



## BYU-Idaho employee to retire after 31 years of service



Lee Workman

Lee Workman, manager of Accounting Services at Brigham Young University-Idaho, will retire on July 31.

Workman has worked at BYU-Idaho for 31 years. In addition to serving in his current position, he had also taught Book of Mormon classes for several years. He said his time here has been rewarding.

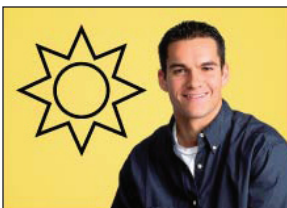
"It has been more than just a way to make a living and/or a career path," Workman said. "The mission of Ricks and now BYU-Idaho is bigger than any of us. I am grateful to have been involved with so many good and dedicated people as we reached out to meet the goals given to us by Church and School leaders."

He and his wife, Carol, are planning to spend time with their 10 grandchildren and serve a mission.

Workman received his bachelor's and master's degrees in accounting from Brigham Young University in Provo. He also served in the Air Force, reaching the rank of Captain before returning to his studies.

Brian Wright, the current Internal Audit Director, has been selected to assume responsibility for the accounting operations on campus and will transition into that position in late July.

## Summer Semester at BYU-Idaho succeeding in goal to mirror Fall and Winter Semesters



Brigham Young University-Idaho is reaching its goal of making Summer Semester equitable to Fall and Winter Semesters, according to enrollment statistics released by the Student Records and Registration Office for Summer Semester 2007.

Previously, Summer Semester had fewer full-time students because some students used the summer to take a few extra

credits. This summer, the actual number of students on campus has gone down by over 400 compared to last Summer Semester, but the number of full-time students has gone up by over 700.

Kyle Martin, the BYU-Idaho Registrar, said the statistics show the student demographic for Summer Semester is changing.

"We have fewer part-time students because of the new calendar system. Students have to go for a full semester instead of a block, so that reflects the changes brought on by the new calendar. This reflects the direction we want enrollments to take for the Summer Semester because we want it to be equitable to Fall and Winter Semesters," Martin said.

Martin said the university will eventually have the same number of full-time students during Summer Semester as it does during fall and winter. The university has made significant progress toward its goal for enrollment, serving a total of 8,705 students for this summer.

"We had anticipated we would have somewhere around 9,000 students. We came in a little below what we expected for head count, but that's okay because they are taking more credits per student," Martin said.

Martin said the university is still being successful at making the transition to three equitable semesters. "We are satisfied with the way enrollment went this semester, and we are optimistic about growth for future Summer Semesters," he said.

## Former member of the Second Quorum of the Seventy to speak at devotional



Elder L. Edward Brown

Elder L. Edward Brown, former member of the Second Quorum of the Seventy, will speak at the Brigham Young University-Idaho devotional on Tuesday, June 5 at 2:00 p.m. in the Hart Auditorium.

Elder Brown was sustained as a member of the Second Quorum of the Seventy on April 6, 1996. He served from 1996-2001 as a counselor and then president of the Asia North Area, which includes the countries of Japan and Korea. He was released at the October 2002 General Conference.

Prior to his call to the Seventy, he had been with the Church Education System for 33 years as a seminary teacher, institute instructor and director, and area director of the Idaho East Area. He has served as a bishop, stake president, mission president in Korea from 1971 to 1974, and an Area Authority Seventy.

Most recently, he and his wife, Carol, have served in the Mount Timpanogos Utah Temple, with Elder Brown as second counselor in the temple presidency, and Sister Brown as assistant to the matron. They were released from those assignments as of November 1, 2005. Currently, Elder Brown is the high priest group leader in his ward in Lehi, Utah.

Elder Brown is a native of Logan, Utah, and holds a bachelor's degree from Utah State University, master's and doctorate degrees from the University of Kansas. He is a former mayor and city council member of the City of Pocatello and has served three terms in the Idaho House of Representatives.

Elder Brown and his wife, who also grew up in Logan, Utah, have eight children and thirty-four grandchildren, and one great-grandchild.

Overflow seating will be available in the Taylor Chapel. The devotional will also be broadcast live on KBYI-FM 100.5. Additional devotional resources are available online at [www.byui.edu/devotionalsandspeeches](http://www.byui.edu/devotionalsandspeeches).

## BYU-Idaho students study Old Testament in Hebrew

Some Brigham Young University-Idaho students are learning about the Old Testament a little differently than their peers: they are studying it in Hebrew.

Bruce Satterfield, an instructor in the BYU-Idaho Religious Education Department, has taught Religion 301 and 302 since 1994. Despite the degree of intensity and difficulty, students are embracing the opportunity to increase their understanding of the Old Testament in a different way.

"This class is an inductive approach to learning a language," said Satterfield. "It may seem difficult at first, but students catch on fairly quickly."

Students are not required to have prior experience in Hebrew. In fact, the vast majority have not. Students translate Hebrew chapter by chapter, gaining an understanding of both the Hebrew language and the principles and stories of the Old Testament.

"The students who are more willing to push themselves are truly taking advantage of their college experience," said Satterfield. "No matter what field you plan on going in, you need the scriptures to be a part of the foundation in your life."

Satterfield is trained in the languages and cultures of the Ancient Middle East. In addition to Hebrew, he has also studied Greek and Aramaic.

## BYU-Idaho Interior Design students nationally recognized at competition

Two Brigham Young University-Idaho students received awards at the National Kitchen & Bath Association/General Electric Student Charette competition last week.

The national winners were announced at the annual Kitchen/Bath



Interior Design students

Industry Show held in Las Vegas. Kadie Kinney received fifth place nationally, and Olena Steinmetz received an honorable mention.

"These students have demonstrated remarkable expertise in the interior design field," said Wendy Harris, an instructor in the BYU-Idaho Department of Interior Design.

In this competition, students have three hours to draft a solution for a kitchen, given a floor plan and certain requirements. They are judged by a panel of industry professionals, who are searching for kitchen designs that are safe, functional and personalized spaces that incorporate imaginative design statements and aesthetically pleasing solutions.

"We are proud of the time investment these students have made," said Harris. "Participating in competitions demands time, energy and dedication far beyond the required classroom assignments and experiences."

At this show, 20 interior design students and two faculty attended conference sessions, met with the interior design industry's top professionals and even volunteered some of their time to work at the show.

The National Kitchen & Bath Association (NKBA) is a non-profit trade association that has educated and led the kitchen and bath industry since 1963. With nearly 40,000 members and growing, the NKBA owns the Kitchen/Bath Industry Show & Conference (K/BIS), the world's largest trade show dedicated to the kitchen and bath industry.

The mission of the NKBA is to enhance member success and excellence, promote professionalism and ethical business practices and provide leadership and direction for the kitchen and bath industry.

News & Notes  
A weekly publication of  
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## Recently-hired Employee Spotlights



Jamie Miller

Jamie Miller is working as the Office Assistant for Internships and Career Placement.

She previously worked as a customer service representative for the Standard Journal. Jamie received her associate degree from BYU-Idaho.



Bert Dial

Bert Dial is working as a carpenter in the Structural Shop.

Bert brings 20 years of carpentry experience with him, most recently working for Briar Construction. Prior to that, he has also worked as a contractor consultant and log specialist for Snake River Log Homes.



Lane Muranaka

Lane Muranaka is serving as an internship and career services coordinator assigned to the College of Business & Communication.

Lane earned a bachelor's degree in business management from BYU in Provo. He previously worked as the Career Services Coordinator at Provo College where he counseled students and taught career development classes.



Christy Goodman

Christy Goodman is working as a Physician's Assistant in the Student Health Center.

Christy graduated from Ricks College in 2000 and then studied at Lock Haven University of Pennsylvania where she received bachelor's and master's degrees in health science. She graduated in 2005 as a certified physician's assistant. Her training

included general family medicine, pediatrics, gynecology, orthopedics, and general surgery.

Before coming to BYU-Idaho, Christy spent a year working in cardiology. She treated both acute and longstanding heart patients as well as chronic disease processes..

## Myths and facts about exercise

Here are some exercise myths that may keep us all from getting the most out of our exercise routine.

**Myth:** Always stretch before exercising to warm up muscles and prevent injury.

**Fact:** Stretching before your workout does very little to warm up your muscles and may actually cause injury because your muscles, tendons, and ligaments are not yet warm. Always do a proper aerobic warm up for 5-10 minutes that includes range of motion movements and stretching so that your muscles stay warm. The proper way to stretch your muscles would be as part of a cool down after your work out. Hold each stretch for at least 10 seconds to ensure that enough time is given to allow for the proper reflex to occur.

**Myth:** Crunches and thigh burning exercises will reduce the fat in these areas.

**Fact:** Actually, your body loses fat uniformly. You cannot selectively reduce fat in one area and not another. Doing spot exercises will build and tone muscle, trimming these areas, but the fat is not necessarily lost in one specific area. To burn fat, you must do aerobic exercises such as jogging, swimming, or cycling 3 days a week for 30-60 minutes each time.

**Myth:** Exercise wears out joints and causes arthritis.

**Fact:** Regular exercise actually keeps your joints healthy. It increases circulation, keeps the fluid and lubrication flowing, and keeps the tissues strong and healthy. Exercise also may help ease the pains of arthritis. People who exercise do not suffer from joint problems any more than people who don't exercise.

**Myth:** Because I exercise regularly I can eat anything that I want and still will maintain/lose weight.

**Fact:** Healthy diet is a big part of maintaining a healthy weight. You need to have a balanced diet that is chosen from nutrient dense, healthy foods to have the energy and nutrients you need to keep your mind and body working properly. All the exercise in the world won't help you lose weight if you don't eat properly.

**Myth:** Women shouldn't lift weights because they will "bulk up" and look like a man.

**Fact:** Everyone should lift weights, regardless of gender. When done properly, lifting weights can keep your muscles tone and can actually trim inches. It will help you have a better quality of life, especially as you age. Lift 60-70% of your 1 rep max with 12-20 reps each set at least 3 times a week. This keeps your muscles and tendons tone and will actually help trim some unwanted inches from your body. Talk to a trainer to get started.



## Birthdays

May 31-June 6

- 31 Justin Bates, Theatre  
Todd Hammond, Religious Education  
Roger Jackson, Accounting Office  
Gary Jennings, Custodial  
Paul Jeppson, Information Technology  
Tim Taylor, Stores & Receiving
- 1 Clair Eckersell, Biology  
Casey Hurley, Business Management  
Harold Rose, Student Activities  
Dwight Wray, Biology  
Steve Zollinger, Internships & Career Placement
- 2 Rick Hansen, Music  
Alvin Lusk, Agriculture/Life Sciences  
Mitchell McKay, Music
- 3 Steve Holley, Health Science  
Lori Ann Morris, Music  
Vaun Waddell, English
- 4 Scott Steed, Religious Education
- 5 Laura Solorzano, Music  
Jay Stowell, Information Systems  
Nathan Wood, Mechanical/Plumbing  
Tyson Yost, Foreign Language

## Sale Items

*News & Notes classified ads are for employees of BYU-Idaho only. Items for sale must be the advertiser's personal property, and ads are subject to editing for length and clarity.*

*2005 Dodge Ram truck. 2500 Hemi V-8. Quad cab. 4x4. 35k miles. Excellent condition. \$22,000. 2004 Polaris Sportsman 500 four wheeler. Moss color. Only 800 miles. Automatic, reverse, heated grips. \$5500 OBO. Call 656-8826.*

*Rexburg home. Five bedroom, three bath rambler. Wood floors, tile in kitchen and bathrooms. Vaulted ceilings, two car garage, stucco exterior, 2500 square sq. ft. New countertops in kitchen and new cabinets in bathrooms. \$180,000. Call 201-6318.*

*Kit Monterey 22' Travel/Camp Trailer. With awning, air-conditioning, stabilizing hitch. Sleeps 6-7. Bought in 2003 for \$14,000. Used 5 times. Asking price \$8,500. Includes three sets of matching comforters, sheets, pillows. 356-7098.*

*Pickup Topper. For Chevy S10 or GMC Sonoma. After market benches included. \$200. Call Roy, 356-5511 or 201-2147.*

## Cycle of Pride summaries available online

Transcripts and copies of slides from the All Employee Meeting about the Cycle of Pride on Feb. 1 and 2 are available at [www.byui.edu/pride](http://www.byui.edu/pride).

The Web site provides President Clark's remarks and the presentation slides he used. It also includes summaries of all the comments that employees made, as well as the follow-up questions President Clark asked.

All employees are encouraged to review the transcript and study the comments about the Cycle of Pride and the Cycle of Humility at BYU-Idaho.

## BYU-Idaho Theatre Department presents *The Last Night of Ballyhoo*



The Brigham Young University-Idaho Department of Theatre will perform a contemporary comedy, *The Last Night of Ballyhoo*, now through June 2 in the black box theatre in the Eliza R. Snow Center for the Performing Arts.

Set in Atlanta, Georgia in 1939, this comedy focuses around the Freitag family: bachelor Adolph, his widowed sister "Boo" and their widowed sister-in-law, Reba. At a time when *Gone with the Wind* is having its world premiere and Adolph Hitler is invading Poland, it seems Atlanta's elitist German Jews are most concerned about who is going to Ballyhoo, the social event of the season.

The family gets pulled apart and mended together with romance, revelations and comedy along the way. As several unexpected turns occur, the characters face where they come from and are forced to deal with who they really are.

"This is not only a story of love, it is also a story of struggle, faith and commitment," said John Bidwell, an instructor in the BYU-Idaho Theatre Department. "As Latter-day Saints, we can relate to this story. How do we fit in with our different surroundings while also maintaining our values and beliefs?"

The play's writer, Tony Award winner Alfred Uhrey, wanted to portray the beauty of ordinary characters, in very ordinary situations, coming to life in extraordinary ways, a similar situation to his prize winning play and eventual movie *Driving Miss Daisy*.

Show time is 7:30 pm. Tickets are \$6 for the general public and \$3 for BYU-Idaho students. They are available at the Kimball Building Ticket Office, by calling 496-2230 or by purchasing online at [www.byui.edu/tickets](http://www.byui.edu/tickets).