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 Caclula (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 Knocrine 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

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.

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.

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.
Two School of Health and Kinesiology students gained recognition for their movies on off the field. Spring 2014 graduate Megan Ostrom, an exercise science major and 2014 Athletics 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 success. She graduated with a degree in exercise science, with a minor in psychology.

"Our philosophy at Georgia Southern is that we work on training the whole athlete," said Dr. Barry Munkasy, earned its fourth national title during the National Cheerleaders Association College Cheerleading Championship. She was excited after learning the Georgia Southern Dormitory Residence Hall in Statesboro, while completing her internship with the Statesboro Herald. She wanted to work with very passionate school nutritionists to educate children about the importance of eating healthy foods and to help them make informed food choices. The food service team at Georgia Southern provided great access to fresh, healthy food options, and the students and staff enjoyed the variety of menu items available.

Yates is a 24-year-old native of Madison, Wisconsin, rotted her goal by qualifying at an early age. The student-athletes hope to join 35,000 other runners on April 21, 2013. She did more than simply cross the finish line. Rottberger achieved personal best time during the 2013 Boston Marathon. She credits her success in Georgia Southern's Center for Health and Kinesiology for her success. She graduated with a degree in exercise science, with a minor in psychology.

"I've never been more proud of how both teams performed and represented Georgia Southern University," Dr. Sturges said after the game.

She requested her students to include as "a consummate competitor, natural leader and role model," said Munkasy. "I am very proud of how both teams performed and represented Georgia Southern University."
Nursing Student Turns Dream Into Reality

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 or two years of study and become exposed to core doctorial 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, said “ultimately, the change means better quality of care for nurses and the nation.” This program indicates that Georgia Southern is responsive to provide educational experiences that will improve the health care of Georgians. “We are pleased to announce that the University’s commitment to continue meeting the educational preparation necessary for nurse practitioners to work in the ever-changing health care environment.”

The two-week intensive session was held in August in Bethesda, Maryland, and focused on concepts, methods, key issues and applications, while adhering to the guidelines of advanced practice in general medicine. The program is designed to help nurses gain hands-on experience and become familiar with a variety of situations that they may encounter in their jobs.

The success of the family day led to the realization that more of these events are needed to support local youth, their families, and to promote health education. As a result, Georgia Southern Health Services and CFS have pledged to fully support Golder’s and Cohrs Family Day at Georgia Southern annually.

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 University, such as the University of the Caribbean region. It was an honor to be among the five winners of the scholarship and to represent Georgia Southern at such a prestigious event,” she said. “Nicole’s competition was very high. She’s an outstanding student and an incredible person. The scholarships from across the nation is a great thing,” said Katheryn Anderson, School of Nursing and Minority Health and Health Disparities Research, a framework guiding research.

Air Flight Nurse Visits Students

School of Nursing Professor Kathryn Anderson, PhD, was recently named a participant scholar for the National Institute on Minority Health and Health Disparities (NIMHD) core “Integrating Biomedical and Clinical Principles of Science, Practice and Policy in Health Disparities Research.”

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To southwest Georgia, health disparities and social inequalities 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 correlated with these chronic conditions," she added. "With all of these factors surrounding Georgia Southern, Goldberg stated it is important to identify 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 for Scholarship and Research. Her research program has focused on the impact of chronic illnesses on families and currently explores creative interaction impacts in culturally diverse couples fighting breast cancer. She developed the “Patient’s Health Information” conceptual approach to family care in research and practice. The model is used in clinical practice and is a framework for educational research. She is actively involved in facilitating research productivity and mentoring both students and faculty. Anderson has also engaged in research focusing on chronic illnesses, health disparities and families.

The second HRSA grant is a traineeship grant, which will provide students with educational opportunities for nutrition, public health, military science and preventive medicine research. 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.

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Lake Effects

Each year, thousands of college students across the country flock to popular beach destinations with palp furor, work on their tans and revel in a "traditional" Spring Break experience. But for those, 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 forego expectation to help adults facing significant cognitive and emotional challenges.

For the past four years, these students have given their time and energy to volunteer at Camp Twin Lakes at Camp Twin Lakes in Rutledge, Georgia, where alumnus Dan Mathews ’96 is in the director. Camp Twin Lakes is a network of camps for children and families with various illnesses and disabilities, and collaborates with Camp Blue Skies, an organization founded by Richard Sexton to provide camp for ages 21 or older with reactions and socialization opportunities.

Senior Amanda Bearden has been a volunteer at the camp for the past four years, she has built solid relationships with Camp Blue Skies and Camp Twin Lakes. Seeing what college students experience is in what keeps me coming back.

"I'm a strong believer that the transformative experience of studying abroad there is on our young students' radar. Years ago we were sending our students to GB across the world and now we use our City College’s Dr. Jo-Ann Kropp. "Now that we have done the trip four times, we see how the students are more interested in making 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 a lot more 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 Jean Kropp, Ph.D., and Recreation and Tourism Management Professor Brent Wolfe, Ph.D., are the two faculty members who spearheaded the trip to Camp Twin Lakes and see how the experience gains a collaborative and personal perspective on life.

They see these adult changing themselves and their students begin to look at their own lives and the need to challenge themselves and grow personally. "Working with these students who not only give up their spring break, but pay money to do so shows me that we have student who are amanfully unselfish. Seeing the students willingly participate in this trip and want to come back year after year restore 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 Kroop. "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 journal that the experience has changed their lives. They put their hearts and souls into this work."

Francis Dodrill, 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've learned in class to the real world.

Recently, Professor Army Boyett from the School of Human Ecology was asked to write an article for the campus daily newspaper 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 NEWS.

Boyett, the program coordinator of Interior Design, said that after doing research on the many career options available to students interested in corporate, residential, hospitality, and health-care interior design, they are exposed to all of these fields as they complete their degree. Boyett noted that one of the best ways for students to have their professional interest is to contact the field in the obtain and not only guidance, but also explore such valuable experiences as job shadowing.

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

More than ten not, she explained, most education of design has a professional background in their content area and “have direct connections to industry professionals and real world experience.” As a faculty of Hotel Management, the program requires her students to design a 6000 square-foot restaurant, back to front. It allows them to experience the feel of completing the task that 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 local and national professionals and see how others think about the field. She said it’s an important part of the curriculum, and that they have not entered the interior design program, and definitely would not have known what it entailed.

Taking that trip really opened my eyes to the idea," in the article. Professor Boyett explained the value of internships even if they see 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 jobs, give students a firsthand view of a specific area of design. They also help students develop professional skills such as resume building, interviewing and communicating with organizations that may help with job placement after graduation.

The professor said many Georgia Southern interior design students with scholarships as well as special recognition at awards ceremonies that are highly attended by industry professionals. "It is a great opportunity to represent you as these events are overwhelming and give 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.

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At the 2014 Georgia Association of Family and Consumer Sciences Annual State Conference (GAFCS) held at Georgia Southern University, several students and alumni were honored for their achievements in Family and Consumer Sciences.

Dr. Betty Lane Honored for Outstanding Contributions

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At the 2014 Georgia Association of Family and Consumer Sciences Annual State Conference (GAFCS) held on the Georgia Southern university campus, the University’s School of Human Ecology Chair, Dr. Cynthia Boyett, provided one of the events most heartwarming 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 and colleagues, provided one of the events most heartwarming moments.

The University is engaged in several initiatives to boost conservation across campus, many of them funded by student sustainability teams.
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 (’03), 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.”

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.