

CHHS Matters

Fall 2014

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A Message from the Dean



Dear CHHS Faculty, Staff, Students and Alumni,

Welcome to the Fall Semester 2014 edition of the College of Health and Human Sciences (CHHS) alumni newsletter. We are off to a great start this academic year. Once again, CHHS is one of the largest and most productive colleges at Georgia Southern University. Our enrollment this fall is 3,445! We are seeing slight increases in both our undergraduate and graduate student populations since Fall Semester 2013. The overall University enrollment is stable from last fall at just over 20,500.

There are many exciting developments within the College. On July 1, 2014, the Department of Health and Kinesiology officially became the School of Health and Kinesiology (SHK). This change provides more consistency in terminology within the College but also better reflects the complex dynamic of SHK. Within SHK, we are excited to offer a new Dietetic Internship Program, and there are 20 students enrolled in the program. We welcomed seven new full-time faculty members to SHK: Samuel Adeyeye (Nutrition and Food Science), Donna Burnett (Dietetic Internship Director–Nutrition and Food Science), Manuela Caciula (Exercise Science), Christina Gipson (Sport Management), Hyun-Woo Lee (Sport Management), Nicolas Murray (Concussion Research) and Hal Wilson (Coaching Education). We have one new staff member in SHK, Mandy Motes.

The School of Human Ecology (SHE) began a focused undergraduate research program last year, and had 16 students and eight faculty members participate. The students and faculty made 20 presentations at local, state, national and international conferences/symposia. Also within SHE, the new playground for the Child Development Center opened earlier this fall – much to the delight of the children at the Center. We are happy to have five new full-time faculty members within SHE: Nikki DiGregoria (Child and Family Development), Meghan Dove (Child and Family Development), Rachel Eike (Fashion Merchandising and Apparel Design), Svitlana Iarmolenko (Recreation) and Jennifer Zorotovich (Child and Family Development).

The School of Nursing (SON) received approval from the University System of Georgia for the Post-Bachelor of Science in Nursing to Doctor of Nursing Practice (BSN-DNP) bridge program. During the summer, SON received more than \$2.2 million in grant funding to establish a Center for Nursing Scholarship and Research, develop a new graduate emphasis in Chronic Illness, and provide scholarship assistance for students completing the Family Nurse Practitioner degree. We are excited to welcome two new faculty members to SON: Carole Bennett and Knicole Lee. Additionally, Hedley Broxton joined SON as a new staff member.

I hope you enjoy this edition of the newsletter.

A. Barry Joyner
Interim Dean, College of Health and Human Sciences



SCHOOL OF HEALTH & KINESIOLOGY NAMED AMONG TOP 10 SCHOOLS

The School of Health and Kinesiology's online Master of Science degree in Sport Management has been recognized among the top ten by *TheBestSchools.org*. Sport Management is one of the fastest growing fields of study in the country. The Georgia Southern program can be completed in two years or once a student accumulates 36 credit hours. Students with this degree are prepared for such careers as athletics directors, coaches, league managers, agents, and sports information, media or communications specialists.



FASHION MERCHANDISING AND APPAREL DESIGN CONTINUES TO RECEIVE TOP RANKINGS

For the second year in a row, the Fashion Merchandising and Apparel Design major within the School of Human Ecology has received high marks from *Fashion-Schools.org*. This year, the Apparel Design emphasis placed No. 68 nationally and No. 10 in the South. Meanwhile, the Fashion Merchandising emphasis ranked No. 54 nationally, making it the eleventh-ranked program in the South.



Melissa Garno Receives Award for Excellence in Service

The College of Health and Human Sciences is proud to announce that Professor of Nursing Melissa Garno received the University Award for Excellence in Contributions to Service for the 2014-2015 academic year. The award is given to two faculty members each year. This award is designed to recognize and reward faculty who use their academic disciplines to provide non-compensated assistance to the region as well as to the academic community.

Professor Takes Local Youths to European Baseball Championships

In the spring of 2014, Dr. Daniel Czech of the School of Health and Kinesiology, led a group of local youths through a holistic exercise science study that culminated with a trip to the European Baseball Championships in Poland. The youths, ages 12 or 13, came from multiple schools in Statesboro, Swainsboro and Metter, Georgia, and represented a wide variety of socio-economic backgrounds, races and cultures.

For five months, the group studied coaching education, sports administration, physical training, injury prevention, sport psychology and socio-cultural learning. Then, with the support of local recreation coaches, Dr. Czech took the group to Poland where they helped Polish adults with disabilities, helped build a counseling clinic and traveled to Auschwitz.

Finally, the students won the opportunity to play in the European Baseball Championships in Poland. They played in the championship game against a Russian team and found themselves down by five runs with two outs during the final inning. After making it to the championship game, they found themselves not only trailing by five runs, but also down by two outs to an unrelenting Russian team. Through determination, the team staged a comeback in the final moments of the game and returned to Georgia as champions.



Students Cater Reception for Nobel Prize Winner

Georgia Southern welcomed Nobel Prize winner in physics and former U.S. Secretary of Energy Dr. Steven Chu to campus on April 15, 2014 at the Performing Arts Center. Chu offered unique insight on our energy future and explained how advances in science are the key to solving global issues. His keynote address, "Renewing Our Independence Through Renewable Energy: Challenges and Opportunities," was part of Georgia Southern's "No Impact Week," a weeklong challenge in which participants commit to gradually reducing their impact on the planet. Each day, the focus is on a different area of sustainability including consumption, waste, food, transportation, energy, water and giving back.



Students in the School of Health and Kinesiology played an important role in Chu's visit. Rebecca

Larson, instructor of the Quantity Food Practicum, provided catering for Chu's reception. With her approval, students took part in choosing recipes for the menu using locally grown and mostly organic ingredients. In addition to tasting good, Larson established a few guidelines for the students to adhere to when choosing the recipes. She requested her students to include at least two ingredients from the Farmers Market, to make sure each recipe could be served either cold or at room temperature, that dishes were easy to serve, and finally to create a "colorful" menu - meaning it had to include foods from each food group.

Larson and her students were grateful for the opportunity to provide catering for the esteemed guest, who is widely respected for his advocacy and research into renewable energy.

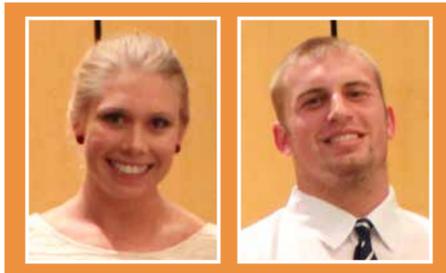
EXERCISE SCIENCE MAJORS NAMED SCHOLAR-ATHLETES OF THE YEAR

Two School of Health and Kinesiology students gained recognition for their moves on and off the field. Spring 2014 graduate Megan Ostrom, an exercise science major, was named Female Scholar Athlete of the Year, while Garrett Frye, a senior exercise science major, was named Male Scholar Athlete of the Year.

Recent alumna Ostrom made waves while at Georgia Southern for her swimming skills and academic prowess. She currently holds Georgia Southern's fifth fastest all time record in the 100 yard breaststroke, as well as Coastal Collegiate Swimming Association's 10th best time in the 100-yard breaststroke and 16th best time in the 200-yard breaststroke. As impressive as her record is, Ostrom maintained an equally impressive 3.90 cumulative GPA and completed more than 600 hours interning with Southern Wellness and Rehab in Statesboro, while completing her undergraduate degree. She also landed on the spring 2014 President's List for achieving a perfect 4.0 semester GPA. When commenting on her accomplishments, Head Swimming Coach Nathan Kellogg said, "Megan is one of the most dedicated student-athletes we have ever had in our program... Megan has a distinct passion for excellence in the pool, in the classroom, around campus and the community." She is currently

enrolled in Emory University's Physical Therapy program.

Male Scholar Athlete of the Year, Garrett Frye, is best known as Georgia Southern's offensive tackle and as an FCS ADA Academic All-Star Team Nominee, but Frye is just as powerful in the



classroom. Frye holds a 3.75 cumulative GPA, was on the University's President's List in fall 2013 and has been on the Dean's List nearly every semester. On the football field, he helped lead the Eagles to victory over the Florida Gators last fall and is helping the Eagles make an impressive showing in their first year in the Sun Belt Conference. Head Football Coach Willie Fritz describes Frye as "a consummate competitor, natural leader and tremendous ambassador for our Georgia Southern

Sturges Earns Top Honor from USG

Dr. Diana Sturges, School of Health and Kinesiology professor of human anatomy and physiology, is among six University System of Georgia (USG) faculty members selected to receive the System's most prestigious teaching awards. In awarding her the 2014 Regents Scholarship of Teaching and Learning (SoTL) Award, the committee noted it was "particularly impressed with the evolution of Dr. Sturges' SoTL practice and how it has led to a stronger SoTL community at Georgia Southern University."



A faculty member since 2004, Sturges is chair of the University's Academic Standards Committee, the SoTL Leadership Team and the SoTL Commons Conference. She was excited after learning the news. "I am very passionate about SoTL and it is an honor to be recognized at the state level," she said.

"Her approach to research, and subsequent analysis of and reflection on the quantitative and qualitative data is exceptional," said Houston Davis, Ph.D., executive vice chancellor & chief academic officer of the University System of Georgia. "The committee was also pleased to see the extent to which she has shared her research with the larger academic community nationally and internationally through publications and presentations."

Created in 1996, the Regents' Awards recognize the finest among USG's full-time instructional faculty for their demonstrated educational excellence in teaching, online teaching and the scholarship of teaching and learning. Award recipients in the past have had a record of exceptional teaching and a strong commitment to impacting learning, ultimately fostering the academic success of students.

Sturges and other award winners will be recognized during an awards ceremony featuring 700 distinguished guests at the USG Foundation's annual Regents Gala next March.

University football program."

The School of Health and Kinesiology is proud to have two exercise science majors chosen as male and female student athletes of the year. Dr. Jody Langdon, assistant professor of exercise and coaching, can attest to the pride the School has for both awardees. She taught both Ostrom and Frye and was happy to comment on their honors. "Megan was always well prepared and participated in class. She had a true passion for understanding how research would inform her practice as a physical therapist in the future," said Dr. Langdon. As for Frye, Dr. Langdon noted, "Garrett was always engaged in the course and interested in learning, not just earning a good grade. As his professor and academic advisor, I can say that the honor bestowed on him is well deserved. Whether it was career planning or simple questions about class content, he was always heavily involved."

Eligible candidates for the Scholar-Athlete of the Year awards must have a minimum 3.0 cumulative GPA over at least four full-time terms at the University. Candidates also must have earned a varsity letter in their respective sports. The University Athletics Committee selects the award winners based on an academic (50%), athletics (30%) and leadership and community service (20%) rubric.

Graduate Student Achieves Personal Record in Boston Marathon

Sara Rothberger slips into running shoes and smiles, thinking about the miles ahead. But taking that first step wasn't always so easy; Rothberger wasn't always so eager. "My relationship with running is a little bit different from most people," admits Rothberger. "To be honest I actually used to hate it, but I taught myself to like it over the years."

Looking for a healthier and more active lifestyle, the recent Georgia Southern School of Health and Kinesiology alumna turned to running as an undergraduate. She completed half marathons and even worked at a running store to support her new hobby. The sport and exercise psychology major says she "caught the bug" and eventually began competing in marathons to push her physical and mental limits. "The good thing about being in sport and exercise psychology is that we work on training the mind to overcome athletic obstacles."

Just one year after the 2013 Boston Marathon terrorist attacks waves of runners and supporters from all over the United States showed up on the streets of Boston to display the true spirit of American strength and pride.

"I never had a doubt in my mind that I wanted

to run (Boston) this year. After hearing about the 2013 attacks, I knew I wanted to go out there, and be a part of that and come back with the running community and be even stronger," said Rothberger. "It was really cool how the city of Boston and all the runners came together. The Boston Marathon is kind of like the World Series for recreational runners. Qualifying for Boston is as good as it gets."

A 24-year old native of Madison, Wisconsin, Rothberger realized her goal by qualifying at an earlier marathon in Atlanta and flew to Boston to join 36,000 other runners on April 21, 2014. She did more than simply cross the finish line. Rothberger achieved her personal best time during the 2014 Boston Marathon. She credits her education in Georgia Southern University's coveted Health and Kinesiology program for her success. She graduated



earlier this year with her master's degree in sport and exercise psychology. "During the Boston Marathon, I was really able to utilize some of those skills and feed off the energy of the crowd."

Along every stretch of the 26.2-mile route, spectators lined the streets cheering on the runners, holding signs that read "We Run Together" and "Boston Strong." Event organizers used social media to pump up the city with motivational messages that urged people to take back the streets of Boston and to get the runners back where they belonged. Many of last year's participants returned and wore their 2013 Boston Marathon jackets. At the finish line, a memorial was placed to remember and honor the victims.

Sara summed it up by saying: "As runners, we are strong, we are resilient and we can overcome whatever is thrown at us. We just have that capacity."

There are many more miles ahead for Rothberger, but she admits, "Running the Boston Marathon was an experience I will never forget. It was one of the greatest accomplishments I've ever had in my life. I'm not sure how I'm going to be able to top it."

Georgia Southern Hosts Nutrition Training to Help Reverse Childhood Obesity

More than two dozen school nutrition managers gathered at Georgia Southern University to attend Culinary Institute II, a 32-hour, weeklong training session sponsored by the Georgia Department of Education's School Nutrition Program.

"We are fortunate to work with very passionate school nutrition managers from across the state of Georgia," said Becky Larson, clinical instructor for the School of Health and Kinesiology. "They are a part of the solution to help reverse the upward trend in childhood obesity among Georgia children."

Classified school nutrition managers learned how using herbs and spices, decreasing fat and salt, and incorporating fruits and vegetables into their recipes make for a healthier meal. "It was a pleasure to work with dedicated school nutrition managers who perform a critical, demanding, and greatly under-appreciated job, with a cheerful upbeat attitude," said Larry Stalcup, a Department of Management professor. "They are the frontline in the fight against childhood obesity and bad nutrition."

University faculty and staff assisted in the training by introducing the school nutrition managers to healthier recipes that incorporated dark green, and red and orange vegetables. Some of the popular recipes were kale slaw, vegetarian "Southern-style" collard greens, and sesame carrot salads. The training advocated a farm-to-table approach by using locally grown produce from Lee Family Farms and Walker Organic Farm, both located minutes from campus.

Culinary II is a program of instruction and laboratory experiences that applies principles of a healthy school environment with special diets, quality food and food choices, adapting culinary techniques for flavor to reduce the need for fats and sodium or special marketing. The event was hosted in conjunction with dedicated faculty and staff in the College of Health and Human Sciences' School of Health and Kinesiology, the College of Business Administration's Department of Management and the Division of Continuing Education.



Eagle Cheerleaders Among Top Performers at National Competition

The Georgia Southern University All-Girl Cheerleading Squad, coached by Health and Kinesiology professor Dr. Barry Munkasy, earned its fourth national title during the National Cheerleaders Association Collegiate Cheer and Dance Championship in Daytona Beach, Florida, last April. The cheerleaders finished ahead of teams from Penn State, West Virginia University, Ohio State and the University of Georgia among others. In addition, the Co-Ed squad finished second in its competition.

"The All-Girl squad fought through injuries all year and overcame those challenges to bring home a national title, and the Co-Ed squad put their best routine in years on the floor, but unfortunately they came up just a little short," said Munkasy. "I am very proud of how both teams performed and represented Georgia Southern University."

INTERNATIONALLY RENOWNED RESEARCHER VISITS In January 2014, Dr. Bruce Gladden visited the School of Health and Kinesiology as part of the School's Distinguished Lecture Series. Dr. Gladden is an internationally known researcher in the area of lactate metabolism, and editor-in-chief of the prestigious journal *Medicine & Science in Sports & Exercise*. Dr. Gladden gave a presentation titled "Blood Lactate: From the Practical to the Mechanistic" and met with faculty and students of the School of Health and Kinesiology. Dr. Gladden is a professor in the School of Kinesiology at Auburn University.

A RIDE TO INSPIRE

College of Health and Human Sciences alumnus Steve Pulley (13) describes himself as a fitness enthusiast. He has qualified for the Boston Marathon twice and is an avid cyclist. Pulley, 26, holds a degree in exercise science but what people never expect to hear is he once had debilitating alcohol and drug problems. He was in an out of at least 10 treatment programs and spent time in jail and hospitals.

Pulley told the *Statesboro Herald* his road to recovery began when he checked into Louie's House, a long-term recovery residence for men owned by Carol Lind Mooney, daughter of the founders of Willingway Hospital, the alcohol and drug treatment facility in Statesboro. "I had finally been beaten badly enough to try anything," said Pulley of the 18-month-long program.

Georgia Southern's Center for Addiction Recovery helped him enroll in college and on March 25, to show his appreciation to the Center, as well as mark the sixth anniversary of his sobriety, he set out by bike on a journey from San Diego, California, to Isle of Palms, South Carolina. He wanted to raise awareness about addiction and speak out on how it can affect anyone at any time. With a goal of raising \$57,000 over a 57-day trip, Pulley's "Ride4Recovery" saw him travel more than 3,000 miles to help spread a positive message about the Center for Addiction Recovery.

"I wanted to destigmatize what it means to be in recovery. I am sure I don't fit the 'mold' of what people may think of when they hear the words 'alcoholic' or 'drug addict,'" Pulley said. "Having benefitted so much from the Center, I chose them to be the beneficiary... There is a huge need for services provided by the Center, and financially supporting their mission is one way I can give back."

He graduated with a degree in kinesiology with an emphasis in exercise science last December.

CEREBRAL PALSY RESEARCH

School of Health and Kinesiology Professor Gavin Colquitt, Ed.D., is examining the effects of a power training (a specific type of exercise) intervention on the functionality of individuals with cerebral palsy. Other researchers include three undergraduate students, College of Health and Human Sciences (CHHS) faculty Li Li and Kristina Kendall, and Theophile Dipita, a biostatistics doctoral student in the Jiann-Ping Hsu College of Public Health. Investigators are using the Skierg™ to simulate a unilateral, overhand throwing exercise by following power-training guidelines of individuals with cerebral palsy. The ongoing study will look at changes in power, spasticity, co-contraction, functionality, quality of life and fatigability to determine if power training may facilitate unique improvements in strength and reductions in spasticity among individuals with cerebral palsy. This study is supported in part by CHHS, the Office of the Vice President for Research and Economic Development and the Jack N. Averitt College of Graduate Studies.

Nursing Student Turns Dream Into Reality

School of Nursing Honors student Samantha Goldberg hosted the first Crohn's and Colitis Family Day at the Recreation Activity Center on April 12, 2014. The free Saturday event was a truly collaborative effort that involved the support of the Georgia Southern and Statesboro communities. The School of Nursing, Georgia Southern University Health Services and the Crohn's and Colitis Foundation of America (CCFA) - Georgia Chapter, sponsored the event. Goldberg also collaborated with Eagle Dining Services, local health care providers, and University faculty, staff and students from different campus units to make the event possible.

Goldberg was inspired to create the event promoting awareness and education after attending CCFA's Camp Oasis, a camp for children with Crohn's and Colitis, known as Inflammatory Bowel Disease or IBD. The initiative also served as her Honors project. School of Nursing Professor Debbie Allen was Goldberg's project advisor and said she was impressed with Samantha's dedication to making her dream a reality. Dr. Allen noted her initiative and hands-on approach to the project, which took several months of work to get off the ground. She had to contact collaborators, garner support and write the appropriate agencies to get the day scheduled and funded.

With the details of the event in place, the nursing student invited families and friends of children under age 18 diagnosed with IBD. She relied on help from local physicians who informed patients of the event and displayed fliers in their offices. She then recruited volunteers from the Nursing program and the Alternative Break trip to Camp Blue Skies, a camp for adults with developmental disabilities, and trained the volunteers the night before the event to



ensure the day would go smoothly.

The successful family day event included various activities such as arts and crafts, challenge courses, IBD education and more. "The goal of the program is to give kids and families an opportunity to network with each other, normalize the IBD experience, learn more about the disease, and obviously have fun," stated Goldberg. "I want the kids to leave with new friends, feeling more confident in their own bodies, more connected to their families, and maybe even wanting to go to school at Georgia Southern in the future!"

Eagle Dining Services provided a breakfast spread, delicious lunch, and also dinner for all attendees and support staff. Eagle Dining's nutritionists provided

nutrition and healthful eating information for the group as well.

The success of the family day led to the realization that more of these events are needed to support local youths, their families and to promote health education. As a result, Georgia Southern Health Services and CCFA have pledged to fully support Crohn's and Colitis Family Day at Georgia Southern annually. Goldberg is proud her efforts will have a lasting legacy at Georgia Southern. "I am so proud and grateful for all the support that I've received in making this dream a reality... [it's] a big win for the Nursing Program to be able to start something like this."

Senior Earns National Recognition

School of Nursing student Nicole Crawford earned second place in the undergraduate poster competition at the Seventh Annual National Conference on Health Disparities held in St. Thomas, U.S. Virgin Islands. The 2013 conference focused on policies and programs to reduce health disparities, with several panels addressing issues of particular importance in the Caribbean region.

Her work titled, "Intimate Partner Violence: A Silent Phenomenon," was based on her experiences studying abroad during the summer in Thailand. Crawford's poster was chosen for its overall presentation, layout, appearance, cohesiveness and her explanation of research.

"I was ecstatic when my name was called as the second place winner in the undergraduate division. There were many potential candidates from various schools in the United States, such as Johns Hopkins University, Morehouse School of Medicine and Spelman College, as well as from U.S. territories like the University of the Virgin Islands," said Crawford. "It was an honor to be amongst the few awarded and a privilege to represent Georgia Southern at such a prestigious event," she said.

"Nicole's competition was very high quality. She's an outstanding student and to be one of the students selected from among schools across the nation is a pretty great thing," said Kathryn Anderson, School of Nursing professor and Minority Health International Research Training (MHIRT) program director.

The senior from Hampton, Georgia, is a member of the Black Student Nursing Association, the Minority Health and Health Disparities International Research Training Program and RUN2 Nursing.

SHILLING APPOINTED TO GEORGIA BOARD OF NURSING



School of Nursing Assistant Professor Dellarie Shilling has been appointed by Governor Nathan Deal to serve on the Georgia Board of Nursing. "This has been a private dream of mine for years, but to actually be invited, unsolicited, is one of the most uplifting events of my professional career," she said. "I have to thank Donna Hodnicki (Professor Emeritus) and Provost Jean Bartels for their wonderful mentorship to me over the years. Without their influence, I doubt I would have ever felt qualified to serve in this capacity."

In her role as professor, Shilling teaches at all levels in the School of Nursing. She says it can be challenging, but she thoroughly enjoys working with students. "It is phenomenal to watch their growth into the nursing profession at every stage," she said.

A board certified family nurse practitioner, Shilling earned her Bachelor of Science degree in

Nursing from Armstrong State College. She earned both her master's and her Doctor of Nursing Practice degrees from Georgia Southern University.

"I have been involved with nursing practice issues in Georgia for many years, and completed my doctoral work on barriers to advanced nursing practice in Georgia," Shilling said. "My research was used to support legislation to remove some of the identified barriers to practice. I made a lot of friends in Atlanta and it really opened doors for me."

With more than 31 years of experience as a nurse in Georgia, Shilling has been a faculty member at Georgia Southern for six years. She is a member of the American Association of Nurse Practitioners, Sigma Theta Tau International Nursing Honor Society - Mu Kappa Chapter, the National Organization of Nurse Practitioner Faculties, the United Advanced Practice Registered Nurses of Georgia and the Coalition of Advanced Practice Nurses of Georgia. She lives in Statesboro.

Established in 1907, the Georgia Board of Nursing exists to protect, promote and preserve the public health, safety and welfare of registered professional nursing education and practice through legislative regulation and control.

School of Nursing Now Offers BSN-to-DNP Pathway

The College of Health and Human Sciences' School of Nursing now offers a Bachelor of Science in Nursing (BSN) to Doctor of Nursing Practice (DNP) Pathway that allows students to eliminate one year of study and become exposed to core doctoral level concepts much earlier in the educational process. The new pathway follows the Board of Regents of the University System of Georgia's approval of a significant proposal to establish a defined pathway for students seeking an education in graduate nursing programs.

Deborah Allen, graduate program director of the School of Nursing, says ultimately, the change means better quality of care for Georgians and the nation. "This program indicates that Georgia Southern is responsive to provide educational experiences that will improve the health care of Georgians," said Allen. "It also shows the University's commitment to continue meeting the educational preparation necessary for nurse practitioners to work in the ever-changing health care environment."

Previously, before graduates could take the national certification exam, and become licensed to practice in the state of Georgia, they had to complete three years of study to earn a Master of

Science in Nursing degree (MSN) and an additional three years of study to earn their DNP.

The new BSN-to-DNP Pathway allows students to choose from two options. They can opt-out of the program when they earn the MSN as a nurse practitioner, and take their national certification at that time or they can choose to continue taking courses toward earning their DNP degree. If students choose to opt-out and return to the program within four years, they may complete the remaining courses without repeating any course content to obtain their DNP degree. Currently Georgia students are eligible to take the national certification exam with an MSN or DNP.

"Through extensive didactic classes, clinical training and specialty cognates, the BSN-to-DNP program is providing me the tools to incorporate nursing theory, evidence-based practice and clinical experience to practice to the fullest extent of the advanced practice nursing (APRN) degree," said Janet Jordan, a graduate student.

"Upon graduation, my goal is to open a free clinic either in a very rural area in the United States or possibly in a third world country, to provide care for people who are unable to obtain any form of health care. As a DNP prepared nurse practitioner,



I will have the education and experience to bring the most effective clinical practice initiatives, nursing theory and the best evidence-based practices to a very vulnerable group of people. I will also be better trained to treat my patients across their lifespan, allowing me to provide preventative care instead of the more common reactionary medicine that we see today."

Students who graduate with a DNP degree are employable in a variety of areas in the health care field, including private practice and hospitals. Georgia Southern faculty teaching the DNP portions of the program have doctoral degrees and many are licensed Advanced Practice Registered Nurses in Georgia.

Anderson Named 2014 NIMHD Scholar



School of Nursing Professor Kathryn Anderson, Ph.D., was recently selected to be a participant scholar for the National Institute on Minority Health and Health Disparities (NIMHD) course "Integrating Principles of Science, Practice and Policy in Health Disparities Research."

The two-week intensive session was held in August in Bethesda, Maryland, and focused on concepts, methods, key issues and applications, while aiming to provide the knowledge and research tools necessary to conduct and develop translational and transdisciplinary research and interventions to eliminate health disparities.

"I applied for this opportunity to be more able to adequately address those who deal with chronic illness and to participate in research that will tell us how to successfully eliminate health disparities in the U.S. and southeast Georgia," said Anderson.

"In southeast Georgia, health disparities and social inequities are rampant. Chronic illnesses including obesity, diabetes, cancer and heart disease rob both men and women of life-years, and mental health issues and substance abuse incidence is comorbid with these chronic conditions," she added. "With all counties surrounding Georgia Southern identified as health provider shortage areas and poor health statistics throughout the region, addressing health disparities through research in the School of Nursing is essential."

Anderson was recently named the Director of the School of Nursing Center for Scholarship and Research. Her research program has focused on the impact of chronic illness on families and currently explores couple interaction impact in culturally diverse couples fighting breast cancer. She developed the "Family Health System" conceptual approach to family health care in research and practice. The model is used in clinical practice, and as a framework guiding research. She is actively involved in facilitating research productivity and mentoring both students and faculty in research focused on chronic illness, health disparities and families.



Air Flight Nurse Visits Nursing Students

School of Nursing Instructor and alumna Maria Graf invited Stacey Tapley ('03) and the Statesboro Air-Evac Lifeteam to the School of Nursing's Mock Codes, Emergency Nursing, and Disaster Training Day to provide trauma training to senior 2 nursing students. The Air-Evac team provides educational services to area schools and programs, and also acts as a mobile ICU to transport patients. The continued partnership with Air-Evac will allow the School of Nursing to offer students Advanced Cardiovascular Life Support certification.

SCHOOL OF NURSING RECEIVES \$2.2 MILLION IN GRANT FUNDING

Georgia Southern University's School of Nursing received more than \$2.2 million in grant funding this past summer. The funding will help to establish a Center for Nursing Scholarship and Research, introduce a new graduate level Chronic Illness Certificate Program and provide scholarships to students seeking a Family Nurse Practitioner (FNP) degree.

The Health Resources Services Administration (HRSA) awarded two grants and the University System of Georgia (USG) awarded approximately \$221,000 over a two-year period to support faculty retention and recruitment. The grant will help establish the groundwork for a Center for Nursing Scholarship and Research, providing support services for junior and senior faculty.

"The grant will allow faculty to obtain tenure, help them to provide better instruction in addition to advancing their own interests and capabilities," said Sharon Radzysinski, Ph.D., chair of the School of Nursing. "The Center will be a great asset to Georgia Southern University as it will help promote the careers and successes of our current professors."

The Multiple Chronic Conditions (MCC) grant from HRSA is being used to develop the Chronic Illness Certificate Program, which will provide educational opportunities for nutrition, public health, military science and FNP students to work together in interprofessional teams while providing health care to military men and women, their families, veterans and members of the community who suffer from MCC.

During the program, a variety of issues will be discussed including MCC, disabilities and laws associated with providing care to those patients, issues common among military personnel and their families, veterans, and patients suffering from disease processes requiring end-of-life and palliative care issues. The grant also provides for faculty salaries and technology to support the initiation and promotion of the program over a three-year period. Available to all majors treating chronic illness, graduate students may begin enrolling in fall 2015.

In addition, the second HRSA grant is a traineeship grant, which will support tuition, books and stipends for FNP students to complete their education. The grant covers a two-year period.

"In the past, the School of Nursing has received traineeship monies," said Deborah Allen, Ph.D., graduate program director of the School of Nursing. "However, at that time the grant was submitted, almost all of the schools who submitted an application received some type of funds. I think the most we had received was approximately \$50,000. This time, the submission was a competitive process and we received close to \$700,000 for two years to support students wishing to obtain a Master of Science in nursing degree with a FNP focus."

DNP GRAD WINS AWARD

Recent School of Nursing Doctor of Nursing Practice graduate Breanna Lathrop was awarded the writing award from Mary Brucker, editor of *Nursing for Women's Health (NWH)* at the 2014 Association of Women's Health, Obstetric and Neonatal Nurses convention in Orlando, Florida. Lathrop's systematic review of group prenatal care and centering pregnancy, completed while a DNP student, was a featured article in *Nursing for Women's Health* last year, and was highly regarded. Breanna is presently working to revise another article on her DNP clinical project. It examines group prenatal care and will surely be published in it in the near future.

Lake Effects

Each year, thousands of college students across the country flock to popular beaches to relax with pulp fiction, work on their tans and revel in a "traditional" Spring Break experience. But for some, this annual rite of passage is not about parties and exotic locales.

Several students in the University Honors Program and the School of Human Ecology at Georgia Southern have chosen to forgo expectation to help adults facing significant cognitive and developmental challenges instead. For the past four years, these selfless Eagles have spent their own Spring Break volunteering their time for Camp Blue Skies at Camp Twin Lakes in Rutledge, Georgia, where alumnus Dan Mathews ('96) is the director. Camp Twin Lakes is a network of camps for children and families with serious illnesses and disabilities, and collaborates with Camp Blue Skies, an organization founded by Richard Sesler to provide campers age 21 or older with recreation and socialization opportunities.

Senior Amanda Bastien has been a volunteer at the camp for the three years since she enrolled at Georgia Southern and said the weeklong immersive experience is a blast. "I love helping others and I love volunteering," said Bastien. "Initially, I wanted to go because I had never worked with people with disabilities and I wanted the experience to help for a future career in physical therapy. Now I go back every year because it feels like home and I have made many friends who expect to see me there... I love returning to this place."

The trip is coordinated through the Honors Program and is one of at least 25 Alternative Break programs offered by Georgia Southern University

each year. They are public service-oriented trips intended to provide students with the opportunity to make a difference in the world. Child and Family Development Professor Jerri Kropp, Ph.D., and Recreation and Tourism Management Professor Brent Wolfe, Ph.D., are the two faculty members who spearhead the trip to Camp Twin Lakes and see how the students gain a completely different perspective on life.

"They see these adults challenging themselves and growing and our students begin to look at their own lives and feel the need to challenge themselves and grow personally," Wolfe said. "Working with these students who not only give up their spring break, but pay money to do so shows me that we have students who are amazingly unselfish. Seeing the students willingly participate in this trip and want to come back year after year restores my faith in college students and their priorities."

"When we embarked on this journey four years ago, I had no idea where this would lead," added Kropp. "Now that we have done the trip four times, we have built solid relationships with Camp Blue Skies and Camp Twin Lakes. Seeing what college students experience is what keeps me coming back. Some of the students have written in their journals that the experience has changed their lives. They put their hearts and souls into this week."

Francis Desiderio, Ph.D., associate director of the University Honors Program, said he expects the partnership with Camp Twin Lakes/Camp Blue Skies to last for many years. In addition to helping the campers, students are able to apply what they

- continued on back page



Dr. Betty Lane Honored for Outstanding Contributions



At the 2014 Georgia Association of Family and Consumer Sciences Annual State Conference (GAFCS) held on the Georgia Southern campus, the University's School of Human Ecology Chair, Dr. Cynthia Johnson, provided one of the event's most heartfelt moments. During the Awards and Recognition Luncheon, Johnson recognized a GAFCS 70-year member—Professor Emeritus Dr. Betty Lane, the longtime chair of Georgia Southern's former Home Economics Department—and presented her with a GAFCS plaque for her outstanding contributions to the field. Several of Dr. Lane's former students publicly acknowledged her and shared their thoughts and memories on how the professor had influenced their professional careers. The surprise honor was coordinated with assistance from the College of Health and Human Sciences' former development officer and the University Foundation.

CONGRATULATING FORMER CHHS MEMBER Former Associate Dean of the College of Health and Human Sciences Dr. Virginia Richards was honored for her career service to Phi Upsilon Omicron, the family and consumer sciences honor society. The Florence Fallgatter Alumni Award for Distinguished Service is awarded biennially to one outstanding society member for his or her contributions to and achievements in Family and Consumer Sciences. Dr. Richards, a former child and family development professor, and advisor of Phi Upsilon Omicron, was formally recognized for her achievements at the Recognition Banquet in Boise, Idaho in September.



GAYC STUDENTS OF THE YEAR

The School of Human Ecology (SHE) has struck gold two years in a row with the Georgia Association of Young Children (GAYC). Emily Urbanski has been named GAYC Student of the Year for the 2014-2015 academic year, and Savannah Kennedy (14) was awarded the honor for year 2013-2014.

GAYC received a record number of nominations this year but Georgia Southern student Emily Urbanski prevailed. She was nominated by SHE Child and Family Development (CHFD) professor Dr. Katy Gregg, Dr. Jerri Kropp, another CHFD professor, described Emily as "very deserving." This semester, Urbanski began her master's degree in the area of modern and severe disabilities at Georgia State University.

Savannah Kennedy's instructors, advisor and director of the Child Development Center said she possessed "enthusiasm, commitment, leadership skills and a level of maturity not often found in college students." Throughout her college career Kennedy maintained a 3.7 GPA and was deeply involved in extracurricular activities.

The Student of the Year Award is selected by a team of nine early childhood professionals from across the state of Georgia.

FMAD STUDENT WINS PRESTIGIOUS INTERNATIONAL SCHOLARSHIP

Alyson Gilbert, a senior in the Fashion Merchandising and Apparel Design program, is studying abroad this fall at Keimyung University in Daegu, South Korea after receiving the Benjamin A. Gilman International Scholarship. The prestigious scholarship, sponsored by the Bureau of Educational and Cultural Affairs of the U.S. Department of State, is valued at \$3,500.

Gilbert is from Blakely, Georgia and says she felt relieved upon receiving the award. "I had been religiously checking my email ten or more times a day for two weeks waiting to hear back," she said. "I was ecstatic to call my mother and let her know that I received the scholarship." Gilbert is a Guest Services assistant with Georgia Southern's Housing department. In addition, she served as the 2013-2014 president of the Korean Club student organization.

"I'm a strong believer that the transformative experience of studying abroad is unparalleled," said Jeffrey Palis, associate director of the Center for International Studies, who helps to advise students interested in studying abroad. "Because of the emergence of South Korea, I think studying abroad there is on our young students' radar. Years ago we were sending one student a year to South Korea and now we're sending several."

The Gilman Scholarship Program provides study abroad opportunities for undergraduate students who are receiving Federal Pell Grant funding at a two-year or four-year college or university in the U.S. The International Academic Opportunity Act of 2000 established the scholarships. Georgia Southern student Rebecca Henderson, an accounting major from South Thomaston, Maine, was also awarded the scholarship.



Professor Pens Guidance for Interior Design Students



Recently, Professor Amy Boyett from the School of Human Ecology was asked to write an article for a hospitality industry newsletter offering advice to students who may be interested in pursuing a degree in interior design.

Her comments appeared in the sixth issue of the prestigious *Atlanta NEWH*.

Boyett, the program coordinator of Interior Design at Georgia Southern University, explained the many career options available to students interested in corporate, residential, hospitality, and health care interior design. While they are exposed to all of these fields as they complete their degree, Boyett noted that one of the best ways for students to hone their individual passion is to reach out to others in the field and obtain not only guidance, but also explore such valuable experiences as job shadowing or internships.

Georgia Southern interior design students have access to a wide variety of opportunities both in and out of the classroom to help focus their

interests. More often than not, she explained, most educators of design have a professional background in their content area and "have direct connections to industry professionals and real work experience." In her Studio III Hospitality course, the professor requires her students to design a 6000-square-foot restaurant, back to front. It allows them to experience the feel of completing the type of task they will see once they are working in the real world.

Boyett explained she has taken students to conferences across the country so they can meet with industry professionals, learn about new and upcoming products and attend workshops. Interior Design graduate Memorie Farmer said the specialized nature of the studio course helped her to narrow her interests. Hilary Garner, a graduating senior stated, "I honestly do not think I would have ever known about the hospitality industry if I had never entered the (interior design) program, and definitely would not have known what it entailed. Taking Studio III really opened my eyes to the industry."

In the article, Professor Boyett explained the value of internships even if they are not a

requirement for a degree program. "Students benefit greatly from internships that allow them to experience a real work environment," she stated. "These internship experiences, (many of which lead to job offers), give students a broader view of a specific area of design." They also help students develop professional skills such as resume building, interviewing and connecting students to organizations that may help with job placement after graduation.

The professor commended organizations like NEWH, which has provided many Georgia Southern interior design students with scholarships as well as special recognition at award ceremonies that are highly attended by industry professionals. "The support and encouragement students receive at these events is overwhelming and gives me great pride to see the industry that I am passionate about support the future generation of hospitality designers that I am privileged to teach," she wrote.

Boyett concluded that each component of an interior design education provides students with everything they need to succeed in their chosen field but noted it is up to the student to take advantage of them.



Green Designs

The Interior Design Program helped Georgia Southern University's Center for Sustainability welcome Lance Hosey, a pioneer in the field of sustainable design, to campus this year. Hosey is an architect, author and the chief sustainability officer with global design leader RTKL.

Interior Design Program Coordinator Amy Boyett said Hosey's appearance would inspire and challenge students to think about sustainability from a different angle. "Bringing in an architect such as Lance provides another, equally significant, look at sustainability and its role on the places where we spend the majority of our time – the built environments where we work and live," said Boyett. "Interior design students will be able to directly relate to Lance and his experience working in architecture. His ideas are creative and original."

The University is engaged in several initiatives to boost conservation across campus, many of them funded by student sustainability fees.

Fashion Industry Career Options FMAD 3231/3231H



"There is a preconceived notion that fashion is only for designers – not true! There are a multitude of career options in the fashion industry," says Ashley Kubley, visiting instructor of Fashion Merchandising and Apparel Design. As fashion majors

stylists, in celebrity styling or working with corporate brand identity. In addition, there is a wide variety of design positions, including technical design, production managers, pattern-makers, marketing and product development experts, visual merchandisers and corporate buyers. With a Georgia Southern fashion degree, students are also qualified to become fabric producers and fiber engineers, as well as print designers and both domestic and international apparel manufacturers.

During Kubley's April 2 lecture, "Children's and Teens' Apparel," the professor led a discussion on how children's clothing is marketed, and covered topics such as licensing, labeling and manufacturing. Students also learned about the impact of demographics on children's apparel as well as its overall industry history.

"My favorite thing about being a fashion fundamentals instructor is observing the students when they have that 'aha!' moment, when the light bulb turns on over their head and something they may not have considered a part of their fashion vocabulary clicks," says Kubley. "I believe that students don't expect this course to have philosophical depth but consumer behavior, the movement of fashion and the theories behind what drives fashion, is not only about aesthetics, but also a psychological, sociological and theoretical thought process."



UNIVERSITY HOSTS THE GEORGIA ASSOCIATION OF FAMILY & CONSUMER SCIENCES

On April 11, Georgia Southern University hosted the 2014 Georgia Association of Family and Consumer Sciences (GAFCS) Annual State Conference, which gathered more than 50 professionals and students under the theme, "Embracing and Managing Change through Family and Consumer Sciences." Throughout the day, workshops and research-driven discussions were held amongst the participants on various topics ranging from the School of Human Ecology students' and Professor of Interior Design Trisha Walton's "how to design sustainable homes for aging individuals" to "what resources are available for prenatal and infant care." Dr. Sibel Dazkir, assistant professor of interior design, also presented on the social, class and personal implications of formal sitting room designs in Turkey.

Megan Palmer, GAFCS President, recognized the conference as a "huge success." The next conference is already on the books for April 2015 and will be hosted by Abraham Baldwin Agricultural College in Tifton, Georgia.

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CHHS 40 Under 40

Six outstanding alumni from the College of Health and Human Sciences (CHHS) were named to the inaugural "40 Under 40" Class of 2014 honored by the Georgia Southern University Alumni Association. The 40 Under 40 distinction recognizes young graduates who are leading the way in business, leadership, community, educational and philanthropic endeavors. They were chosen based on their professional expertise and achievements, as well as their dedication to charitable and community initiatives. CHHS alumni honored include Mychael Knight ('02), Lindsey Blom ('01), Mario Crux ('05), Dennette Thornton ('01), Yvonne Parkhurst ('05) and Malcolm Lee ('99).

Since leaving Georgia Southern, Mychael Knight, a fashion merchandising and apparel design major, has started his own label and appeared on the reality television show "Project Runway." Lindsey Blom, a kinesiology major, is on the faculty at Ball State University as a professor of sport and exercise psychology. Kinesiology major Mario Crux is an athletics trainer and sports medicine specialist at Cookeville Regional Medical Center Sports Medicine at Tennessee Tech. Dennette Thornton, a sport management major, holds the position of senior manager for group and premium sales for the Atlanta Braves. Sport management major Yvonne Parkhurst is the high performance team services manager for USA Rugby, while Malcolm Lee ('99), a health science graduate, is a music executive for Upper Echelon Music Group in Riverdale, Georgia.

"To have six CHHS alumni among this prestigious group is fantastic. I am extremely proud of our recipients," said CHHS Dean Barry Joyner. "Each has made a significant impact in their chosen career field and is an excellent representative for the College and University. I look forward to more great things from this group in the future."



LINDSEY BLOM ('01)



MARIO CRUX ('05)



MALCOLM LEE ('99)



YVONNE PARKHURST ('05)



MYCHAEAL KNIGHT ('02)



DENNETTE THORNTON ('01)

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- *Lake Effects continued*

learn in the classroom to real-world situations in this service-learning project. "All participants attend three pre-camp training sessions, including one on-site overnight session," explained Desiderio. "They also attend two post-camp debriefing sessions. These mandatory sessions help students contextualize and understand the experience going into camp and give them a chance to reflect as a group on the experiences they had."

Director and alumnus Dan Mathews has a degree in therapeutic recreation and has worked at Camp Twin Lakes full time since 2000, and said he is in awe of the Georgia Southern student volunteers. "Their devotion and enthusiasm are infectious," said Mathews. "Each one comes with a solid foundation of knowledge and skill and are open to a challenging experience where they are putting

others' needs first. It is incredible to be a small part of their education and see them develop into leaders in their chosen fields."

Recent Georgia Southern graduate Caroline Greene called her experience at Camp Twin Lakes indescribable. "People regularly say, 'I don't know how you do it,' and my response is 'I don't know how you don't do it.' The campers I have met have impacted my life drastically and helped to shape me into the young adult I have become," Greene said.

The students lead campers in a variety of activities that include arts and crafts, singing and dancing and even zip-lining, a tree-based aerial course. Safely clipped in harnesses, participants glide from platform to platform by way of free-moving pulleys suspended on cables high above the ground. The course design allows gravity to propel people from one place to another. "One camper was terrified to go down the zipline,"

said Greene. "She cried and confessed her fear of heights." Greene offered all the support and encouragement she could but admits she was scared of heights herself. "She (the camper) finally asked if she did it, would I go. Thinking she never would, she courageously climbed to the top of the tower and pointed down at me saying, 'It's your turn Caroline! That day I overcame my fear of heights and stepped out of my comfort zone because of that camper. I will never forget that moment.'"

Overcoming fears. Helping others feel wanted and welcome. Every year, students like Greene continue to demonstrate why a growing number of Georgia Southern's young men and women are choosing a "nontraditional" Spring Break - something that lasts longer than a forgotten party or fading tan. After all, personal education doesn't have to take a break, at least not the Spring Break we've all become accustomed to.

A lot has happened since you graduated...

CHHS wants to catch up with our alumni. Help us out by going to GeorgiaSouthern.edu/alumni and updating your information.