

Fall 2015 Classified Staff Award: Vanessa Meyer



Vanessa Meyer

Congratulations to **Vanessa Meyer**, recipient of the 2015 Fall Quarter Classified Staff Excellence Award.

Meyer is the Secretary Senior in the Behavioral and Social Sciences unit, and is the sole support for both divisions, which encompasses 10 departments, 21 full-time faculty, and 35 adjunct faculty. Vanessa was nominated with input from 23 Clark employees.

Meyer is described by her nominators as “friendly, helpful, efficient, knowledgeable, innovative and committed.” She is known to be a natural collaborator who lends her talents and skill sets to develop strategies that can replace outdated modalities and allow departments to function smoothly.

Nominators commend Meyer for treating everyone with the utmost respect and taking on challenges with humor and grace. As one colleague describes it, “I’ve worked with Vanessa Meyer for over 10 years and her exemplary work ethic has always

impressed me. She's organized, knowledgeable, and very efficient. She effectively meets the goals that are set for her, and completes all tasks in a timely manner. It appears that nothing is beyond her ability to accomplish."

Congratulations as well to this quarter's other nominees:

Linda Healy works as Program Support Supervisor for Advising Services and is called the "glue that keeps the office together." Linda is a caring and compassionate leader who leads by example and is the first to support new projects and initiatives. She engages colleagues and staff in sometimes difficult but important conversations; addresses challenges instead of ignoring them, and is a firm believer in continuous improvement. Healy acts as liaison between departments because she is highly respected and well-liked by her fellow colleagues. As one nominator explains it, "She has a way of bringing people together to get a job done. Linda isn't just a cooperative spirit, she is the spirit of compassion and good will and she is a pleasure to work with."

Dan Simonson works for Facilities Services as a Maintenance Mechanic, and is described as an "outstanding team leader for Facilities." He has a strong work ethic; is committed to whatever job he is assigned to; is never without his tools, and is always willing to help when he can. His nominators admire the quality of his work; his calm, steady demeanor, and find his cost-saving suggestions helpful. Simonson is considered to be efficient, knowledgeable and a pleasure to work with. One nominator wrote, "He has a kind heart and it shows in his everyday interactions with everyone."

As Maintenance Mechanic in Manufacturing Technology, **Mitch Sott** is termed "Resident Mr. Fix It" in the bakery. He is accessible and responsive to their needs, and deemed "indispensable" to the department. Sott is known for quality work and a consistently quick turnaround time for projects. He has saved the department money by being creative and willing

to tackle anything asked of him. The tag line in the bakery is “Don’t throw it out, call Mitch. If he can’t fix it, he’ll make a new one.” Sott’s work is not only functional, but also artistic. He is always pleasant and friendly, and he makes his customers feel valued.

Penguins march more than 27 million steps



Eighty-eight Clark Penguins got up and moving during the month of October for the first ever Walktober Challenge, a physical-activity challenge in which employees competed against the WSU Vancouver Cougs and the Lower Columbia College Red Devils. Some participants hiked, biked, or ran off-campus; others chose to take a fitness class or walk the Penguin Paths on the main campus walkways. Regardless of the activity, all steps added up to earn Clark College second place for the highest step average. Clark may not have taken home the trophy this year, but the college did have the highest number of participants, and collectively logged in 27,734,670 steps. Way to go, Penguins!

A big congratulations to the top three Clark Champions who logged the most steps and were each awarded a prize:

- **1st place at 679,836 steps:** Sally Demos, Library
- **2nd place at 663,350 steps:** Mark Bolke, Biology
- **3rd place at 647,902 steps:** Randy Givens, Nursing



Library and Archives
Paraprofessional
Sally Demos. *Photo
courtesy of Sally
Demos*



Biology professor
Mark Bolke. *Photo
courtesy of Mark
Bolke*



Nursing professor
Randy Givens. *Photo
courtesy of Randy
Givens*

A part of the family



Professor Veronica Brock

“This is where I grew up,” says Professor Veronica Brock from her office in O’Connell Sports Complex on Clark’s main campus. “My dad was a professor here, teaching physics and astronomy. I was a student here. I grew up with ‘Penguin blood,’ as we like to say.”

Brock, who recently marked 20 years of teaching at Clark, didn’t intend to follow in her father’s footsteps. After graduating from East Stroudsburg University in Pennsylvania with a Master of Science degree in cardiac rehabilitation and primary prevention, she remained on the East Coast working in cardiac rehabilitation. But gradually she began to realize that she didn’t love the clinical aspects of her work as much as she did teaching patients about their health.

“I’ve always just followed my heart when it came to career and jobs,” Brock says. “Every job I got, I’d say, ‘Oh, I like this aspect of the job—let’s do more of that.’ When I worked in cardiac rehab, I realized my favorite part of my job was the

educational element.”

Brock began teaching health and physical education, and when she decided to move back to the Pacific Northwest, taking a position at Clark seemed like a natural fit. “It was a good match for my heart, with this job’s teaching and learning focus,” she says. “And I love the idea that, as an open enrollment institution, we provide an opportunity to everybody. That’s such a cool idea: If you want an education, you can get an education.”

Brock—who teaches health, physical education, fitness trainer, and health and physical education classes—says she loves seeing the changes her students make as they learn to develop new approaches toward their own health.

“In our curriculum, we don’t just want students to change their behavior during the class,” she says. “We want to teach lasting change, and that requires motivation. Motivation is two things: importance and confidence. You have to be able to define why it’s important for you to be doing this, and you have to be able to believe you can do it. If you don’t have motivation, you’re probably not going to stick with any exercise or health practice long-term.”

Brock’s certainly shown long-term motivation to make Clark a stronger institution. She has invested much of herself into Clark—professionally, personally, and financially. She has served on numerous committees, including the Healthy Penguin Nation Committee to promote employee health, and is a regular donor to the Clark College Foundation.

Brock says she began donating to the Foundation when her two children, now teenagers, were enrolled in the college’s Child & Family Studies program as preschoolers, making her family third-generation Penguins.

“My kids are the amazing people they are today because of that program,” she says. “So that really prompted me to give—I

could see the program needed support.”

Since then, Brock has donated regularly to the Foundation, which supports capital improvements to the college as well as scholarships and programs to promote academic excellence.

“I like putting my money toward solving problems,” Brock says. “Education is a solution; if you educate the world, the world can change. It’s a very direct way to say, ‘I believe in what I’m doing and I believe in our students.’”

Read Veronica Brock’s Top 10 Tips for a Healthy Lifestyle.

Photos: Clark College/Jenny Shadley

Open Enrollment has begun for employee benefits



PEBB Medical Flexible Spending Arrangement (FSA) and Dependent Care Assistance Program (DCAP)

If you wish to enroll in or continue your Medical FSA and/or DCAP, open enrollment is the time to do it. You must enroll or reenroll no later than November 30 for the January 1, 2016 coverage year.

The Medical FSA allows you to:

- Set aside part of your paycheck, before taxes, to cover qualified medical expenses for you and your family members.
- You may set aside as little as \$240 or as much as \$2,500 during 2016, which will be deducted from each paycheck in equal installments.

The DCAP allows you to:

- Set aside part of your paycheck, before taxes, for child

or elder care expenses.

- You may set aside up to \$5,000 per household (\$2,500 each if married and filing separate tax returns) which will be deducted in equal amounts from each paycheck.

Want to learn more about the FSA and DCAP? Live presentations on November 9, 2015, from 12:00 pm to 12:30 pm in PUB 161

Navia Benefit Solutions (formerly Flex-Plan Services) is offering webinars throughout the month of November. To see the webinar schedule, visit the Navia Benefit Solutions website.

In addition, Navia Benefit Solutions will have representatives available at the benefits fairs.

Shine a light on your medical plan options in 2016

Choose the best plan for you and your family – Choosing a medical plan is important. Many people think first about cost and which doctors and hospitals are in the network. There are other things to consider when choosing the plan that is right for you and your family.

Think about these questions as you review the 2016 plan options:

Providers:

- Are the providers I want to see in the plan's network?

Coordinated Care:

- Will my provider share information that helps the providers work in partnership to make decisions about my health care?
- Will I receive care by providers who are supported by a system with the goal of keeping me healthy and getting me the care I need?

Nurse line, online resources:

- Does the plan have access to a 24/7 nurse line or medical help line for after-hours support or to help me decide whether I need to see a provider?

All medical and dental plans that are currently available in 2015 remain available in 2016.

So long, Skip: saying goodbye to “Clark’s Lorax”



Skip and Lori Jimerson at Skip’s retirement party

On September 24, Clark College bid a fond farewell to retiring Grounds Manager Skip Jimerson. The Penguin Student Lounge was filled with colleagues who’d worked with Jimerson over his quarter-century at the college.

Jimerson began his career at Clark as a custodian in 1990 and

shortly thereafter moved to the grounds division. Once there, his strong work ethic and dedication helped him advance until, in 2008, he was named grounds manager.

Many people stood to share memories of Jimerson, often referring to his famously laconic demeanor. (Indeed, true to character, Jimerson declined to make any public remarks at the party.) “Skip is a quiet leader,” said Clark College President Bob Knight in his remarks. “He doesn’t talk much—he talks with his actions. He cares about this institution.”

Director of Facilities Services Tim Petta said, “In my mind, I’m going to think about you as the college’s Lorax—you speak for the trees.”



Grounds Manager Skip Jimerson and CADD Professor Keith Stansbury share a laugh at Jimerson’s retirement party after 25 years of service. At the party, Director of Facilities Services Tim Petta, *not pictured*, referenced the quotation on this plaque that reads, “A society grows greeat when old men plant trees whose shade they know they shall never sit in.

Jimerson was instrumental in making Clark College officially recognized as a Tree Campus USA by the Arbor Day Foundation for the past five years, as well as in an ongoing effort to plant state trees from all 50 states on the college's main campus. Colleagues mentioned many other projects he'd helped realize, ranging from outdoor play spaces for Child & Family Studies to work on new facilities like Clark College at Columbia Tech Center and the new STEM Building being built on the main campus. Other colleagues praised him as a manager.

"What I most value is his gentle spirit," said Director of Career Services Edie Blakley. "Some of our students have less-than-stellar backgrounds. Skip, you've always given people a second chance, and that has really touched my heart."

There was one more colleague who had plenty of praise for him: Lori Jimerson, Skip's wife of 26 years, who works as a fiscal specialist in Facilities Services. "I'm going to miss him as a coworker, honestly," she said in between serving slices of cake to the gathered guests. "He's an excellent colleague. ... He's really put his heart and soul into this place."

Photos: Clark College/Hannah Erickson

Exceptional Classified Staff Awards

Opening Day is traditionally the occasion for announcing the yearly Exceptional Classified Staff Awards, which recognize two classified employees for their contributions to Clark College. Recipients receive a glass plaque and \$1,000, funded through an anonymous donor's contributions to the Clark College Foundation.

For their “exemplary work performance, outstanding service to the college, a positive and cooperative spirit, and/or special achievements or contributions to the college,” BEECH Unit Operations Supervisor Jeri Kemmer and Facilities Services Maintenance Mechanic Thor Tesdale were named the winners of the 2015-2016 Clark College Exceptional Classified Staff Awards.



Jeri Kemmer

Jeri Kemmer, BEECH Unit Operations Supervisor

Jeri Kemmer is the Unit Operations Supervisor for Basic Education, English, Communication & Humanities (BEECH) at Clark.

The following comment from one of her Secretary Seniors best summarizes Kemmer’s exemplary work performance: “Jeri really does go above and beyond when it comes to working at Clark College. She doesn’t just do her job. She is constantly exploring ways to make everyone’s job easier and she’s been instrumental in many changes that have happened within our unit and across campus. She won’t simply accept the status quo. If there is a problem, she wants to find a solution that

benefits everybody.”

In her 19 years of working at Clark, Kemmerhas served on numerous committees at Clark and has attended over 300 hours of professional development training in order to benefit herself, her job, and everyone at Clark. One office assistant wrote, “Jeri’s work ethics are exemplary and she always has Clark’s best interest in mind. She makes all of us better employees. I love working with her.”

In addition to her work here at Clark, Kemmer runs an international nonprofit called Strong Harvest International with her husband, Rick.



Thor Tesdale

Thor Tesdale, Facilities Services Maintenance Mechanic

Thor Tesdale is a Maintenance Mechanic in Facilities Services and has been with Clark College for more than 15 years.

Nominated with input from 10 Clark employees, Tesdale is described as someone who is “always smiling and willing to problem-solve.” One of his nominators remarked, “One of the things I admire most about Thor is his respect for all

individuals. Thor's personality is inclusive and he desires to work together to achieve the necessary job-related outcomes."

Another nominator wrote, "His energy and enthusiasm are contagious. He creates a positive work climate."

Other characteristics attributed to Tesdale's outstanding work performance include responsiveness, collaboration, efficiency, creativity and communications skills. Nominators describe a colleague who responds promptly to all phone and email messages, is always on time for scheduled meetings, and makes sure all involved individuals understand the decisions that have been made. They say his communication skills are critical to making sure jobs are completed correctly and on time. As one nominator explains, "Even when deadlines loom and tensions mount, Thor's calm and respectful personality is a beneficial addition to Facilities Services."

Other finalists for the award were:

- **Karmel Baldwin**, Secretary Senior, Life Science
- **Guisela Eberle**, Human Resource Consultant 1, Human Resources
- **Ernie Hafso**, Custodian 1, Facilities Services
- **Jeri Kemmer**, Admin Service Manager, BEECH
- **Marianne Luther**, Secretary Senior, Counseling & Health Center
- **Vanessa Meyer**, Secretary Senior, Behavioral & Social Sciences
- **Gail Robinson**, Secretary Senior, eLearning
- **Carmen Roman**, Program Specialist 2, Advising
- **Tia Schmidt**, Administrative Assistant 3, Nursing
- **Susan Taylor**, Program Manager A, International Programs
- **Thor Tesdale**, Maintenance Mechanic 2, Facilities Services
- **Lynn VanHoomissen**, Program Support Supervisor 1, Security & Safety
- **Heather White**, Program Support Supervisor 2, Disability

Support Services

The Clark College Foundation instituted the yearly Exceptional Classified Staff and quarterly Classified Staff Excellence awards in 1997 to recognize exceptional staff members. Nominations may be submitted by classified, administrative and exempt staff; faculty; students; alumni; retirees; college trustees; and Foundation directors.

Join the Healthy Penguin Nation

As a member of Team Work Well, Clark College upholds Governor Inslee's statewide initiative to support healthy lifestyle behaviors for our employees. Research shows that healthier employees are happier employees. With that in mind, we are developing a comprehensive wellness program based on the feedback provided in the wellness survey sent out in May. Thank you to those of you who participated! Your input has been a catalyst for this program as the wellness team plans activities, events and learning opportunities for the Clark College Community.



The mission of the Healthy Penguin Nation program is to engage, educate and empower our community members in adopting and maintaining healthy behaviors that will help improve their personal and professional lives. The focus of the program is

the “whole-person” and encompasses more than eating and exercise habits. The Healthy Penguin Nation is a holistic program focused on the Six Dimensions of Wellness that studies show contribute to overall well-being:

- Emotional
- Environmental
- Intellectual
- Physical
- Social
- Spiritual

Here are some ways to actively participate in the Healthy Penguin Nation program:

- Visit the Healthy Penguin Nation webpage and educate yourself on the Six Dimensions of Wellness, and access tools and resources for healthier living.
- Complete a confidential, online well-being assessment and receive a customized report with action plan that will help you take steps to improve your health and well-being:
 - PEBB-subscriber employees – visit Smart Health
 - All employees – Visit MHN
- Join the Clark College Thompson Fitness Center and make your health and wellness a priority.
- Share your favorite healthy recipe and/or personal wellness testimonial with the community (send to kferguson@clark.edu).
- Participate in an upcoming wellness event:
 - **October** – Walktober (walking) Challenge (*individual prizes awarded plus a college challenge between Clark, Lower Columbia College and WSU Vancouver campuses!*)
 - **November** – Penguin Wellness Month (*Clark Benefits/Wellness Fair, Benefits Open Enrollment, NotMe Diabetes Prevention event, plus an array of educational sessions scheduled at various times*)

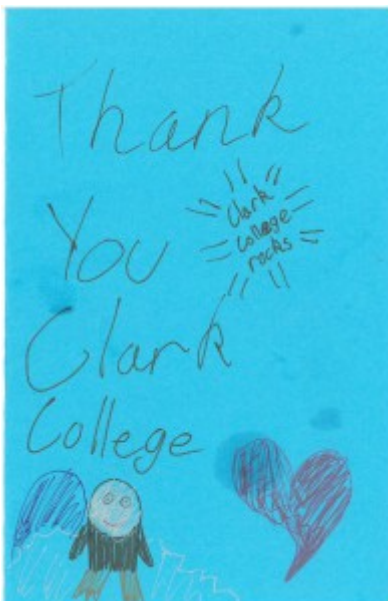
and locations for your choosing).

- **January** – Biggest Loser Challenge through the Thompson Fitness Center
- Monthly lunch and learn sessions – topics TBA.

We hope you will join us by participating in the Healthy Penguin Nation program! Participation is voluntary, but highly recommended for those who are interested in pursuing a healthy lifestyle, who have made some healthy changes and would like support, or those who already lead a healthy lifestyle and would like to enhance and build on their personal wellness commitment.

All levels of health and fitness are welcome!

Clark employees' generosity is always in style



We are in the midst of change at Clark College. The STEM building is being built and people will begin moving next year. ctcLink has many of us reviewing our business processes and anticipating a modern ERP (enterprise resource planning) college-wide management software. The new Academic Plan is focusing us on developing academic pathways that will lead students to gainful employment and further education.

What hasn't changed is Clark College employees' willingness to go above and beyond to help students. This year, for the 12th

annual Backpack Project, employees donated backpacks and supplies to 52 school-aged children of Clark College students. The support and generosity of employees has sustained this project through the years, and employees tell us that they always look forward to the announcement of the project.

Names of children are gathered and referred by Workforce Education Services, Financial Aid, Veterans Affairs, Child & Family Services, and the Diversity Center. Each child is asked their favorite color and characters so the donors can find a backpack that is specific to that child. The characters from the children's movie *Frozen* were the favorite this year.

This year we received some wonderful drawings and heartfelt thank-you notes we wanted to share with you.



"Hey, thank you for the backpack, it was very helpful for me. I know you guys didn't have to do it but I'm very thankful so thank you!"

"Thank you so much for the backpacks, you have no idea how much this helped out our family."

"I ♥ my backpack!"

No matter how things change, we know we can count on Clark

employees to keep helping our students and their families, year after year. Thank you!

Meet the Coaches



With their low tuition rates and open-door enrollment policies, community colleges have long been a way for students of all socioeconomic backgrounds to pursue higher education and career advancement. However, students experiencing poverty often face challenges that go beyond paying for school. Financial hardship can turn anything from transportation to Internet access into a potential obstacle that could derail a student's plans.

That's why Clark College recently hired four new Resource

Coaches to help students remain successful and supported all the way through their educational journey. The coaches were hired through a Working Families Success Network grant announced earlier this year, with supplementation from a grant from the Community Foundation of Southwest Washington, and are part of a collegewide effort to improve Clark's support and understanding of students in poverty.

"We want these coaches to be a resource not just for our students, but for our employees as well," said Associate Director of Workforce Education Services Armetta Burney. "Our hope is that, when staff or faculty encounter a student who seems to be overwhelmed by poverty-related challenges, they'll know that they can refer the student to one of our coaches for help."

According to most-recent data, almost half of Clark's students are low-income, and almost three-quarters of them are first-generation students. These students may lack stable housing or a quiet place to study. They may have difficulty affording basic school supplies, or child care, or transportation to and from school. Additionally, college can feel very lonely for these students. Because they're the first to attend college, they may not feel like they can turn to their family or friends for support or advice; meanwhile, they may feel alienated from classmates and faculty who don't understand the unique challenges they face.

These four new Resource Coaches are meant to change that dynamic. Now, when a student is making the transition from basic education courses to credit-bearing college ones, they'll have support from a Transitional Studies Coach during the process. When they're struggling to afford housing or food, the Workforce Education Services Coach can help them apply for public benefits and connect with community organizations. If college becomes overwhelming and their grades begin to slip, the Retention and Career Coach can help them get back on track. And if they find their finances

stretched thin, the Financial Literacy Coach can help them set up a budget and figure out strategies to make the most out of their financial resources.

While many of these services have been available at the college in different forms, the coaches add a personal relationship that can help keep at-risk students from slipping through the cracks.

“We almost never talk to a student just once,” explains Transitional Studies Coach Nicole Hopkins. “After we meet with a student, we call them back. And I will call them again and again if I have to: ‘Hey, how are you doing? Are you working on that plan we figured out for you?’ I am happy to walk students across the street to someone’s office if I think they need more help after our meeting.”

Additionally, the Resource Coaches serve as advocates to the rest of the college, sharing their students’ perspectives and working to make Clark a more inclusive environment. They offer workshops to Clark faculty and staff on how to communicate with students experiencing poverty, including one held during the college’s first-ever Teaching and Learning Days in August. The additional grant from the Community Foundation of Southwest Washington funds the Financial Literacy Coach’s work teaching workshops on financial resources and skills to students in order to help break the cycle of intergenerational poverty.

“We want to help remove the stigma and misperceptions about poverty, both here at Clark and within our broader community,” says Director of Career Services Edie Blakley. “We see it as part of the college’s role as a learning institution.”

Meet the Coaches



Nicole, Transitional Studies Coach

Nicole works with students enrolled in Clark's Transitional Studies program—which includes English as a Second Language, Adult High School Diploma, and GED Preparation—as they transfer into credit-bearing courses at the college. When students come in to meet her, she helps them assess which resources they have, and which they lack, to succeed at Clark. She discusses their personal and educational goals and helps them identify potential barriers, connecting them to resources that might help diminish those barriers. Often she guides them through options like I-BEST and Learning Communities that could help them enter college successfully. And she helps them with college logistics like testing and registration.

Nicole calls her job “exciting and inspiring,” adding, “each one of us has our own story, and it is my privilege to be a part of someone’s story. I get the opportunity to help students move past the barriers on their journey toward success and the best part is, I get to celebrate with them as they reach each goal.”

Contact: TBG 209; M-F 8 a.m. – 4:30 p.m.; nhopkins@clark.edu



Angelica, Workforce Education Services Coach

Angelica works primarily with students enrolled in Workforce Education programs, which help low-income and unemployed individuals earn vocational/technical degrees and certificates. She helps guide these students through college processes, from applying for financial aid to setting up their student email. With years of experience working with people experiencing poverty, she can help connect students to support services both inside and outside the college so they can focus on their education.

“My position excites me because I am able to provide information to students about resources that they may not have been aware of,” Angelica says. “I love to see students grow and develop into professionals as they complete their degrees at Clark. I have been able to build lasting relationships with students that go beyond degree attainment.”

Contact: GHL 128; T 9 a.m. – 5 p.m., W 9 a.m. – 2 p.m., Th 9 a.m. – 1:30 p.m.; WESCoach@clark.edu



Craig, Financial Literacy Coach

Attending college brings with it a whole slew of financial challenges. For a person who's used to living paycheck to paycheck, receiving a quarter's worth of financial aid at one time can be difficult to manage. Books, fees, and equipment can cost hundreds of dollars. Craig's job is to help students manage their budgets and avoid common pitfalls. He helps them check their credit scores and shop for the best bank or credit card to fit their needs. He works with them to develop plans to work through any debt or financial challenges they currently have, as well as long-term plans to help them create a solid financial foundation from which to build. Additionally, Craig regularly holds workshops on financial literacy through the Career Center and the Library.

"I enjoy helping students understand how to make money work for them, thereby bringing them closer to attaining their dreams," he says.

Contact: PUB 002; M-F 9 a.m. – 5 p.m.; cebersole@clark.edu



Alex, Retention & Career Coach

Most students come to Alex for one of two reasons: Either they're not sure where they want to go, or they've hit a stumbling block on the road to get there. Alex helps students explore careers and academic fields that fit their skills and interests, and then create a plan to reach their chosen goal. Additionally, she helps students whose grades have triggered an Academic Early Warning, helping them take the steps they need to get their grades back on track without jeopardizing their financial aid. She takes a holistic look at their lives, helping connect them with services that can help them with not just their academic challenges but their personal ones as well.

"I think being a former Clark student myself helps me understand what these students are going through," says Alex, who earned her associate degree in 2009 before transferring to Portland State University for her bachelor's. "What excites me about this position is the opportunity to support students in accessing and using relevant campus and community resources, help prioritize their success and set strong, personalized goals, and ultimately tie these skills to their future career goals."

*Contact: HSC 124; T & W 9 a.m. – 4 p.m., Th 9 a.m. – 2 p.m.;
amartin@clark.edu*

Photos: Clark College/Jenny Shadley

Summer Quarter Classified Staff Excellence Award



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Also nominated this quarter was:

Guisela Eberle

Eberle is a Human Resource Consultant at Clark College and was highly commended by her nominator for her "exceptional service."

Her nominator explains, "Guisela has met with me numerous times during this past spring and summer to help me understand, and appropriately fill out, the many complex health and retirement forms necessary for my successful retirement from Clark. She has been unfailingly patient, knowledgeable and helpful to me during these many meetings. In my experience, she is outstanding for her willingness to meet with me, sit patiently while I ask questions, and to answer all the questions until I understand. I have been very impressed with her and always leave her office with a smile on my face, which is nearly miraculous, given the complexity of the issues involved."