

Employees Keep It Moving on Campus

VICTOR ROGERS
INSTITUTE COMMUNICATIONS

Debbie Dorsey wants to live to be 110 years old. Her great-grandfather lived to the age of 95. Her grandmother lived to be 99. And, her 85-year-old mother still lives on her own.

"I hope the odds are in my favor!" Dorsey said jokingly. But, the 58-year-old is serious about her health.

Dorsey, director of administration in the Division of Student Life, works out five or six days a week, with jogging and running three to four miles as one of a variety of exercises. When she runs outside it's usually during her lunch hour, and the Pi Mile course through campus is her typical route.

"The Pi Mile course is a good mix of hills and flats, so it's a good workout,"

she said. It also allows her to keep up with what is going on around campus.

"We have a beautiful campus, and I like telling the landscaping crews what a great job I think they do," she said. "I get ideas for my own yard too: what's native, growing conditions, sun or shade, and such."

Around the time of the Atlanta Olympics in 1996, Dorsey started jogging regularly to build up her endurance for playing field hockey.

"The majority of the players were younger than me, so I had to do something to try and hold my own," Dorsey said. "I'm not sure I have always been successful, but I'm having fun trying, and it gets me outside."

Getting outside is what David A. Bader enjoys most about walking on campus.

"Our campus has incredible people and beauty in every corner," said Bader, professor and chair of the School of Computational Science and Engineering



Photo by Christopher Moore

Debbie Dorsey stretches outside the Campus Recreation Center.

in the College of Computing. "I enjoy the public art, smiling faces, and conversations around the community. It's also a great way to relieve daily stress, gain

better health, and appreciate the world on a daily basis."

see **WALK**, page 3

DETAIL-ORIENTED



Photo by Rob Felt

The Tech campus is known for its beauty, but many details get lost in the everyday to and fro of work life. Take a minute to see some of the architectural details that are hidden in plain sight. See page 4.

Talking through Tragedy

KRISTEN BAILEY
INSTITUTE COMMUNICATIONS

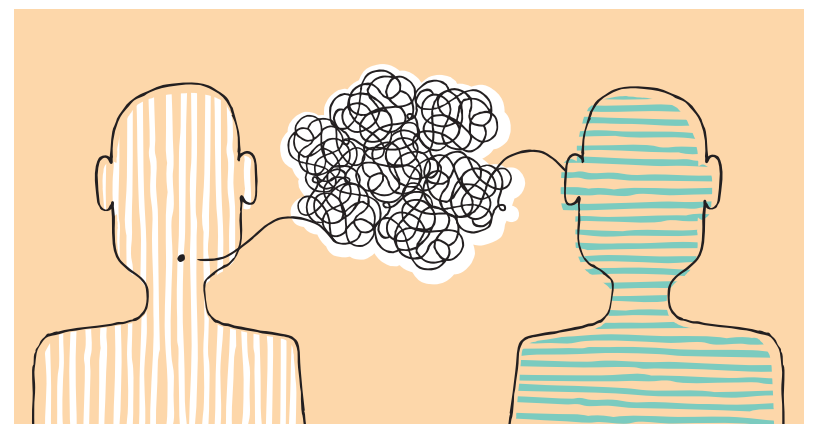
A common thread of humanity is that, at some point, tragedy will strike — whether it be personal or global. It is a universal experience.

Often it comes in the middle of other busy times. Those in the workforce must continue to show up at the office, engage in meetings, care for children or aging parents, and manage other responsibilities while grieving.

Though tragedy is universal, all trauma is not universally shared. When traumatic events happen, it can be hard to know how to support colleagues without crossing a personal line.

"It is important to remember that people react differently in the face of traumatic events," said Shannon Croft, psychiatrist with Stamps Health Services.

For some, trauma can cause



fear or anxiety. Meanwhile, some may initially react to a crisis with a burst of energy, while others feel overwhelmed and struggle to focus.

Croft noted that people also react differently to traumatic events over time. Some may initially feel numb but feel intense emotions later; others may feel the full weight of their feelings more immediately.

"Given the variability in how traumatic events affect us, how we experience our own reactions and emotions, and how we cope best

with trauma, it is clear that a 'one size fits all' approach to handling trauma in the workplace will often be detrimental," Croft said. "What is probably most useful is a general level of sensitivity to the variety of ways trauma may affect us, and a nonjudgmental way to encourage our colleagues to get the support they need."

For those who manage others, knowing how to support employees can present another layer of complexity. Kim

see **TRAGEDY**, page 4

NEWS BRIEFS



CRC Offers Holiday Day Camps

Tech Wreck Break Camp is a day camp offered for 1st-through 8th-grade children whose parents are Tech faculty, staff, or students. Registration for this year opens Wednesday, Oct. 25. Learn more at:

crc.gatech.edu/breakcamp



Riding Gravitational Waves

Georgia Tech's Laura Cadonati is in Washington, D.C., this week to talk about the latest cosmic discovery from the Laser Interferometer Gravitational-Wave Observatory (LIGO). Learn what scientists have discovered at:

news.gatech.edu



OPEN ENROLLMENT

Open Enrollment materials for 2018 are being mailed to employees' homes this week. Learn more on page 2.

EVENTS

HEALTH AND WELLNESS

Oct. 19
The Campus Recreation Center hosts a free G.I.T. FIT weightlifting basics clinic from 4:30 to 5:30 p.m. on the Fitness Floor.
crc.gatech.edu/programs/git-fit

Oct. 24
Human Resources hosts a Be Well session on *Social Smoking: No Big Deal?* from noon to 1 p.m. in Room 229, Human Resources Building.
ohr.gatech.edu/bewell

Oct. 31
Human Resources hosts a Be Well session on *Saving for the Holidays* from noon to 1 p.m. in Room 320, Student Center.
ohr.gatech.edu/bewell

WORKSHOPS AND TRAINING

Oct. 19
The Center for Teaching and Learning hosts a workshop on *Dealing with the Unexpected* from 11 a.m. to 1 p.m. in President's Suites C and D, Bill Moore Student Success Center. Lunch is provided. RSVP at:
c.gatech.edu/unexpected

SEMINARS AND LECTURES

Oct. 18
Erik Gartzke, professor at the University of California, San Diego, will discuss *War and Peace in the Virtual World: How Drones and Cyberspace Will Shape the Future of World Affairs* from 3 to 5 p.m. in the Piedmont Room, Student Center.

Oct. 19
Rutt Bridges, School of Earth and Atmospheric Sciences' 2017 Alumnus of the Year, will discuss the topic of *Understanding Disruption* from 11 a.m. to noon in Room 1205, Ford Environmental Science and Technology Building.
c.gatech.edu/disruption

Oct. 19
Young-Hui Chang, professor in the School of Biological Sciences, will discuss *How Flamingos Stand on One Leg and Other Reasons to Study Comparative Neuromechanics*, from 7:30 to 8:30 p.m. in the Clary Theatre, Bill Moore Student Success Center.
cos.gatech.edu

EVENTS continued on page 3

OPEN ENROLLMENT 2018

OCTOBER 30 – NOVEMBER 10
TECHWORKS.GATECH.EDU

Complete benefits plan information and 2018 rates are available at usg.edu/hr/benefits
OneUSG Connect – Benefits Website: connect-benefits.usg.edu
OneUSG Connect – Benefits Call Center: 1-844-587-4236 (Weekdays, 8 a.m. to 5 p.m.)

Materials will be mailed to every benefits-eligible employee's home this week, including a guide of all benefits offered through Georgia Tech and the University System of Georgia (USG).

While you do not have to re-enroll in benefits plans to maintain the same coverage (with the exception of flexible spending accounts), it's important to review your selections to ensure they are still the best choices for you and your family. If you don't enroll for 2018 benefits, your 2017 coverage will continue at 2018 rates.

TECH-SPECIFIC BENEFITS

» **Donated Sick Leave**
This policy allows eligible employees who do not have enough sick leave of their own to receive a donation of hours for illnesses qualified under the Family and Medical Leave Act (FMLA). Enrollment only takes place through TechWorks during Open Enrollment, and employees must donate at least eight hours to be eligible to tap into the pool. Read the full policy at c.gatech.edu/usgsickleave. (Note: Donated Sick Leave cannot be used in conjunction with long- or short-term disability, but it can be used to meet the elimination period.)

» **Identity Theft Insurance**
Last year, Tech employees received a year of identity theft protection from Legal Club of America following a campus security breach. Those who would like to re-enroll in this benefit can do so for \$7 per month for exempt employees, or \$3.50 biweekly for non-exempt. The subscription provides \$25,000 of identity theft insurance.

» **Delta Dental HMO**
The USG offers a choice of two dental plans; as a Georgia Tech employee, you also have access to a third plan option – Delta Dental HMO, which is not communicated in the USG Open Enrollment newsletter.

OTHER THINGS TO CONSIDER

» **Short-Term Disability**
This offering from MetLife is available to those who want to be covered in the event they need to take a leave of absence for a disability, including the welcoming of a child. Employees can only add this coverage during Open Enrollment, and it provides a benefit of 60 percent of your weekly earnings to a maximum of \$2,500 per week.

» **Long-Term Disability**
Also offered by MetLife, this insurance provides a benefit of 60 percent of your monthly earnings to a maximum of \$15,000 per month. It kicks in after short-term disability ends or on the 91st day of a qualifying disability.

» **Path2College 529 Plan**
The USG offers this plan for employees to save for their children's future higher education costs. Learn more at path2college529.com.



IMPORTANT DATES

- » **Benefits Fair**
Wednesday, Oct. 25: 10 a.m. to 2 p.m., Student Center Ballroom.
- » **Info Sessions**
Monday, Oct. 16: Noon, Student Center Theater
Wednesday, Oct. 18: 1 p.m., Room 200, Scheller College of Business
Tuesday, Oct. 24: Noon, Gordy Room, Wardlaw Center
Thursday, Oct. 26: 2 p.m., Ensemble Room, West Village
Tuesday, Oct. 31: 6 a.m., Piedmont Room, Student Center



OTHER WELLNESS RESOURCES

- » **Campus Recreation Membership**
Employees and their family members can become members of this award-winning campus facility that offers a full gym, two pools, personal training, massage therapy, group fitness, and equipment rentals. Learn more at crc.gatech.edu/member-services.
- » **Depoe Eye Center, Stamps Health Services Pharmacy, Tech Dental**
Many health needs can be taken care of right on campus. The Depoe Eye Center is located in the Student Center, and the Stamps Health Services Pharmacy and Tech Dental are in the Joseph B. Whitehead Building.

- » **Be Well Series**
Human Resources offers sessions throughout the year focused on various aspects of health and well-being. See the upcoming schedule at ohr.gatech.edu/bewell.
- » **HealthTrails**
For those who want motivation to get moving, consider participating in a future USG HealthTrails challenge. Learn more at hwb.gatech.edu/healthtrails.

- » **Employee Assistance Program (EAP)**
The EAP provides a 24/7 resource for legal, financial, counseling, and other services. Employees and their family members can call 678-616-TECH (or toll-free 844-GATECH1) for immediate assistance or request services at espyr.com (password "well-being"). All services are confidential and free.

WALK, from page 1

Even though he became a vegan as a senior in college and eliminated animal products such as meat, fish, dairy, and eggs from his diet, Bader said he has had a weight problem his entire life.

In August 2016, he started walking as a way to simplify his life and refocus on what was important: raising his daughter as she finished high school. He purchased a fitness tracker that records his steps, heartrate, and activities, and, soon, he was tracking his daily steps.

At first, he walked 10,000 steps per day, as he got used to wearing the tracker. He also learned how to use his smartphone features such as talk-to-text and voice commands, so that he could answer emails and take calls while walking on a “safe path that intersects least with automobiles, roads, and traffic of all sorts,” he said.

“When the weather is good, I often find a route around the Clough Commons, the Campanile, Tech Tower, and green spaces on campus,” Bader said. “Here, I often meet students, staff, and faculty, and see people I may not ordinarily bump into.”

He said his staff use Slack, a team collaboration and messaging tool, to keep in touch, so he can be back in the office in a few minutes. He also turned many of his meetings with students and staff into “talking walks” on campus instead of huddles in a conference room. Within a few weeks, Bader was walking 27,000 steps each day, and the pounds — more than 50 — came off.

Bader’s weight dropped from 223 pounds, when he started walking a year ago, to 170 pounds today. His waist was 46 inches and is now 34. He said he now has so much energy and endurance that he feels he could walk forever without getting tired.

Bader’s colleagues noticed his walking last year and encouraged him to join HealthTrails, the University System of Georgia’s (USG) six-weeklong team competition that tracks steps walked, water consumption, and kindness. In spring 2017, he tied for the top spot at Georgia Tech with Randy Ory, crime analyst with the Georgia Tech Police Department, and he also tied for No. 1 at the USG level.

Now, he walks more than 12 miles a day, typically two hours in the morning, one hour in the afternoon, and an hour in the evening, seven days a week. And, he has managed his time to successfully “multitask,” walking while working.

Strength in Numbers

Julie Hawkins, a donor relations associate and campaign and stewardship event coordinator in the Office of Development, also has mastered the logistics of blending walking with work. She walks three to four days a week during her lunch break, and her route is three miles around campus, beginning at the Wardlaw Center.

“I try to keep my pace at between a 15- to 17-minute mile so I can get my heartrate up and finish in a timely manner, so I can return to my desk and eat lunch. I usually try to leave by 11:30 a.m. and return around 12:30 p.m.,” she said.

Sometimes Hawkins walks alone, but she prefers walking with a coworker or two.

“We talk both about work and our personal lives, and it certainly makes the walk go faster! If I am on my own, I typically listen to audiobooks or podcasts. Right now, I am listening to *Big Little Lies* as I walk,” she said.

Hawkins has been at Tech for almost 12 years, and her walking route developed over time. Her basic route takes her to the field



Above photo by Christopher Moore // Below photos courtesy of David Bader

(Above) Mike Sewak, Paul Johnson, and Ron West pass the Ken Byers Tennis Complex during a walk on Oct. 11. The three walk together nearly every day. (Below) David Bader, pictured at left in July 2016 and at right in July 2017.



level of Wardlaw and down the sideline of Grant Field.

“Sometimes when I am trying to find new venues for events or am preparing for a groundbreaking/dedication of a building, I venture off my route to look at parking areas, and potential tent setup locations. It can be fun to mix work into my walks from time to time,” she said.

Like Bader, Hawkins participated in the spring HealthTrails, and she enjoyed the extra push to help lead her group, which placed fairly high in the challenge.

“There are days when it is tempting to just sit and not move much, and having an extra incentive is needed,” she said.

As Hawkins walks down the sideline of the football field, she just might cross paths with Head Football Coach Paul Johnson, Co-Offensive Line Coach Ron West, Assistant Coach Mike Sewak, Director of Player Personnel Andy Lutz, and Defensive Coordinator Ted Roof as they get their steps in.

“We usually go five days a week, probably at least five miles a day,” Johnson said. “We’ll get three-and-a-half miles at lunch and one-and-a-half during practice.”

“Pretty much every day, Coach West and Coach Sewak and I go walking,” Johnson said. “And then, Coach Lutz and Coach Roof walk at a different time.”

He said the group started walking to keep fit when running was no longer an option.

“I’m not able to run anymore because of my knees,” Johnson said, “and neither can a couple of the coaches. So, we just started walking.”

The group has a couple of different routes they walk.

“There are some hills. One day we’ll go up 10th Street, through campus, and up the

hill (by McAuley Aquatic Center). Another day, we’ll take a loop and go by Centennial Olympic Park Drive,” he said.

“We talk (while walking), but we go at a pretty good pace. When it’s just Coach Sewak and myself, we’re going pretty good. And, Coach West has gotten to where he keeps up with us now.”

Johnson also logs plenty of steps during a game.

“I actually kept a phone in my pocket one time during a game just to see [how many steps I took], and I got about 19,000 steps.”

Motivation to Get Moving

Not only is Dorsey striving to live past 100, another goal of hers is to never have to take any medicine.

“So far, so good!” she said. “I’m a pretty independent person so I want to be able to take care of myself well into my 90s. You know — carry my own groceries, 50-pound bags of dog food for my St. Bernard, and move my plants indoors for the winter.”

Dorsey’s advice for someone who is just beginning to jog includes wearing the right shoes. “It will make your experience — whether walking, jogging, or running — more enjoyable and safer.”

She also suggests looking into some of the G.I.T. FIT classes at the Campus Recreation Center (CRC) for core training and overall endurance. She participates in various noon classes at the CRC, such as interval training, treadfit, and boot camp, and she recommends them all — regardless of age.

And Bader says, “Don’t give up. Anyone can get healthy. Get a FitBit and walk.” He also suggests making good choices regarding diet, such as drinking water instead of soda, and giving up anything with high fructose corn syrup or chemicals such as aspartame.

“Try to choose fruits and vegetables, and give up processed and fast foods,” he said. “These will help your health head in the right direction.”

Hawkins advises new walkers to “enjoy it. Just absorb all the action around as you walk. You’ll see funny things everywhere and also get to see what is going on around our beautiful campus. A green space in the center of a city is not really common, and we are lucky to have great sidewalks and crosswalks, which you just don’t find everywhere. Find a friend who can push you to move faster and go more often.”

EVENTS**Oct. 24**

The Georgia Tech Staff Council hosts an Inform Georgia Tech event on *Race Relations in Higher Education*, from 11 a.m. to 1 p.m. in the Ensemble Room, West Village.

staffcouncil.gatech.edu

Oct. 26

Facilities Management hosts the Facilities Sustainability Forum from 8:30 a.m. to noon in the Student Success Center. Register at

recycle.gatech.edu

MISCELLANEOUS**Oct. 17**

Action teams are currently meeting to research and evaluate campus needs related to mental health, campus culture, and LGBTQIA community support. The teams will provide updates on their progress from 11 a.m. to noon in Room 152, Clough Commons.

president.gatech.edu

Oct. 18

The IMPACT Speaker Series hosts Stan Chia, Tech alumnus and chief operating officer of Grubhub, from 4:30 to 6 p.m. in the LeCraw Auditorium, Scheller College of Business.

scheller.gatech.edu/impact

Oct. 18

Paper and Clay hosts a stained glass class from 6 to 9 p.m., third floor, Student Center.

paperandclay.gatech.edu

Oct. 19

The LGBTQIA Resource Center hosts a Safe Space training from 12:30 to 4:30 p.m. RSVP at

lgbtqia.gatech.edu

Oct. 21

The Yellow Jackets host the Wake Forest Demon Deacons at either 7 or 7:30 p.m. at Bobby Dodd Stadium.

Check for kickoff updates at ramblinwreck.com

Oct. 26

The Office of Campus Sustainability hosts an evening with Georgia Organics, showing *Food is the Answer* followed by a panel discussion, from 7 to 8 p.m. in Room 209, West Village.

sustain.gatech.edu

Oct. 26

The Georgia Tech Observatory hosts a public viewing night from 7:30 to 10 p.m. at the Howey Physics Building.

astronomy.gatech.edu

For a more comprehensive listing of events, or to add your own, visit calendar.gatech.edu.



Written by Victor Rogers // Photos by Rob Felt



With 400 acres and nearly 160 buildings, Georgia Tech’s main campus is filled with a range of architectural styles, including Collegiate Gothic, dating to 1888 when the university opened.

Part One of this three-part essay on architectural details will explore buildings in and around the historic district known as ‘the Hill.’

It’s all in the details, so take a closer look. See more photos and a map of where to see these details in person at c.gatech.edu/hgtdetails.

(1) The southern wing of Brittain Dining Hall features a large stained-glass window, depicting allegorical figures of the disciplines at Georgia Tech, designed by sculptor and Tech alumnus Julian H. Harris. (2) Gargoyle-like figures holding tools flank the entrance to Nathaniel E. Harris Residence Hall on Techwood Drive. (3) Naval gates inside the Stephen C. Hall Building were also designed by Julian H. Harris. An inscription on the gates reads, “These gates were cast at the foundry of the Georgia School of Technology. Julian H. Harris, sculptor.” (4) The doors of the J.S. Coon Building, pictured on page 1, have wrought iron Ts in the detail work.

Hidden Georgia Tech is a photo essay series highlighting places on campus that may largely go unnoticed but are sometimes hidden in plain sight. If you know of a place worth exploring, email editor@comm.gatech.edu. View more from the series at c.gatech.edu/hidden.

TRAGEDY, from page 1

Harrington, associate vice president of Human Resources, emphasizes the need for managers to be a steady presence for their teams and a conduit to the mental health support and well-being resources available at Georgia Tech. “Effective organizational leadership requires not only concern for the safety and protection of our employees, but also reminds us to exercise compassion for our team members when we experience tragedy,” she said. Harrington says that the nature of a conversation will depend on the circumstances of the event, but offers guidance on how to approach the discussion. “Managers should remember their role is not to take sides or voice opinions,” she said. “Instead, find compassion to recognize the human impact. As a leader, express the importance of talking about the way we feel, be cognizant of varied perspectives and opinions, and set the tone that all viewpoints are valid.” Managers should also feel comfortable contacting their Human Resources representatives for counsel, particularly if they

are unsure about how to discuss a certain topic or feel it may have legal ramifications. For those who manage or work with students, realizing the effect tragedy can have on their well-being and studies is paramount. Still, employees should refrain from immediately imparting their own perspective or experiences. “Our role as campus leaders is not to impose, but to scaffold and support their educational journey,” Harrington said. Croft suggests a few ways to open a conversation or check in with those who may be coping with tragedy — ask how people are doing and what would be a useful way to support them. If you notice someone who seems to be struggling, let them know you would like to help. “Remind them that getting help from others when needed is a sign of strength, not weakness,” Croft said. From entry-level staff to tenured professor, no one escapes the effects of trauma. “Life happens to all of us,” Harrington said. “Serving in a management role does not exempt one from difficult situations or

minimize any trauma you may be experiencing. It is vitally important for us to remember to prioritize self-care and ‘put on our own oxygen masks’ before attempting to assist others.” Georgia Tech provides resources for navigating tragedy through the Employee Assistance Program (EAP), which offers faculty and staff members a 24/7 resource for counseling services. Faculty and staff, as well as their family members, can call 678-616-TECH (or toll-free 844-GATECH1) and immediately speak to a licensed counselor. Counselors are available for personal concerns and can provide guidance on how to engage others who may need assistance. All services are confidential and free. Employees can also request EAP services at espyr.com, using the password “well-being” when prompted. In response to events that affect a large group, departments can also schedule critical incident debriefings in a group format. These are not counseling sessions but an opportunity to discuss reactions and feelings. To schedule a session, contact kwasi.appiah@gatech.edu.

CLASSIFIEDS

VEHICLES

2006 Harley Davidson 883L, vivid black. V&H long shots, quick release windshield, black engine guard, new battery, new tires, fully serviced, 8,900 miles, great shape. \$4,500 OBO. Contact Gilbert, 770-377-6767.

REAL ESTATE/ ROOMMATES

3BR/3.5BA townhouse in West Midtown available for rent starting Jan. 1, 2018. Four miles to campus. Gated neighborhood w/ 24/7 security and dog park. Walking distance to Publix. \$2,000/mo. Contact 404-421-6922, bingwangat@gmail.com.

Young, working graduate student seeking living accommodations as a roommate in Buckhead, Midtown, or Downtown location, close to public transportation. I am responsible, cordial, respectful of space, and have excellent study habits. 404-406-2663.

Looking for young working professional, graduate student, or visiting professor to rent 2BR/2.5BA house. Fully furnished house private community. Sun porch, enclosed patio. Located near GTRI-Cobb County. Close to food markets, restaurants, entertainment, shopping, public transit. Referrals on request. \$1,800/mo. Includes utilities, cable, internet, parking. Contact 770-364-3692, sandra.sheppard67@gmail.com.

Graduate student seeking 1BR apartment or room to rent Nov. 1 through Feb. 28. Preferably walking distance to Tech Square. Contact stevenesammon@hotmail.com.

1BR, unfurnished, newly renovated condo, walking distance to Tech. Has all kitchen appliances, laundry room w/ new W/D, spacious bathroom, gated parking. \$1,295/mo. 1075 Peachtree Walk, Unit A-106. Contact Julie, 678-825-0426.

Looking for young working professional, graduate student, or visiting professor to rent private bedroom and bath (w/ access to all living spaces) in Buckhead. \$800/mo. Includes utilities, cable, internet, parking. Fully furnished large condo in small private community. Neat, clean home. Walking distance to food markets, restaurants, entertainment, shopping, public transit. Request 1-year agreement. Contact 404-514-7662, reba.darr@gmail.com.

MISCELLANEOUS

Twin (long) roll-a-way bed w/ sheet set. Like new — purchased 6 months ago, only used once. Paid \$279, will sell for \$125. Contact 256-504-9409.

Used for sale: Mahogany Brown Modular 52" TV Stand (\$300) and Espresso X End Table Base with 20" glass top (\$80). In great condition. Specs and details at pier1.com. Must provide transport. Email AJ290590@openmail.cc.

For sale. Round dining room table and four chairs. Like new. \$200 OBO. proberts@ce.gatech.edu.

Free loving, playful young adult female calico cat desperately needs a forever home. She is spayed, has her shots, and is litter-box trained. Email Marilyn Smith (ms55@gatech.edu) or Josie Giles (josie@gatech.edu).

Ads run for at least three issues in the order in which they are received. Submit your 35-word-or-less ad to editor@comm.gatech.edu.