IT Infrastructure & Security Update

Technology. It’s one of those words in everyone’s vocabulary that holds a multitude of meanings, images, descriptors, and for many, emotions. Talk to any new faculty or staff member who has come from another university, and you will learn the University of Central Oklahoma enjoys a robust digital communications infrastructure, while those of us who have been here a while take it for granted.

UCO has just completed a total renewal of its digital communications infrastructure. The University is investing $10 million to supply fiber in the ground providing redundancy to each building, new switches in every building, completely new architecture in two data centers, a state-of-the-art telephone system, and of course, more robust wireless coverage. In addition, upgraded equipment designed to use less power creates a green data center in our commitment to sustainability.

The new communications infrastructure provides faster and easier access to resources at UCO and beyond. Yet there is more to do. Our digital infrastructure teams are upping the ante as they continue to take strategic steps to provide access to information while meeting security requirements.

Some would posit that we put too much emphasis on digital security. Likely these same people lock their doors to their homes and believe that actually keeps themselves and their property safe. Others may believe law enforcement alone can take care of each potential challenge. The truth is, each person plays a significant role in safety and security.

Secure data at UCO requires each person who has access to take an ownership role.

“Almost every American has been affected by at least one data breach” in 2015, according to ZD Net. VTech had poor password security which resulted in one of the largest data breaches of the year. Then there was the hacker that intruded into CIA director John Brennan’s private email who also accessed a law enforcement portal that is used to share intelligence. And there was Trump, Patreon, Experian (yes the credit reporting agency), Scottrade, the IRS, Anthem, and the infamous Ashley Madison. Even LastPass, the password encryption company suffered a data breach last year. There were more. Many, many more. (Continued on page 2)
These companies all have very large budgets and full time security technology professionals. At times we want to throw up our hands and surrender. All the while, legislation continues to tighten as we face unfunded mandates to make our data assets more secure. Multiple federal and state laws require we put various security measures in place. The state of Oklahoma requires each agency—including higher education institutions—to complete an annual risk assessment from both the “business” and “information technology” perspectives.

Questions range from security policies, practices and compliance to asset classification and controls. Procedures are scrutinized for physical and environmental security and access control, communications and operations management, system development and maintenance and general controls. The need for a well-defined business continuity plan is enjoying the spotlight, too.

UCO is attempting to find ways to make all these requirements easy-to-understand for individuals who have access to the University’s resources. Safeguards have been put in place to protect our digital assets to the best of our ability. More safeguards are needed—and we are working towards those objectives.

Yet the most effective strategy is to educate people who use the resources. The first defense is strong, private, encrypted passwords that are changed on a regular basis. Never share your password and know that your central Information Technology division employees will never ask you for your login credentials—especially not in an email. UCO email users have been stellar in “not clicking” links to report user names and passwords. We thank you for that. Our records indicate that those computers attached to the UCO network which are most often compromised, are from those people who are viewing non-UCO-related web sites.

Remember, UCO networks, computers, and information are provided on a need-to-know basis and for your use in completing your work. In the state of Oklahoma, personal use of the state’s digital resources is prohibited (also indicated in the UCO employee’s manuals).

Data compliance is an important aspect of technology usage in any organization. UCO posts its technology-rated policies at [http://www.uco.edu/technology/policies](http://www.uco.edu/technology/policies). Our best defense against unauthorized access is understanding and following the policies and using common sense. We are all responsible for the appropriate use of technology.

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**Save the Date!**

**National Employee Appreciation Day**

Come to Buddy’s Cafeteria on March 4 from 2:00-3:30 pm. to celebrate National Employee Appreciation Day. Join President Betz, Buddy Broncho and many other distinguished guests and enjoy free desserts and refreshments.
NEW BRONCHO STAFF MEMBERS STARTING IN JANUARY

WELCOME

Jenan Alleman
Library Technician
Chambers Library

Stephanie Capps
Residence Hall Director
University Commons

Chelsi Dennis
Development Coordinator
Liberal Arts

Jennifer Downing
Administrative Assistant
LAMETA

Audrey Fowler
Library Technician
Chambers Library

Stan Gravchikov
eLearning Support Specialist
CeCe/CPDE

Stephen Mueller
Landscaping
Maintenance

JoAnnie Rios
Communications Officer
Police Services

Haley Smith
Communications Coordinator
Development

James Thorp
Information Specialist
Jackson Graduate College

Jeana Wilson
Administrative Assistant
Career Services

Tanner Brubaker
Technology Support Specialist
Communications Center

Drew Dahlberg
Marketing Assistant
Wellness Center

Jordan Dix
Coordinator
Development

Rachel Fairchild
Academic Advisor
Academic Advisement Center

Nicholas Graham
Assistant Coach
Football

Aaron John
Data Entry Processor
Student Financial Services

Sandra Opalka
Budget Assistant
Facilities

Tara Simmons
Manager of Development
Math & Science

Dorothy Swanda
Administrative Assistant
CPDE

James Turnbow
Residence Hall Director
Murdaugh Hall

Roman Wolf
Research Assistant
Effects of Interstitial of CVAX
Dr. Mark Kinders, VP for Government Relations, was the guest speaker at the UCO Staff Senate meeting on January 5, 2016. Dr. Kinders spoke of the upcoming Oklahoma legislative session and of the possible ways UCO may be impacted. Several bills, resolutions, and one amendment came before the Staff Senate for a vote during the meeting. The voting results and details of the January meeting will be in the minutes on the UCO Staff Senate website at http://www.uco.edu/central/staff-senate/index.asp.

The next meeting will be on Tuesday, February 2 at 2:00 p.m. in the Nigh University Center, Will Rogers Room (NUC 421). The speaker will be announced in Centralities at a later date.

For more information on other bills in progress, please see our website at http://www.uco.edu/central/staff-senate/index.asp. If you have any questions or concerns, please contact the Senator (http://www.uco.edu/central/staff-senate/senators-2015-16.asp) in your area. Visitors are welcome to attend Staff Senate meetings.

Since January 1st, our new EAP (Employee Assistance Program) provider, Deer Oaks, has been available to full and part-time UCO employees. Deer Oaks is not your typical EAP provider. Dedicated to truly serving the complex needs of today’s employees, they provide a host of innovative and robust benefits designed to simply your daily life.

Deer Oaks offers an enhanced set of financial and legal resources, at no charge, with services such as Identity Recovery Assistance and their step by step state-specific Will-Builders. They also have a unique program called “Take the High Road” where they will reimburse members and their dependents for cab fares once per year.

Perhaps our favorite aspect of our new partnership with Deer Oaks is their service model for daily living issues. Should you need help finding a pet sitter, planning your next vacation, obtaining care for your sick child, or finding a plumber that can come between 6:00PM and 9:00PM on Tuesday, for example, their daily living consultants are ready to take part of these burdens off your shoulders.

Long gone are the days where you only consider calling EAP when you need traditional counseling, legal, or financial services. While these are cornerstone services offered by Deer Oaks, our new provider is deeply committed to your whole well-being. Our account manager, Kristina Herrera, will visit campus on February 17 to hold a series of informational sessions and answer any questions you may have. Watch for dates and times in Centralities, or email ecrerda@uco.edu for additional information.

UCO’s College of Business offers Volunteer Income Tax Assistance. Volunteer Income Tax Assistance (VITA) at the University Of Central Oklahoma College Of Business provides free income tax preparation and e-filing for students, staff, and the public.

For more information on VITA, click here.
The Wellness Center is excited to offer Race to Rio, the 2015-2016 Olympic/Paralympic Fitness Challenge! UCO is an Olympic and Paralympic Training Site and host to sitting volleyball, powerlifting, archery, taekwondo, and field athletes. We would like to show our support to our Olympic and Paralympic hopefuls, while also promoting a healthy lifestyle.

With Rio De Janeiro being the host of the 2016 Olympic and Paralympic Games and 5,378 miles away, we are challenging the UCO community to walk, run, bike, row, skip and be active in any way that fits your lifestyle to help us reach 5,378 miles to Rio De Janeiro.

You can sign up at the front desk of the UCO Wellness Center immediately. The first 100 to sign up for this fitness challenge and actively log your miles for 3 straight weeks will get a free promotional item from the training site. The top male and female for both student, faculty/staff and community members who log the most miles by the end of the challenge will receive a prize. For more information please contact Heather Kohl at hkohl@uco.edu or 405-974-3140

**REGISTER FOR BOOK CLUB**

**BOOK CLUB REGISTRATION NOW OPEN FOR**

“THE NEXT AMERICA”
BOOMERS, MILLENNIALS, AND THE LOOMING GENERATIONAL SHOWDOWN

**36 SPACES AVAILABLE**

The America of the near future will look nothing like the America of the recent past. America is in the throes of a demographic overhaul. Huge generation gaps have opened up in our political and social values, our economic well-being, our family structure, our racial and ethnic identity, our gender norms, our religious affiliation, and our technology use.

Drawing on Pew Research Center’s extensive archive of public opinion surveys and demographic data, The Next America is a rich portrait of where we are as a nation and where we’re headed—toward a future marked by the most striking social, racial, and economic shifts the country has seen in a century.

**Author:** Paul Taylor, former Vice President of the Pew Research Center and the keynote speaker of UCO’s March 9th Sandwich Generation: Multigenerational Caregiving Conference & Exposition.

**VISIT** [HTTP://TINYURL.COM/THENEXTAMERICABOOKCLUB](HTTP://TINYURL.COM/THENEXTAMERICABOOKCLUB) **FOR A LIST OF AVAILABLE CLUBS, DATES, TIMES, FACILITATORS AND TO REGISTER.** For additional information contact 405-974-3670 or prodev@uco.edu
Looking Ahead...

The Sandwich Generation

Save the Date
Wednesday, March 9, 2016

Seats Guaranteed for First 500 to Register
Registration for the UCO Campus & General Public opens February 8, 2016

Why You Should Attend:
- This conference will connect current and future caregivers with local agencies, pertinent information, and self-care tips
- Special guest speaker Paul Taylor (formerly Vice President of Pew Research Center, author, and public speaker with appearances on The Daily Show with Jon Stewart and C-SPAN)
- Resource EXPO with over 25 agencies
- Several great breakout session options
- Lunch with a panel of community experts

Be on the lookout for “Register Now” announcements in Centralities

Big Event 2016 - Faculty/Staff Volunteer Opportunities

Save the Date! The 14th Annual Big Event is Saturday, April 2, 2016.

Big Event is a student-led service opportunity held every spring by the Big Event student organization. The mission of Big Event is simply One Big Day. One Big Thanks. One Big Event. UCO students, faculty & staff head out into the community to say thank you to residents through service. Volunteers can clean up trash, do yard work, paint, garden, and various other light labor activities inside or outside. Big Event averages between 600-800 volunteers and 100 service sites each spring.

Volunteer with The Big Event!
Help UCO say ‘Thank You’ to the Edmond and Metropolitan community by volunteering with the Big Event! On-line applications will be available soon at http://www.uco.edu/student-affairs/vsic/Events1/TheBigEvent/Volunteer.asp. Also, look for registration drives starting in February.

Questions? Call 405.974.2621, email bigevent@uco.edu or stop by NUC Room 212!
<table>
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<td>New Employee Training (NET)</td>
<td>2/8, 2/22</td>
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<td>UCONNECT for Employees</td>
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<td>Web Content Management System (WCMS) Essentials</td>
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<td>Web Time Entry &amp; Time Keeper Training (2015-16)</td>
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**Saving for Retirement session offered by VOYA**

Does the market turmoil have you rattled, or have you made a New Year’s resolution to clean up your finances? Come learn about the best ways to save for retirement at an upcoming session offered by VOYA Financial.

You’ll learn how to build a complete retirement package in order to bridge the gap between what OTRS and Social Security provide.

**Date: February 16, 10:00 a.m.**  **Location: ADM 101B**

**Registration not required**
**CELEBRATING BIRTHDAYS**

**February 2016**

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* (21st, cont)

| 28 | Geoff Willis | Aaron Hall | Jonnie Machell |

**CELEBRATING CONSECUTIVE YEARS OF SERVICE**

<table>
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<tr>
<th>YEARS</th>
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<td>Mahala Dumas 4</td>
<td>James West 2</td>
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<td>Susan Urbach 27</td>
<td>Crystal Morgan 9</td>
<td>Robert Howard 4</td>
<td>Michelle Stansel 2</td>
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<tr>
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<td>Niccole Miller 4</td>
<td>Kera Dukic 2</td>
<td>Megan Gatlin 1</td>
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If you are an employee who would prefer not to have your name included in the birthday section of the Broncho Beat, please email cirwin3@uco.edu.
FREE GROUP FITNESS CLASSES
Have you heard that Group Fitness Classes are FREE to all Wellness Center Members including UCO students, faculty and staff?

Classes are offered for all levels during the early morning, at lunch, in the evening and on Saturdays!

Class formats include Zumba, BodyPump, Yoga and Cycling to name a few. Classes are on a first come, first serve basis and can fill up quickly. For complete details about group fitness classes please go to www.ucogroupfitness.com or contact Khari Huff at extension 3119 or email khuff4@uco.edu

UCO EMPLOYEE WELLNESS
The UCO Employee Wellness Program is dedicated to improving the overall health and well-being of employees both on campus and in our community through encouraging healthy lifestyle choices such as physical activity, healthy eating, and social interactions. Improving the health of employees on campus and in our community will strengthen our University and improve the impact UCO has on students, colleagues, and the community.

How the program works:
Departments currently involved in the Employee Wellness Program allow their employees two 1-hour, predetermined workout times a week. During this time, employees may choose to attend a group fitness class, workout in the Wellness Center, and participate in wellness activities or events.

To add some fun and excitement to the program, some departments have chosen to divide the participating employees into teams, have interoffice challenges, and hold an awards ceremony.

How to get started:
Obtain Supervisor’s approval for those employees desiring to participate in health and wellness activities during work-hours.
Choose a point of contact from your department
Contact Khari Huff at khuff4@uco.edu or ext. 3119.
Schedule a time to bring your group over for a Wellness Center tour (optional)
Schedule a time to have a Polar BodyAge Assessment (optional)
Schedule a time to have a ‘how to’ training using bands, weights and machines

PERSONAL TRAINING AVAILABLE
Did you know the Wellness Center offers top-level personal trainers and plenty of ways to conquer your goals for the New Year? Whether you want to work with a partner or participate in one-on-one training, our programs are individualized to meet your health and fitness needs.

Our Personal Training Team will:
• Design a personal program based on your needs
• Teach you safe, proper & effective techniques
• Help you stay motivated to reach your goals

All UCO Faculty and Staff are eligible to receive one FREE Polar BODYAGE assessment per calendar year. For more information and to schedule your appointment please contact Johnny Watley at 974-3155 or email jwatley@uco.edu