



March 2021

Javelina Happenings

Summary

Hello everyone! We want to thank everyone who read and gave feedback on our first publication. March 2021 is an exciting month that offers more opportunities for our fellow colleagues including participating in Walk Across Texas, rediscovering our BCBS benefits, and Catapult Health checkups on-campus. Check out this month's updates, events, employee highlights, and more. We look forward to seeing more of our Javelinas getting active around campus and town as the weather warms up!

Brought to you by:

Brendy Santiago
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March 2021

Campus Updates

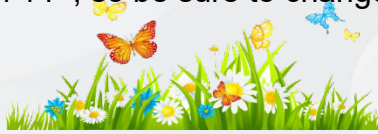
March is Women's History Month!

"The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous: be strong, be extremely kind, and above all be humble." -Serena Williams

March 26th – 27th is the 53rd Jazz Festival in the Jones Auditorium
https://calendar.tamuk.edu/event/53rd_annual_tamuk_jazz_festival

Daylight Savings Time is March 14th, so be sure to change your clocks.
Spring forward one hour.

Spring Equinox is March 20th!



The **Javelina Book Nook** can be found on the first floor of the Student Union Building, also known as the SUB. Everyone is welcome to drop off or pick up a book from the Nook. Please do not donate textbooks as it is not allowed.

A lactation room is located in Lewis Hall. To access the room, please check-in at the front office of the University Police Department. For more information, contact 361-593-2611. Faculty and staff may contact the Title IX Coordinator at 361-593-4761 to arrange, as appropriate, for a lactation room closer to their work location.





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General Updates

Free, on-campus COVID-19 testing for students, faculty, and staff is available. Pre-registration is required. Regular testing for the campus community is on Tuesdays and Thursdays. Pre-registration opens at 9 a.m. every Monday for appointments on Tuesday and Thursday of that week. You can register for a COVID-19 test here: <https://tamus.curativeinc.com/welcome>.

The City of Kingsville and Kleberg County, in collaboration with Texas Department of State Health Services, are offering free COVID-19 testing from 9 a.m. to 4 p.m. Monday through Friday, and from 9 a.m. to 1 p.m. Saturdays at the City of Kingsville Health Department, located at 3421 N. Farm to Market 1355. Individuals may register ahead of time at GoGetTested.com or on-site upon arrival.

TAMUK Staff Council invites you to show your TAMUK Pride and order a Javelina Face Covering today!

Proceeds will allow Staff Council to continue engagement activities, as well as sustain yearly initiatives. Orders can be placed on the Staff Council MarketPlace website. https://moneyconnect.tamuk.edu/C20209_ustores/web/store_main.jsp?STOREID=268





March 2021

Javelina Wellness Updates



Javelina Wellness - February Challenge Winner: Abel Morales

Javelina Wellness – Javelina Cooking Winner: Cynthia Villarreal-Garcia

Catapult Health will be on campus again on March 8th and March 9th.

Registration link: <https://www.timeconfirm.com/tamu/kingsville>

Spring 2021 Financial Wellness Seminars

Retirement by Design: 3/31/21 at 11AM

What Happens After the Paychecks Stop? A Retirement Income Primer: 4/28/21 at 11AM

Preparing your Estate Plan: 5/26/21 at 11AM

Please save the link below to join each webinar:

<https://edwardjones.zoom.us/j/97138783403?pwd=VWZGN0FTZzM5YXVCVkrRkKa09USkxUT09>

Passcode: 926186





March 2021

February New Hires

Please help welcome the following new faces to campus!

Madhavkrishna Sankhavaram, Chief Information Officer
ITS

Cecilia Lopez, Residence Hall Area Coordinator
Office of Residence Life

Samantha Larue, Administrative Associate
College of Education and Human Performance

Antonia Perez, Administrative Associate
Department of Language & Literature

Jake Gonzalez, Communications Specialist
Marketing and Communications

Jennifer Rios-Ortega, Customer Service Associate
Javelina Enrollment Services

Katrice Bender, Admissions Coordinator
Enrollment Management

Lindsay Martinez, Research Technician
Kleberg Wildlife Research Institute

Raegan Dershem, Professional Counselor
Student Health and Wellness



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March 2021

February Retirees

Congratulations to our sole retiree this month! We wish you the best, and thank you for your years of service to TAMU-K.

Valentin Ramirez who had been with the university since November 1997.
Security Operations Coordinator, UPD



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Meet Yvonne Vela

Yvonne Vela is the Assistant Director of Payroll Services, and she has been on campus for over three years.

What do you enjoy most about Texas A&M University-Kingsville?

I appreciate the opportunity TAMUK has provided me in terms of continuing to expand my extensive payroll career. The higher education aspect of payroll has been a learning experience! I truly enjoyed working with all the faculty and staff. I appreciate the autonomy the University has provided me in my current role as Assistant Director of Payroll.

What are some projects you are working on now?

A couple of projects we are currently working on are continued support Glacier for our Nonresident Alien Tax Compliance. Enrolled in CalState Payroll Accounting course to enhance my tax compliance knowledge. Finalizing, in-house, TRS audit.

Is there anything that you'd like to share with the campus?

Our payroll team is fully staffed and readily available to assist all employees with any questions they may have. Also, our website has been updated to assist with making important information more readily available.

What do you do for fun?

There are several things I enjoy. My favorite would be saltwater fishing. Taking a moment to listen to the waves, enjoy the warm sun in my face and waiting patiently for that first bite is priceless.





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Did you know?

Birds migrate south for the winter. Fact: birds migrate through the coastal region in South Texas in the fall. Fact: the number of birds migrating along the lower Texas Coast is more than 10 times greater than any other area in North America that has been monitored.

This new fact was discovered during a research project by Dr. Bart Ballard, professor, research scientist and C. Berdon & Rolanette Lawrence Endowed Chair in Waterfowl Research for the Caesar Kleberg Wildlife Research Institute, along with his Ph.D. student Suzanne Contreras.

This particular study was different and detected more birds because Ballard used radar to detect the birds as they were flying through the observation areas. “Radar is more effective than traditional methods at monitoring birds through an area,” he said. “Many species migrate at night or at altitudes that are difficult to detect by visual methods. Radar enables us to monitor birds in the airspace as well as during times when visual observations are impossible.

“Prior to using radar, our monitoring was based on systematic surveys in which we visually observed birds that stopped in our area to rest and refuel during the daytime,” Ballard said. “We had little information on turnover rates, on birds passing through the airspace or on birds migrating through the area at night, so we weren’t effectively tallying all the birds coming through.”





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Did you Know? Continued

“Nature tourism, which is highly driven by bird watching in this region, brings millions of dollars to our economy annually. Therefore, the information from this study can be used and will hopefully be considered by the wind industry to help reduce negative effects of wind turbines on migrating birds by proposing wind generation facilities in appropriate areas,” Ballard said.

The study also showed the migration strategies that birds use in the fall are different from those they use in the spring. “In general, spring migration is concentrated over a shorter period compared to fall,” he added.

“Also, birds tend to migrate at night during the spring and primarily during the daytime during the fall and they tend to fly higher during spring. All this suggests that during spring, birds are speeding up their migration so they can reach northern breeding areas in time to occupy quality territories or pair with quality mates,” Ballard said.



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FREE ON-SITE HEALTH CHECKUPS

YOUR OFFICE

YOUR PREVENTIVE CARE CHECKUP

It's Safe

Upon arrival, a temperature reading and COVID-19 assessment is administered for each patient. Each Catapult Health Technician also completes this process before coming onsite.

Health Technicians practice 6' social distancing, when applicable, and wear personal protective equipment (PPE).

Workstations and high-touch equipment are cleaned and disinfected at the start of the clinic day and after each patient.

It's Free

Your preventive care is covered at 100%. No out-of-pocket copays or coinsurance. Please bring a copy of your insurance card.

It's Private

Your personal results are not shared with your employer. However, with your permission your results are sent securely to your Primary Care Provider.

Included in Each Checkup

- Temperature Reading
- COVID-19 Assessment
- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose
- Blood Pressure
- Depression Screening
- Medication Review
- A1c (for known diabetics)
- ALT and AST (liver tests)
- Abdominal Circumference
- BMI (height/weight)
- One-on-One Video Consultation with a Nurse Practitioner
- Access to a Secure Patient Portal to View Your:
 - Comprehensive Personal Health Report
 - Personal Action Plan
 - History of Past Results

Catapult
HEALTH



Dates:

March 08 and 09
April 14 and 15
May 10 and 11
June 09 and 10

Time: 7:00 to 1:54 pm

Location: Javelina Dining Hall Room 200

Who's Eligible?

Employees and spouses enrolled in the Texas A&M System A&M Care health plan with group #39993 are eligible to participate.

Why Participate?

Know your health status related to diabetes, heart disease and stroke. Lab-accurate results are produced in minutes. Review your results with a board-certified Nurse Practitioner via virtual consultation and develop a personal action plan.