda Young, Children's Center