



NCCHA Newsletter

Message from President Dana Mills

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Hello Everyone and Spring Greetings!

The Executive Board had the Winter Meeting on February 2, a very cold day, in Minneapolis! We warmed up by receiving very good news about the financial results of the truly engaging annual meeting in Sioux Falls. These results are a credit to the meeting planners and demonstrate the really fine organizational skills of all those persons involved. Thank you!

We had a report about the next Annual Meeting on October 17-19 in Iowa City. Plans are coming together quite nicely in the former Capitol of Iowa. The theme is "College Health: Planting the Seeds for a Healthy Life". You may have already received an email and postcard about this event.

The Board reports included an update on Association finances and the Association has done quite well over the years. As your President I do want to take this opportunity to commend all of our past leaders serving on the Board and those additional members that have planned and contributed to our previous annual meetings. Your efforts have made NCCHA a financially strong and productive organization. The current Board is pledged to continue in that tradition.

Perhaps the most significant organizational issue that the Board addressed at the winter meeting was the decision regarding "united membership" with ACHA. We discussed the merits of free-standing vs. united membership organizational options across a full range of

concerns (e.g., risk management and liability, not-for-profit status, tax reporting, financial and contractual obligations/independence, and ultimate professional benefit of a formal agreement with ACHA). But, the essential input into the decision-making process was the results of the member survey. The results supported the decision for united membership, which was also the case with respect to a previous survey in 2005. At the time of the resolution, the Board recognized that for some schools this change might create a hardship. The motion that was approved included a stipulation that NCCHA will look for creative strategies to work with these schools to the extent that they identify themselves to our Board. (Independent, but concurrent with the NCCHA Board decision, the NYCHA Board also voted to become a united member of ACHA.)

The Board reviewed and approved three very worthy grant applications. Congratulations to the Student Project Grant Winners from North Dakota State University (Bacchus & Gamma Region 4 Conference planning), St. Cloud State University (Sexual Responsibility Week programming), and Minnesota State University – Mankato ("Aim for Eight" program planning). We very much look forward to their project results and commend them for moving their schools forward with regard to the primary health education and promotion of students. In support of projects and programs that are traditionally valued by the NCCHA membership, the Board

approved \$200 donations to three funds sponsored in the ACHA Foundation, namely, the Murray DeArmond Student Activity Fund, the Health Promotion in Higher Education Fund, and the Professional Nursing Fund. All funds supported by the ACHA Foundation are deserving of support, but these three seem to be at the core of all of our Association schools and we give them special recognition at this time.

The Board also discussed the need for an "Historian" or "Archivist" for the Association. As an organization we have "beaucoup" historical papers which, as your President, I am pledged to sort, organize, and pass along to my successor's). In the process it would be helpful if we could identify a person (or two) that would like to work with me to compile a detailed chronological history of our organization. In this way we could celebrate the many contributions that our former colleagues have made, in addition to our wonderful Dr. Gail Profitt, and celebrate those important dates that have meaning for the NCCHA. If any of you would like to consider this challenge, please let me or one of the other Board members know.

Before I close, those going to the ACHA Annual Meeting in San Antonio that the NCCHA Board Meeting is Wednesday, May 30 at 7:30-9pm, and our NCCHA Business Meeting is Thursday, May 31, at 12:00-1:15pm. The locations will be listed in the final program when we register. See you there!

2006 NCCHA Annual “The Many Faces of College Health”

WATER, WATER EVERYWHERE

Your body is made up of 20% water, your brain 70% and your blood 80%. You use and lose about 8 cups of water daily. This is why it is recommended that you drink at least 8 cups of water or other liquids daily.

The NCCHA Annual Conference was held in Sioux Falls, South Dakota, at the Sheraton Hotel and Sioux Falls Convention Center on October 11-13, 2006. One hundred thirty five people were in attendance. The keynote topics included “Public health concerns on College Campuses” (Ed Ehlinger, MD, MSPH), “Substance Abuse and Behavioral Concerns in an Academic Environment” (Nicholas Taylor, PhD, CACIII), “STDs on Cam-

pus” (Timothy Schacker, MD), Eating Disorders and Nutrition-from Anorexia to Avoiding the Freshman Fifteen” (Roger Shewmake, PhD, LN).

Special events were appreciated by participants. These included a reception with dancers for the Native American Drum Corp for the Flandreau Indian School which allowed participants to ask questions and enjoy the tribal art of dancing; the banquet also had a speaker, Bill Zubke, who en-

gaged us with his humor and thoughts on life with his presentation: “How to Live Life in One Letter”.

It was co-sponsored by the South Dakota State University Student Health and Counseling along with the Sanford School of Medicine, University of Sioux Falls. The Fall conference in 2007 will be held in Iowa City, IA, October 17-19th, 2007.

Submitted by Deb Johnson, SDSU, Student Health and Counseling Services



North Central College Health Association

We're on the web!

[Www.acha.org/nccha](http://www.acha.org/nccha)

Treasury Report

Balance in Money Market account is \$5007.01

Balance in Certificate of Deposit is \$22,473.97

Submitted by Barb Lonbaken, NCCHA Treasurer

NCCHA Board Positions Open

NCCHA gives physicians, nurses, health educators, students, and other health professionals the opportunity to...

- Network with colleagues and learn about recent developments in the college health field.
- Attend the NCCHA Annual Meeting with pertinent health programming that awards CEUs, CMEs, CEs, or CHES.
- Have input on a national level through NCCHA to the American College Health Association (ACHA).
- Meet new colleagues and students.
- Increase student involvement in the college health organization through the local Student Health Advisory Committees (SHAC).

Current positions open:

Member-at-Large (SD and IA)

Newsletter Editor Region II Representative

Student Representatives (one from each state)

Election or re-election in October:

Member-at-Large (ND and WI) Treasurer

Student Rep Secretary President-elect

Contact Dana Mills at dana.mills@marquette.edu with any nominations.

Gail Profitt Nominations

Do you know of an outstanding college health professional? Nominate her or him!

The 2006 Gail Profitt Award went to Kathleen Poi. Kathleen is the executive director for the student health services at the University of Wisconsin, Madison. She is recognized on UW-Madison campus as more than a solid health care provider and administrator. Kathleen is also known as a resource for student life. She has held faculty appointments in the School of Nursing since 1976 and now holds the rank of clinical professor. In addition to lecturing and engaging in research and journal contributions, she has worked diligently to establish UHS as a valued clinical education venue for the UW health professions schools. Her contributions to the Madison community in all these roles are widely recognized here.

North Central College Health Association Spring 2007

United Membership contract with NCCHA -A perspective from a small school

Herbal Remedies

Cardamom—Bad breathe

Cloves—Good for tooth-ache relief

Thyme—use as a tea (1-2 t.) to help with colds

Rosemary—Relief of headache

Ginger—motion sickness, helps with digestion helps relieve nausea

Peppermint—Suppresses appetite, upset stomach & bad breath

In Sept. 1995, I had been employed in college health for a whole month. I must have arrived at our NCCHA meeting looking as green as I was, because I hardly completed registration when one of the "more experienced" nurses asked about my job. Then, she realized that I was (as many in our region are) one nurse working alone in small health service, which is open only part time. She took me over to an ACHA display table and showed me what I needed. Talk about the benefits of networking. The first 10 minutes into the conference made the whole trip (Dickinson, ND to Madison is quite a trip) worthwhile. I saw and had the order form for what became my "bibles" for college health practice. I got the "Blue Book, Program Development Guidelines for Nurse Directed Health Services", Healthy Campus 2000, and many brochures. The guideline in those books became the foundation for running our health service. My first time through the Blue Book, I highlighted the things to accomplish. While there are too many to list, some of the highlights are: I learned about the College Health Nurse Certification and in 1998, I earned this. CLIA

waived lab established. Important policies established such as transportation of students, and QA policies. Now 11 years later, my desk is updated to Healthy Campus 2010, Guidelines for a College Health Program, Vision Into Action, and various white papers (TB and Immunization are used way too often).

Despite the fact that we are a very small school on a small budget, ACHA membership for our institution is a non-negotiable expense of the health service. Our health service operating budget for 06-07 is \$13,950, and ACHA membership dues were \$304.24. This small portion of the budget enables me to keep current on any college health issue, whether occurring in Iowa (mumps outbreak) or much further from my home. I would encourage my peers in small health services who are not members of ACHA to seriously consider joining to find out for themselves how much membership will benefit them.

Carrie Knudson, RN
Dickinson State University
Dickinson ND

Winona State Health Services is announcing the following

1. First time achievement of accreditation by AAAHC in February 2006
2. Move to a temporary location in January 2007. The building the Health Service has been in since 1968 is scheduled for remodeling for an Integrated Academic Support Services. Health Services, the childcare center and the fitness center are moving to a temporary location until a new Wellness center is built. We hope that it will be only 2-3 years.
3. The new Wellness Center will include Student Health Services, counseling services, Health education/Wellness, fitness and recreation. It is a very exciting prospect and the architects and designs team are in the process of drawing up the plans.
4. Winona State University participated in the Quit and Win program this fall with more than 80 students, faculty and staff participating.

For more information contact Diane Palm (DPalm@winona.edu)

Smoking Cessation—Quit & Win Program

The University of Minnesota—Boynton Health Service has promoted the stop smoking program Quit & Win. We are one of 10 colleges & universities working with the program in the metro. We had 105 students and 8 faculty sign up to stop smoking for a month. They receive free counseling, weekly e-mails and free gum & patches. For those who have stopped smoking, they are eligible to win a \$3000 grand prize, and several other money prizes. It has been a wonderful program, and students are being compliant. They like the help they are receiving.

Pat Fischer
U of M
Boynton Health Services

A Message from President-Elect Paul Baumert

Classified Section

“Wanted” Potential need for Association Historian or Archivist

There was an agreement that the need exists. The first step will be to identify someone to organize the boxes materials. We will solicit a volunteer via the newsletter.



Call for Proposals

We invite you to present at the 2007 NCCHA Conference! “College Health: Planting the Seeds for a Healthy Life”

Greetings from the University of Iowa! We are in the home stretch of this academic year, and what a difference a year makes. Last year at this time our campus was hit by a tornado, and we were in the middle of battling the mumps epidemic of 2006. Recently, our clinic reviewed our severe weather protocol, which included a tornado drill, and to-date we have only had one documented case of mumps this year (it was actually brought back with a student from Florida over spring break). It reminds me that one of the things that I enjoy most about college health is that every year on campus starts off with a similar template (which provides some consistency to our jobs), but the finished product may look very different from one year to the next. Over the past few years, I have become increasingly more grateful for the time that I have been given to experience the process. When time seems to drag on, just remember – time is what keeps things from happening all at once.

Just because we lack tornadoes and a mumps outbreak this year, it does not mean that the past few months have been uneventful. We have been busy working on the details for the fall meeting in Iowa City, on October 17-19, 2007. Our theme is “College Health: Planting the Seeds for a Healthy Life”. Be sure to mark your calendars and plan on attending because we promise to provide everyone with at least a few seeds that they can use to help them plant more healthy lifestyles on the college campuses across our region.

On April 2, 2007, thanks to a lot of hard work by a lot of people, the University of Iowa health science campus is now smoke-free. This aligns the entire health science campus with the UI Hospitals and Clinics, which enacted a similar policy on July 1, 2006. Tanya Villhauer, who is part of our Health Iowa division, has been instrumental in raising the awareness of the dangers of secondhand smoke across the campus and the community. She is president of the board of directors for CAFÉ (Clean Air for Everyone) in Johnson County.

During the month of April, we will be administering our first ever ACHA National College Health Assessment (NCHA) survey. This online survey will be sent to a random sample of approximately 2500 undergraduate students. Although we have excellent data from our Health Interests and Practices survey, the NCHA survey will give us the ability to better benchmark against peer institutions and a national database. The NCHA includes questions about health-related impediments to learning that students experience, from colds to pregnancy, and includes other information such as whether they have health insurance, substance use, and off-campus vaccinations and health screenings. If you haven't heard of or administered the NCHA survey, I urge you to consider getting some more information from the ACHA web site or stop by their booth in person in San Antonio.

I am looking forward to seeing a lot of you in San Antonio in just a few weeks. If you have any comments or suggestions, feel free to introduce yourself to me in San Antonio or call/email me at anytime. It's never too late to get involved, and make an impact in our organization. Don't forget that the early bird gets the worm, but the second mouse gets the cheese.

Adios for now!

Proposals must be submitted **as soon as possible**.

To request or submit an application for oral presentations or poster

displays, contact:

lisa-james@uiowa.edu

Or visit <http://>

www.acha.org/nccha/



Renew Your NCCHA Membership

Programming for Mental Health Awareness

May is:

- National Mental Health Month
- Graduation and Finals Stress Reduction

The following schools have not yet renewed their 2007 NCCHA Membership:

Wisconsin

- University of Wisconsin - La Crosse
- University of Wisconsin—Fox Valley
- University of Wisconsin—Superior

South Dakota

- South Dakota State University
- Mount Marty College
- University of Sioux Falls

North Dakota

- Kirkwood Community College
- Mayville State University

Minnesota

- Briar Cliff University
- Concordia College
- Hamline College
- Alexandria Technical College

- St. Olaf College
- College of St. Catherine
- Minnesota State University-Moorhead
- University of Minnesota—Morris
- Southwest Minnesota State University
- University of St. Thomas
- Bethel College
- University of Minnesota

Iowa

- Coe College
- Simpson College
- Graceland University
- Morningside College
- Indian Hills College
- Crown College
- St. Ambrose University
- Dordt College
- Alverno College

How vulnerable are you to stress?

-Amy V Lukowski, Psy.D. Associate Director of Health Promotion (Bacchusnetwork)

- ◇ I "fly off the handle" easily
- ◇ There is never enough time to do everything I want to do.
- ◇ Someone very close to me has died within the last year.
- ◇ I eat a lot of junk foods.
- ◇ I exercise less than three times a week.
- ◇ I have had more than 3 colds or other illnesses in the last year.
- ◇ Waiting in line or waiting for other people really annoys me.
- ◇ I have trouble falling asleep and waking up refreshed.
- ◇ I don't take any time for myself each day.
- ◇ I find that I have difficulty concentrating.
- ◇ I find myself withdrawing from my friends and/or family
- ◇ I find myself drinking or smoking more.
- ◇ I have problems with headaches, GI symptoms, or other physical problems
- ◇ I find myself thinking in very negative ways about life.
- ◇ I have had changes in relationships recently.

- ◇ I have major disagreements with my family.
- ◇ I have problems with a professor or a roommate.
- ◇ My grades are dismal.
- ◇ I have problems making decisions.

If you checked five or more items, you are probably feeling some of the affects of stress on your life. It is important to not ignore this stress. Below are a few suggestions for beginning to address your stresses:

- Prioritize your stressors and deal with the stressors that are of biggest concern first.
- Identify the areas that are causing you the most stress or have persisted for more than six months. If you have tried to resolve these stresses on your own without success, schedule some time with a professional counselor and/or physician. There are resources available to you as a student that can help you manage stress in your life.
- Implement stress reduction techniques into your daily routine such as meditation, progressive muscle relaxation, exercise, or deep breathing.



The Stress of Graduating

College Counseling Centers across the nation experience clients who are facing the trials of leaving college and beginning their work experience. They leave behind friends, a school routine which differs from the work world, and a changing identity. They leave behind their role as a student, a ready made peer group, college expenses and college routines.

After twenty plus years, they will find their world changing drastically. Much of this creates a process of grief and loss. A loss that consists of shock/denial, bargaining, depression, anger, and hopefully, acceptance. It is one of the biggest changes we have in life. Housing issues change; some will face living alone for the first time and others will take on mortgages. Employment is a fulltime gig with people of all ages and the static peer group that many experience in college is gone. Looking for work is a confidence based event and it can shake many students confidence level. Suddenly, the measurement of self and accomplishments through papers and tests is condensed to looking for employment and many have multiple rejections. Feedback from professors is now replaced by bosses who don't always tell you how you are doing or do so in an unpleasant manner.

Identity changes as well; the student becomes a college grad-sometimes with a job and sometimes without. They no longer check the STUDENT box under occupations. The sense of having financial backing changes; suddenly there is no financial aid and parental support usually changes. The expectation of supporting yourself solely can be an overwhelming thought. Lifestyles also can change drastically. If you stay up till 3 AM on-line or socializing too hard, work can be affected. Joining the "real world" can be a major change.

All of these create anxiety and each person has their own set of concerns related to their situation. Anxiety has three components that impact us. One has to do with feeling in control of yourself and your surroundings. With so much change happening, this is clearly difficult to maintain. Another element which impacts us is our sense of confidence. As our past ways of retaining our confidence are altered, we need to replace them with other forms. Further, our approval from others changes as we lose contact with professors and peers and that now comes from bosses and co-workers.

Students graduating can help themselves by:

- Mentally preparing themselves for the change acknowledging that it will have an impact on them.
- Keeping a balance in life of managing stress which includes regular sleep, nutrition and exercise.
- Being persistent in setting and achieving small, obtainable goals for themselves.
- Look at the areas that they do have control over and the choices they do get to make for themselves daily.
- Keep a few close companions and/or family that know you well nearby.

Make a list of positive feedback you have gotten over your college career and reminding yourself you have a lot to offer the world.

Graduating is a new developmental opportunity in our life; what we take into it helps us find our way out.

Tips for Stress Management

Take Care of You

- A. Get 7-9 hours of sleep every night.
- B. Eat a balanced diet with foods from all food groups
- C. Engage in 3-5 days of moderate to vigorous exercise

Manage Your Time

- A. Define priorities and break into manageable goals and tasks
- B. Allot a reasonable amount of time to complete all tasks

Learn to Problem Solve

- A. Analyze the problem, and identify the needs of those who will be affected.
- B. Generate possible solutions and evaluate each
- C. Select the best option and implement the plan

Be Confident and Assertive

- A. Stand up for yourself and express yourself honestly and appropriately

- B. Exercise your own rights without diminishing the rights of others

Conflict Resolution

- A. Combine problem-solving skills, assertiveness, good listening skills and mutual respect to address a problem or conflict with another
- B. Ask a neutral party to be a mediator, if needed

Student Project Grant Winner: Bacchus Area 4 Conference: “More Than You Expect”

A total of 158 people attended the Bacchus Area 4 Conference which was held March 29-31 on the campus on Minnesota State University Moorhead. NDSU and MSUM co-hosted this event which included 44 breakout sessions, 2 keynote presentations, Certified Peer Educator Training, and opportunities to network with a variety of individuals involved with peer education. A variety of professionals and students lead breakout sessions covering such topics as: healthy relationships, eating disorders, tobacco on college campuses, alcohol prevention activities, suicide prevention, and proper nutrition for the college student. Shawn Decker and Gwenn Barringer were Friday evening’s keynote presenters. Their topic dealt with HIV, AIDS, and Healthy Relationships. Andrea Mosby-Jones was the keynote speaker Saturday morning. Her topic focused around leadership and decision making skills. A variety of awards were handed out during the banquet held Saturday night.

The goal of the conference was to assist in the development of leadership, knowledge, and growth of a peer educator and other students in a leadership role. Next year’s conference will be held at Bradley University in Peoria, Illinois.

Submitted by Larry Anenson, Jr., MGMT, RN
NDSU Wellness Center Health Educator



Bacchus Area 4 Conference Winners

Outstanding Program:

Minnesota State University Moorhead Peer Educators
"HPV Information and Vaccination Campaign"

Outstanding Peer Educator:

Kylee Korte
Bradley University H.E.A.T.

Outstanding Advisor:

Lisa Broek
Macalester College WHAM

Outstanding Senior:

Lyndsey Withers
Bradley University H.E.A.T.
Bradley University SONOR
Adam Gehlhar

Student Project Grant Winner: Sexual Health Resources Available at S.C.S.U.

Overall Goal: Increase awareness of all Sexual Health resources available at S.C.S.U.

Objectives:

1. Provide 3 educational programs in Residence Hall and Sororities/Fraternities
 2. Increase visits for Condom purchases in Health Promotions and also Condom Club Membership
 3. Increase overall membership of Health Promotion Peer Educators
- Increase percentage of students utilizing contraceptives (ACHA survey)

Outcomes:

1. For the month of February we implemented (10) different educational programs to SCSU students and reached approximately **506** students in a wide variety of different settings. The settings included classrooms, sorority/fraternity houses, Residence Halls and the Student Union.

1 cont. We had two awareness booths during Sexual Responsibility Week and gave away a lot of pamphlets, condoms, candy and had drawings for a variety of prizes including "Condom Club" t-shirts. We had one booth on Valentines Day in the Atwood Memorial Center (student union) and we also had a display in the Fitness Center. It is estimated that we came in direct contact with about 350 students at our booths.

1 cont. The highlight for the month was definitely our "Atwood Afterdark" program which is an alcohol-free event on Friday nights once a month. We had prizes and giveaways for our "educational" games. We played "Pin the Dam on Pam and Jimmy on Timmy" which was a riot and also the ever popular "Nuva Ring Toss". We had about 500 students visit our booth and play our games.

We only sold 15 more dozen condoms than "normal" for the month of February which was a little disappointing but we also gave about 1,500 away FREE for the month so that may have been the reason. There were about 225 new Condom Club members for the month so that was pretty successful.

With all the activities and events we were involved in we only gained TWO Peer Educators and we were hoping for at least five.

We will have to wait and see if our campus is "heading in the right direction" for use of contraceptives when we get our NCHA data back sometime in the next month or so.

Budget Performance:

Due to the 150 different policies from our Business Office we got a late start on purchasing items for the month. However, we did purchase our "Condom Club" t-shirts and also \$150 of condoms which definitely added to our programming/outreach efforts.

Summary Article:

Due to the matching monetary commitment by the NCCHA, St. Cloud State University had one of their most successful Sexual Responsibility Months ever. The Health Promotion Peer Educators presented 10 programs during the month of February and also staffed two awareness booths on opposite ends of campus. The grant allowed us to "branch out" and have a variety of different giveaways for students at various locations. We had a great display at the student union for Valentines Day during "Sexual Responsibility Week." The Peer Educators had about 200 students visit our booth and sign up for a variety of different prizes. The highlight of the month was "Atwood After Dark" (Friday night programming once a month). The Peer Educators played "Nuva-Ring Toss" and a original version of "Pin the Dam on Pam and Jimmy on Timmy". There were over 500 students who came to our booth and grabbed brochures, safer sex kits, candy and register for Condom Club t-shirts.

We greatly appreciate the opportunity to ADD to our current programming and without your support it would have been extremely difficult.

Thanks,

Troy Shafer, Student Health Services
St Cloud State University

Redesigning Your Student Health Advisory Committee

Let's face it- changing is tough. There is little comfortable about altering your actions, beliefs, attitudes, policies, or procedures, especially when it's not your choice to do it. While most people would highlight spiders or public speaking as their biggest fear, it's human nature to want things to stay as they are. So, how do we deal with fear? As with any other fear, we have to lessen the threat: that spider is smaller than you think. Imagine the audience in their underwear. Change? That's not change- that's *redesigning*.

I'm finishing up my sophomore year at Iowa State University with enough wisdom to graduate (I wish!). My experience with the Student Health Advisory Committee has not been all Free Condom Wednesdays and successful World AIDS Days. I've had the privilege to learn far more about what it is to follow, lead, and take a partnership stance for the greater good- in this case, my fellow students.

I first became involved with SHAC my freshman year. We brought in lecturers, attempted to hold World AIDS Day events, and basically, followed everything our adviser said. The problem? It's the **Student** Health Advisory Committee. Not knowing what events we sponsored meant we didn't have a choice in what our name & money went. Our club & the health center went through a messy divorce with our adviser at the end of the fall semester, leaving us to run spring 2006 without an adviser. Luckily, our officers had been around long enough to know how it worked. The 2nd semester was hard, but fun- we had choices & were in control.

When the health center filled the open staff position this fall, SHAC got a new adviser. He's personable, friendly, and aggressive- exactly the type of person needed for health promotion. However, our returning SHAC members were now Super-SHAC: we'd gone through tyranny and total freedom, and direction from the new guy made us a little nit-picky and skeptical. After a non-eventful semester (as in, TWO events- a fraction of what we'd done the semester before), we compromised, and came up with these three important guidelines- three guidelines that no matter what kind of activities your SHAC does, they should seriously consider implementing. Here they are:

1. There needs to be constant communication with all members of the group, including officers, advisers, and all members. That list also includes anyone who might sponsor your club. For example, we're sponsored by the student health center- keep them updated and offer involvement whenever possible.
2. Make a priority list at the beginning of the semester. Change it as needed. Don't put things to the back burner- if you take it off one meeting's agenda, add it to the next agenda. You can always say "We don't have much to say about this. Let's move on." Always assign a particular person or group of people to a project, and make sure they know what they need to do.
3. Collaborate with other groups on campus. There are other groups out there that care about health. Look for your dietetics clubs, your exercise clubs, the LGBT community, and the Greek system. There are always people that would love to help you out, even if it's just to get their name out to the public!

Our new SHAC is still in progress. After an extremely successful semester, we've come a long way - from kicking and screaming all the way to the changed SHAC. No, no. Not changed- redesigned, and new and improved.

Submitted by Melissa Burke

Undergraduate, Iowa State University

NCCHA Executive Board Roster 2006-07

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(Interim, term 2006-08)
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NCCHA 2006 Annual Meeting

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