

WellStar College of Health & Human Services

# excellence

- service
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## The Dean Speaks

Dr. Richard L. Sowell, PhD, RN, FAAN

It is a pleasure to welcome you to the spring 2010 issue of EXCELLENCE. There is a lot to share with you in this issue. It has been a busy and productive academic year for the faculty and students in the WellStar College of Health and Human Services.

One of the most exciting events for us all has been the opportunity to see the new Health Sciences building reach a construction point that allowed us to take initial tours of the building. The external construction is almost complete, and the internal finishing has begun. While we all have anxiously observed the building going up during the 2009 fall semester, this spring has given us a realization of just how impressive the new, 200,000-square-foot building truly is. I admit that even after working closely with the planning and design groups, I was completely overwhelmed with the building's scope and magnitude when I first walked through it.

WellStar College's faculty members are now touring the building, furnishings have been selected, and the initial plans for the move to our new home are in place. For all of us, the new Health Sciences building is quickly becoming a reality and a symbol of the WellStar College and its expanding array of programs.

Yet, a new building is only a part of our growing story. I like to think of our College and its new facilities in the context of a sweet Georgia Vidalia onion. Looking at the onion, you may think that you see it in its entirety. But as you peel away layer after layer, you find a delicate sweet fruit that makes it unforgettable. The WellStar College is much the same. The new building is an impressive structure signaling that something significant is happening there, and as you peel through the many layers of the College, you see layer after layer of excellence. You quickly discover excellent faculty who are engaged in the education of the future generation. You find faculty who are active in their community to make a difference today. You find excellent students who represent the best of the future. You find individuals who are engaged in research. You find faculty and students who are involved globally in educational and service initiatives. As you keep looking deeper, you find expanding programs and a College that is proud to be making a difference now, while planning greater achievements in the coming years.

We congratulate our colleague, Dr. Mary Anne White, Associate Professor of Nursing, on her appointment as the Commanding Officer of the Naval Medical Center in Bethesda, Maryland. Dr. White has long distinguished herself as a U.S. Naval Reservist, and this appointment highlights her commitment to our country's Armed Forces, as well as the quality of her leadership. Her work continues to be an asset to our College as well as her students.

I had the pleasure to accompany Dr. Anne Hicks-Coolick, Interim Chair of Department of Social Work and Human Services, and Ms. Wala Compton, Director of

the International Academy for Women's Leadership at the WellStar College, during a visit to Hassan II University in Morocco this past December. Dr. Hicks-Coolick agreed to work collaboratively with faculty members and administrators at Hassan II on developing the discipline of Social Work as an academic discipline in Morocco. The WellStar College signed an agreement to work in support of a new NGO (Non-Governmental Organization) Center at Hassan II, which is focusing on non-profit leadership development. Dr. Hicks-Coolick will be heading a delegation from the College and return to Morocco in April, to implement work in non-profit leadership training and social work curriculum development. We are honored to have this opportunity to share our faculty expertise with our partners in Morocco.

Another exciting initiative that takes advantage of advancing technology is a joint meeting between students participating in a class at Ain Shams University in Cairo, Egypt, and students in Dr. Carol Holtz's International Health class at KSU.

Dr. Carol Holtz is a Professor of Nursing in the WellStar School of Nursing. The two groups met through video conferencing. This joint class allowed students to interact directly and discuss topics with fellow students while remaining at their home university.

Similarly, Dr. Lois Robley, Professor of Nursing, participated in a conference with the University of Alexandria, in Alexandria, Egypt, by video conferencing. Dr. Robley gave a presentation on ethics and end-of-life issues, a presentation that

*We want  
to be there,  
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new opportunities.*



## ● HIV Research • The Dean Speaks

### HIV Research Aims to Raise Funding to Help HIV-Positive Women

By Carol Holtz

Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services, and Dr. Carol Holtz, Professor of Nursing, were invited to Oaxaca, Mexico, in mid-January to conduct a research study, working with the State of Oaxaca's HIV organization,



Dr. Richard Sowell (on right) and Dr. Carol Holtz (second from left) here with a team of registered nurses working at COESIDA, in Oaxaca.

COESIDA, located in nearby village San Bartoyo de Coyotepec. The study was conducted as a result of a 15-year relationship with COESIDA, the local HIV organization run by the State of Oaxaca's Health Department.

The study is an extension of previous research already conducted by this team, involving HIV-positive immigrant men who went to the US, contracted HIV, and returned home to their villages in Oaxaca, giving HIV to their wives and ultimately their children. The previous research was presented at the 2008 International AIDS Conference in Mexico City and later published in the Journal of the Association of Nurses in AIDS Care (JANAC).

The current research is a two-phased study focusing on mental health and support needs of women with HIV infection in central Mexico. The initial phase of the study, conducted in Oaxaca in January by Drs. Sowell and Holtz, used qualitative interviews to explore psychological issues such as depression, isolation, and stigma in their local communities.

The second phase of the study will use qualitative measures to further examine psychological problems of poor, HIV-infected women in this region, and assess factors that contribute to women's depression and psychological distress. This phase of the study will be on-going until mid-summer 2010. Data for the

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### **The Dean Speaks** *continued from page 1*

allowed for direct cultural dialogue on these important issues.

During the planning of our new Health Sciences building, we have designed video conferencing and distance education space that will allow us to continue to bridge the distance between KSU and our global partners, offering educational opportunities that allow students to interact with their global colleagues while remaining in their own community. I foresee this as a valuable educational modality in the future. We want to be there, taking the lead and giving our students new opportunities.

In this issue of EXCELLENCE, we also share with you some of the many impressive initiatives that are being accomplished by the faculty members of the Health, Physical Education, and Sport Science (HPS) Department. Dr. Sean Stickney, Assistant Professor and Director of the Academy of Mental Health Promotion and Research at KSU, has been actively establishing a new paradigm of mental health at KSU and beyond. Dr. Bob Buresh, Assistant Professor, is doing pioneering work with Foot Solutions, a locally-based company. Dr. Bernie Goldfine's Sport Management practicum class was recognized with the 2009 Programmers Section Volunteer Award from the Georgia Recreation and Park Association. Dr. Jimmy Calloway, Professor, represented the WellStar College and KSU at an international conference in Libya, and further supported our partnerships in the world. In addition, Dr. Calloway represents the College through his

initiatives as the Executive Director of the Georgia Coalition for Physical Activity and Nutrition (GPAN). One of his initiatives include Operation Front Line, a program focusing on the art of preparing healthy meals on a very small budget, thus encouraging a healthy diet.

On another exciting note, our College has a new director of the KSU Employee Fitness Center, Diane Clinton. Diane brings a new level of energy and experience in fitness to our College and KSU. Boot Camp at KSU has taken on a whole new meaning! We welcome Diane and hope she can get us all in shape!

These are only a few of the many exciting accomplishments of our faculty, and I am looking forward to sharing with you many more of their successful initiatives in future issues of EXCELLENCE.

I invite you to take the time to read this issue. I have highlighted some of the many stories we are proud to share with you. But there is so much more! It is an exciting time for the WellStar College and its faculty, staff and students. We are making a difference locally, regionally and internationally. We are preparing to move into a new, state-of-the-art facility that will allow us to support and expand the quality and quantity of our educational programs, service commitments, and partnerships. At the heart of all we do are our students! They represent the true measure of our **Excellence!**

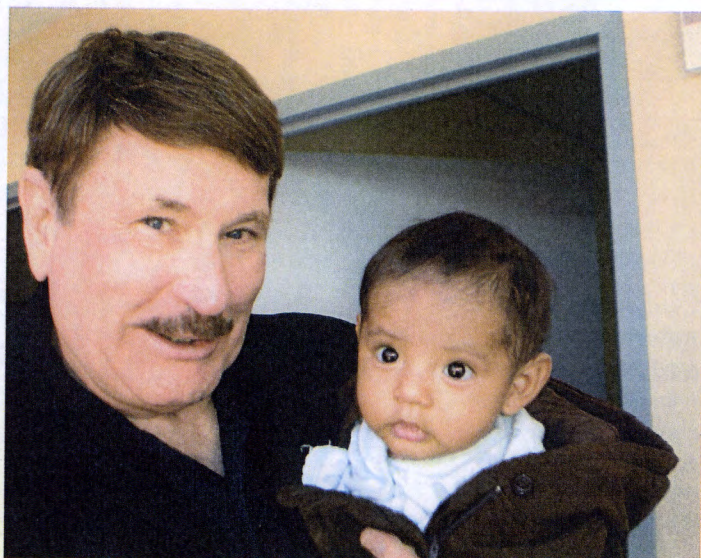


## ● HIV Research • Inside This Issue

### HIV Research Aims to Raise Funding to Help HIV-Positive Women *(continued)*

quantitative phase of the study is being collected by a local Oaxian nurse educator, Ms. Vicky Hernandez Alonso, who has been a visiting faculty member at the WellStar School of Nursing at KSU.

The ultimate goal of this research is to obtain documentation of the psychological needs of HIV-infected women in this region of Mexico, and provide the local and federal governments in Mexico with data that validates the need to develop and fund specific mental health services for this vulnerable group of women.



During his time off in Oaxaca, Dean Sowell visited a pediatric clinic and has made a new friend.



From the left: Dr. Richard Sowell, Dean, WellStar College of Health & Human Services; Dr. Gabriella Velasquez, Director of the Oaxaca COESIDA (HIV/AIDS) clinic for the State of Oaxaca's Health Department; Ms. Vicky Hernandez Alonso, retired Professor of Nursing at the University of Oaxaca and a researcher for Drs. Sowell's and Holtz's current study of psychological issues and needs of Oaxaca's HIV-positive women attending the COESIDA clinic; Dr. Carol Holtz, Professor of Nursing, WellStar College of Health & Human Services.

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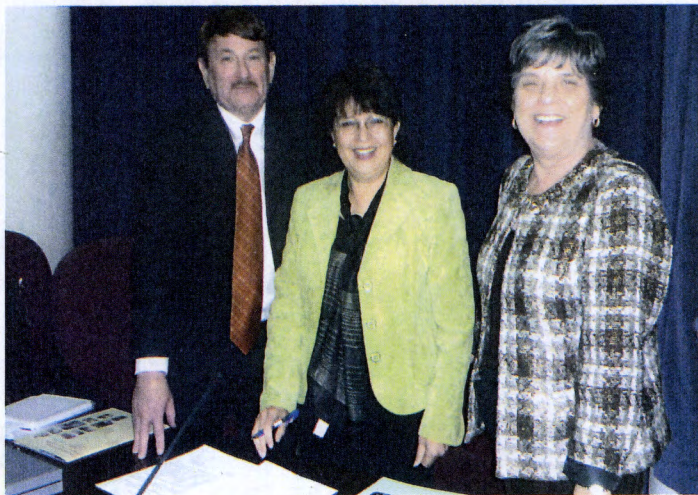
If you have suggestions or comments about the newsletter, please send them to Jana Mitchell, Editor, at:

[jmitche2@kennesaw.edu](mailto:jmitche2@kennesaw.edu)



### A Visit to Hassan II University in Casablanca, Morocco, Breaks Ground to Research, Faculty and Student Exchange *By Walaa Compton*

In December, Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services; Dr. Anne Hicks-Coolick, Interim Chair of the Department of Social Work and Human Services; and Ms. Walaa Compton, Director of the International Academy for Women's Leadership at the WellStar College; visited Hassan II University in Casablanca, Morocco. The purpose of their visit was to discuss opportunities for collaboration and to extend the



Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services (on left); President of Hassan II University in Casablanca, Rahma Bourqia (center); and Dr. Anne Hicks-Coolick, Interim Chair of the Department of Social Work and Human Services; signed a Memorandum of Understanding between KSU and Hassan II University-Mohammadia/Casablanca, Morocco.

current Memorandum of Understanding (MOU) between KSU and Hassan II University-Mohammadia/Casablanca.

While in Morocco, the WellStar College's delegation met with deans and chairs of Hassan II University's School of Arts & Human Sciences, and the School of Law and Economics.

In addition, they met with the director of the Center for Civil Society Resources (CCSR) - the Middle East and North Africa (MENA) region, as well as with non-governmental organizations' (NGO) partners to discuss specific programs.

The CCSR is funded by the Foundation For The Future, an independent, non-profit organization committed to promoting and strengthening Civil Society organizations. The CCSR aims to build the capacity of civil society organizations and encourages the exchange of ideas and experiences among academics, students, professionals and activists.

During his visit, Dean Sowell signed a WCHHS-specific MOU with Hassan II University's President Rahma Bourqia, to cover many activities. These activities would include but are not limited to non-profit leadership capacity building, non-profit project management, social work & civic engagement, curriculum development containing topic-related distance education programs. In addition, the activities are anticipated to include research and faculty/student exchange at both universities.

The first project under the MOU is being developed and planned to take place late spring 2010.

### KSU Nursing Alumni Pays It Forward *By Patricia Hart*

Many of us remember the movie titled, *Pay It Forward*, starring Haley Joel Osment as Trevor McKinney. The premise of the movie is that when someone does you a favor, instead of paying back the favor to that same person, you find someone else in need and pay the favor forward (back) by helping another person.

Barbara Petersen, BSN, RN, knows firsthand how to *pay it forward*. Barbara works at WellStar Kennestone hospital on the 6 North medical-surgical unit. She graduated from Kennesaw State University's Nursing School in 2007.

Barbara remembers being a student nurse and working with experienced nurses during her clinical rotations: "I had a very positive experience as a student nurse during my clinical rotations at WellStar Kennestone. I worked with outstanding nurses who gave me a real-world feel for what it was like to manage a full team of patients."

The experience was so positive for Barbara that she vowed to be a preceptor for future student nurses. "I decided early on that if I was ever in a position to pass that type of experience on to another

future nurse, I would because it helps me grow and become the nurse I am today," Barbara continues.

Margarita Garrison, Kennesaw State University's senior nursing student, was hoping to find a nurse preceptor that would be a great role model during her senior nursing practicum experience. Margarita states: "I was hoping to be assigned a preceptor who is a compassionate nurse, a patient nurse, a people person, and a nurse that loves working with students and understands how students feel." Margarita was assigned to work with Barbara. "Barbara was extremely compassionate and so patient with me. She loves her job and she exhibited her expertise and professionalism from the very first day I met her," Margarita remembers.

During her senior nursing practicum, Margarita was able to apply the knowledge and skills she learned throughout the nursing curriculum. This experience allowed her to practice nursing skills and gain confidence in abilities as a future nurse. Margarita shares: "I gained self-confidence and fine tuned a lot of my skills I learned in Nursing School. I was able to manage the care

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## ● New Scholarship

### KSU Nursing Alumni Pays It Forward *(continued)*



*of a group of patients and use my critical thinking skills in real clinical situations.”*

Barbara also gained from the experience of precepting student nurses. Barbara explains: *“Precepting helps me stay abreast of current evidence-based nursing practice and changes in practice standards.”*

Barbara was ecstatic to be precepting a nursing student from her Alma Mater, Kennesaw State University. When asked about how she felt with precepting a nursing student from KSU, Barbara replied: *“Awesome! I remember how rigorous the KSU nursing program was, and for that reason, I was very excited to hear that the student I would be precepting was from KSU. KSU nursing students at the end of their curriculum are ready for the challenging work a nurse performs.”*

Barbara has been a great role model for Margarita throughout her senior nursing practicum. Barbara is an excellent example of someone who is paying it forward in the nursing profession by taking time to precept nursing students as she was once precepted by other experienced nurses.

Barbara Petersen, BSN, RN, (on left) knows firsthand how to “pay it forward” serving as a preceptor at WellStar Kennestone, here with KSU senior nursing student Margarita Garrison.

## Scholarship Fund Benefits BSN Nursing Students

*Mr. and Mrs. Bobby Rogers honored the life of their daughter Rachel E. Rogers by establishing a scholarship fund with \$20,000 in December 2009.*

Bobby and Betty Rogers established a scholarship for KSU nursing students who have a minimum 3.0 GPA and are either in their last year of the BSN program or the Accelerated Track BSN program, and have a financial need.

The scholarship is in honor of their daughter Rachel E. Rogers, and to pay tribute to her caring, bright and outgoing personality. Rachel passed away on September 24, 2004, at the age of 28. This scholarship will allow Rachel’s name to always be a part of KSU and the WellStar School of Nursing, while providing support and encouragement to another student pursuing his or her degree in nursing...as Rachel once did.

Rachel Rogers graduated from Kennesaw State University in 2000, with a Bachelor of Science Degree in Nursing. She was also a student in the pediatric nurse practitioner program at Emory and worked as a registered nurse at Children’s Healthcare of Atlanta at Egleston. Rachel taught at KSU as a clinical instructor in pediatrics, as well.



Rachel E. Rogers

A KSU nursing student Kathi Parks said in her tribute to Rachel: *“Rachel gave me this book for my birthday - Legends: Women who have changed the world. Rachel was such a woman. She truly was one of the most extraordinary women I have ever known. She had an uncanny and original intellect that encompassed a wisdom mature beyond her years. Rachel had an immense capacity to wholeheartedly love and give of herself to others, without a thought for herself!”*

Dr. Bennett, Associate Dean in the WellStar College of Health & Human Services and Professor of Nursing, remembers Rachel: *“I will always remember Rachel. She was a student in my class, and she had a kind, gentle spirit with a sense of humor that made you laugh. She had a strong commitment to nursing and under-served people.”*

Kennesaw State University and the WellStar School of Nursing extend a sincere thank you to Bobby and Betty Rogers for their support.

For additional information on the Rachel E. Rogers Endowed Scholarship in Nursing, please contact Darlene Schlott, Scholarship Program Coordinator, at [dschlott@kennesaw.edu](mailto:dschlott@kennesaw.edu).



### Operation Front Line

By Jana Mitchell

Dr. Jimmy Calloway, Professor in the Health, Physical Education and Sport Science Department at KSU and Executive Director of Georgia Coalition for Physical Activity and Nutrition (GPAN), is a tireless advocate of healthy nutrition and physical activity. He sees both as essential parts of the overall good health of Georgians.

During Taste of Atlanta festival last October, GPAN was selected as the non-profit organization to raise funds in a silent auction for Share Our Strength's (SOS) – Operation Front Line. A nationally-known organization, SOS works to ensure that no child in America grows up hungry.

"We were selected to raise monies for Operation Front Line because we are able to provide program services that actually teach families how to purchase and prepare low-cost, healthy meals. It was a great honor for GPAN," Dr. Calloway said.

Taste of Atlanta is a two-day, outdoor food festival that showcases Atlanta's restaurants and attracts guests from all over the Southeast. The festival is covered by local television and radio stations and national coverage ranging from the NBC Today Show to the New York Times and People Magazine.

Operation Frontline is nationally sponsored by the ConAgra Foods Foundation, and gives families, teens and children the know-how to prepare nutritious meals on a limited budget. For instance, during this six-week session, families learn how to prepare a healthy meal for a family of four for about \$10.

At the heart of SOS and Operation Frontline are chefs,



Jordan Wilkins during Operation Front Line cooking class, at Summer Hill Ministries. Looks like a lot of fun learning to cook healthy meals on a budget.

nutritionists, financial planners and support volunteers who donate their time, talents and knowledge.

Dr. Calloway remembers a teen participating in this program at the Summer Hill Ministries in Atlanta: "A young man showed a lot of interest and enthusiasm for the cooking classes. When the Summer Hill Ministries' people came to see him at his home, the young man explained that he lives with his grandmother. He took care of her, and on a small budget, he wanted to make sure she receives healthy meals. He prepared meals for his grandmother, using recipes he learned during the Operation Frontline."

### Bob Buresh's Newsletter Blurb: Rocker Shoes

Television advertisements for footwear marketed as having the capacity to reshape the legs and hips have recently become commonplace. Reebok and Sketchers are among those who are making a push into this market.



Chung Shi is another manufacturer of these "rocker" shoes, so called because of the shape of the soles and the "rocking" motion the foot undergoes during a walking gait between heel-strike and toe-off. In addition to more strictly dictating and limiting foot motion, rocker shoes are designed to increase muscular involvement in, especially, the rear leg and hips, with the ultimate aim of enhancing the development of those muscles.

While the influence that such shoes have on the shape and development of legs and hips may be of interest to some, others may be more interested in learning whether a walk of a given distance can result in a meaningful increase in caloric expenditure merely by wearing rocker shoes.

Foot Solutions, a Marietta-based footwear company, sells shoes to customers after performing a thorough gait analysis, thereby ensuring an optimal fit and improved biomechanics. They sell a variety of rocker shoes, and are interested in the effects these shoes have on health and fitness.

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## ● Pilot Program Payoff: First Graduates

### Bob Buresh's Newsletter Blurb: Rocker Shoes *(continued)*

That interest has led to their funding a study in the Department of Health, Physical Education, and Sport Science, wherein we will be quantifying the differences in oxygen cost, heart rate, and energy expenditure associated with walking in standard, flat-soled shoes versus walking in Chung Shi rocker shoes. A total of 30 subjects, many of whom are EHS majors, will walk on a

treadmill under several conditions, and those sessions will provide the data we'll use to determine the differences in the physiological responses associated with wearing rocker shoes.

So, does merely wearing rocker shoes meaningfully increase the caloric cost of walking? We'll know soon!

### First Graduates of MD to NP Option Announced

By David Bennett

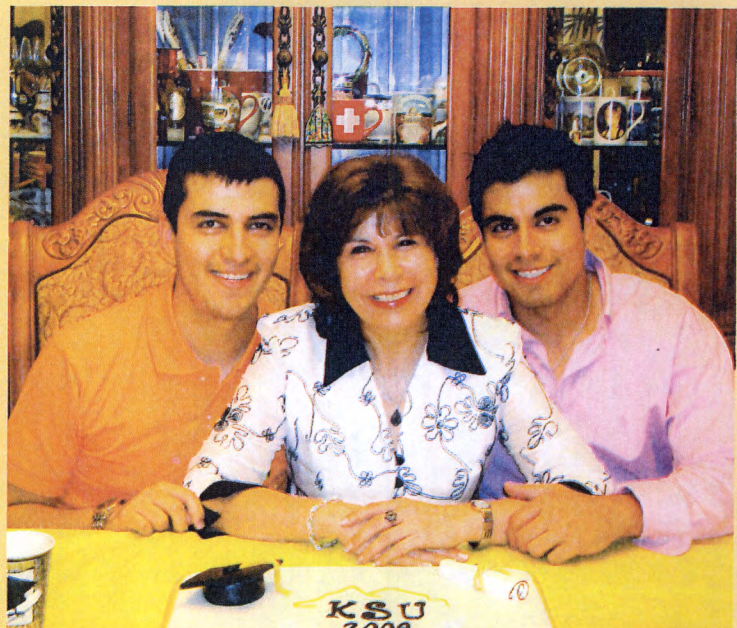
KSU and the WellStar School of Nursing announce the graduation of first graduates of an innovative program to educate international physicians as registered nurses and nurse practitioners. Maria Teresa Diaz and Raquel Gonzalez-Roepke, both physicians who were educated in their home countries of Colombia and Panama respectively, are the first graduates of this program. Prior to immigrating to the United States, Maria Teresa Diaz was an OB-GYN specialist in Colombia, South America, and Raquel Gonzalez-Roepke was a general practitioner in Panama. Both immigrated to the United States and are now US Citizens.

Both entered the pilot program in August 2006, graduated with their BSN in May 2008, passed the NCLEX and are now registered nurses.

During the BSN program, they took non-clinical master's courses along with their undergraduate nursing courses and after achieving nursing licensure, they were ready to complete the clinical residency courses of the Primary Care Nurse Practitioner program.

Both graduated with the MSN in May 2009 and passed their certification examinations. They will soon be licensed as advanced practice – nurse practitioners in Georgia. As Maria Teresa Diaz puts it: "This program has made me free again. Before, I did not have any credentials and could not practice using the knowledge that I had. Now I have a degree and a license, and I am free to pursue opportunities I could never have dreamed of before."

Physicians from other countries often face many barriers to practicing medicine, when they immigrate to the United States, including language, age, and length of time from graduation and the cost of stringent licensure testing and residency requirements. Most that do not become



Maria Teresa Diaz (center) celebrates her graduation from KSU, in the Primary Care Nurse Practitioner program, with her sons, Ed Angulo-Diaz (on left), and Nick Angulo-Diaz. Both of them are students at KSU's Coles College of Business and will be graduating this year.

licensed are employed in positions that do not allow them to reach their full potential.

The WellStar School of Nursing developed this pilot program to educate these physicians as nurses. The primary rationale was that they have tremendous knowledge that would otherwise be wasted. However, the major goal of the program is to increase the number of bilingual nurses who are able to provide culturally-appropriate care to other immigrants from their country of origin. Currently, 20 more physicians from countries all over the world are enrolled in the WellStar School of Nursing.



## ● Health, Physical Education and Sport Science

### Professor Making Waves in Mental Health Promotion for KSU Students

By Sean Stickney



Dr. Stickney, in green jacket, 'hanging 10' on Oahu's famous North Shore pipelines.

Dr. Sean Stickney, a third-year assistant professor within the Department of *Health, Physical Education and Sport Science*, has been busy in establishing a progressive mental health culture among KSU faculty, staff and students. As Dr. Stickney is quick to point out: "Given the continuing national tragedies across society in general, and college campuses (See VT and NIU) in particular, outdated thoughts and stereotypes regarding mental health promotion can no longer be ignored or brushed under the rug of student consciousness."

Dr. Stickney, a graduate of Purdue University with a degree in Health Promotion and Disease Prevention, has recently started two exciting new outlets for increasing mental health awareness among KSU students: *Dr. Sean's Mental Health Corner*, and the *KSU Faculty-Student Mentoring program*. Both programs are offered in conjunction with the Department of Residence Life at KSU.

*Dr. Sean's Mental Health Corner* is a monthly submission written for the Residence Life student newsletter. The purpose of the newsletter, according to Dr. Stickney, is to "provide an informal and somewhat humorous venue to address current mental health and motivational issues that our students all face, in hopes of

reducing both the stigma associated with mental health, and maybe even helping our residential students obtain a more fulfilling, personal experience while at KSU." "This experience has been deeply rewarding for me personally. It has allowed me to connect with students in a way that they find both fresh and non-threatening," Dr. Stickney said. Recent topics of Dr. Sean's Mental Health Corner submissions range from task and ego goal orientations to personal focus and control. His recent submission is as follows:

#### Dr. Sean's Mental Health Corner - 11.31.09

*Discipline is.....*

So it's that time of year again, and my memories come flooding back to me. The final push to end the term with some sense of sanity, registering for courses for the next term, and generally looking forward to both Thanksgiving and winter breaks with friends and family. (Dr. Sean will save you all from many surfing stories out in Southern California). But in thinking about these times, I am reminded about personal consistency and self-discipline. You see, this is time to not only appreciate your family and friends, but apply your growing education and experiences in the "real world." That is, you're learning to "talk-the-talk," but will you "walk-the-walk?" Is the education you are receiving really paying dividends in your life in terms of how you think about relevant issues and relationships in your life? You see, I'm a believer that real education doesn't really happen in the classroom, but only after you have assimilated that knowledge, made it real to you, and applied it in your daily life. I tell my students, don't just regurgitate facts to me, but make them real



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### Sport Management Students Receive an Award

Dr. Bernie Goldfine's Sport Management practicum class was the recipient of the 2009 Programmers Section Volunteer Award by the Georgia Recreation and Park Association. This Award was in recognition of their partnership with the Acworth Parks and Recreation Department. For the past six semesters, Dr. Goldfine's class has assisted the Acworth Parks and Recreation Department with numerous events such as the

Family Fun Day and the Halloween Carnival. The students are responsible for planning the activities, marketing the event and producing promotional flyers, staffing and managing the event, and completing a post event evaluation. This has been a valuable learning experience for our students and a great benefit to the residents of Acworth.



## ● Health, Physical Education and Sport Science

and tangible to your life, let them fuel your passion and direction. So as you partake in your well-deserved break, will you live and model your education for others around you who may benefit from it, or will the things you've learned be forgotten as soon as you put down your pencil after your last final exam? Will you stay the course in school and life and truly fulfill your potential? Dr. Sean's hope for each of you is that you will make the most of your time, education, talents and passions for the service of self and others. Just proverbial food for thought!

Another new venture currently being refined with the Department of Residence Life is the KSU Faculty-Student Mentoring Program. "I believe that this program is truly a unique and exciting undertaking for the educational culture here at KSU," according to Dr. Stickney. While the specific purpose and delivery objectives are currently being refined with the help of Residence Life, Dr. Stickney hopes to give students "an informal window into the lives, perspectives, and unique talents of the faculty here at KSU." In terms of delivery, interested faculty volunteer 1-2 hours per academic term and share an experience with interested students within a common area of the residential halls, from activities such as cooking-on-a-budget, and even a Wii sports challenge. "We are getting a tremendous amount of faculty interest with this particular program," says Stickney, "at this point, we have about 20-25 faculty who are interested in sharing their unique passions and experiences with our students. I see this program filling a unique need among the campus culture, for both faculty and students, and it is my hope that students will come to see their faculty as older and in some cases wiser mentors who all have valuable experiences to pass on to today's student."

Apart from these unique campus outlets, Dr. Stickney has also been involved in more traditional colloquial pursuits

revolving principally around the area of mental health promotion. Dr. Stickney's expertise is in the area of physical self-perception and negative health behaviors, specifically among at-risk and disadvantaged populations.



Dr. Sean's Mental Health Corner, and the KSU Faculty-Student Mentoring Program, both are offered in conjunction with the Department of Residence Life at KSU.

He has recently published a study on physical self-perception and smoking behavior in the prestigious *American Journal of Health Behavior* and currently has a study in review dealing with physical self-perception and motivation among sport, exercise, and health settings for the *Journal of Exercise and Sport Psychology*. Aside from such respected academic journals, however, Dr. Stickney passionately believes in taking his message to the public-at-large. Toward this end, he has had abstracts published in numerous popular magazines including *SHAPE*, *Muscle and Fitness*, and *Healthy and Fit* magazines. "I believe it is extremely important to take these messages to more

general readership base. Whenever I publish in an academic journal, I immediately look at what specific popular press magazine such information would make a significant impact within. This is truly a unique and contemporary perspective in my humble opinion – a public [mental] health perspective, actually delivered to the public," Dr. Stickney says.

Dr. Sean Stickney was born in San Diego California. He received his Doctoral degree in Health Promotion and Disease Prevention from Purdue University in 2006. Sean also completed his Master's degree in Exercise and Health Science from California Polytechnic State University and his BA in Psychology from the University of California at Santa Barbara. Dr. Stickney's research interests revolve around discovering connections between body image and negative health behaviors such as smoking, substance abuse, and physical inactivity. Dr. Stickney is married, is an avid fitness enthusiast, and loves to golf and surf. For more information, contact Dr. Stickney at [sstickn1@kennesaw.edu](mailto:sstickn1@kennesaw.edu).

### The Department of Health, Physical Education and Sport Science Hosts a Lecture

The Department of Health, Physical Education and Sport Science and the WellStar College of Health and Human Services hosted the 11th annual Grady Palmer Lecture, on Thursday, January 28, at 7:00 pm, in the Convocation Center, at KSU. More than 150 students and faculty attended to hear Dr. Mindy Millard-Stafford, Professor and Associate Chair of the School of Applied Physiology at Georgia Institute of Technology and past president of the American College of Sports Medicine.

The topic of her lecture was "The Science of Sports Drinks: a Historical Perspective."

The Grady Palmer Distinguished Lecture series is in honor of Dr. Grady Palmer, one of the charter faculty members of the Health, Physical Education and Sport Science Department at KSU. He was a faculty member for 30 years and served as the HPS Chair from 1980-1984. The Lecture rotates each year to a different program within the HPS Department.



## ● Proud U.S. Service • Dean Honored

### Associate Professor of Nursing, US Navy Reservist, selected as the Commanding Officer of Naval Medical Center

By Jana Mitchell

The WellStar College of Health & Human Services is proud to announce that Dr. Anne White, Associate Professor of Nursing at the WellStar School of Nursing and a member of the United States Navy Reserve, has been selected as the Commanding Officer of the Operational Health Support Unit, National Naval Medical Center, Bethesda, Maryland.

Operational Health Support Unit Bethesda is located at the National Naval Medical Center in Bethesda, Maryland (NNMC



Dr. Mary Anne White

Bethesda). NNMC Bethesda is a federal institution that conducts medical and dental research as well as provides health care for American leaders, including the U.S. president and his family.

Dr. White's tour of duty began December 1, 2009. She has the responsibility for the welfare and training of approximately 400 medical personnel, including doctors, nurses, dentist, and corpsmen. She works closely with the Bureau of Medicine, Washington, D. C., that is responsible for Navy medicine in time of war and peace. She makes certain that the 400 reservists assigned to her command are meeting mobilization readiness requirements to provide medical, dental, and non-medical support globally. Those needs could include serving at a Navy hospital, on an operational mission overseas or onboard a ship such as the USNS COMFORT or USNS MERCY.

*continued on page 9*



Under Dr. Anne White's supervision, 51 medical personnel are on board of the Military Sealift Command hospital ship USNS COMFORT anchored off the coast of Haiti to support Operation Unified Response. The U.S. Navy has 11 ships supporting the operation, with approximately 11,000 Sailors, Marines, and civilians providing humanitarian and medical aid to the country after it was struck by a 7.0 magnitude earthquake Jan. 12. (U.S. Navy photo by Mass Communication Specialist 2nd Class Chelsea Kennedy/Released).

### Dean Honored by National Organization

**Dean Richard Sowell** has been honored by the National Association of Nurses in AIDS Care (ANAC) with the naming of the organization's Journal Awards in his honor. Dr. Sowell served as the Editor of the Journal of the Association of Nurses in AIDS Care (JANAC) for 11 years, taking the journal from a small organizational publication to an

internationally-recognized journal. This past November, the first annual Richard L. Sowell Outstanding Article Award and the Richard L. Sowell Outstanding Peer Reviewer Award were presented at the Annual ANAC Conference in Jacksonville, FL. Congratulations Dr. Sowell!



## ● Proud U.S. Service • Achievements

Dr. White applied for this command through a National Selection Board, and the appointment is considered a “senior management” position. Her selection is a reflection of both experience and proven capability as judged by a formal national selection board of her peers and top-level executives. This is one of the highest posts in the US Navy Reserve.

Dr. White comments: “Bethesda is referred to as the ‘Flagship of Navy Medicine.’ The hospital is top-notch, and it’s a quite an

honor to serve as the Commanding Officer. This hospital welcomes and takes care of our wounded warriors coming back home, and I’m very honored.”

Dr. White talks about her life’s passion for the Navy: “I always wanted to go to the Navy but did not have the opportunity until later in life. But, I knew it was now or never! I chose to join the Navy Reserve in 1990 and have never had a regret!”

Since 1990, Dr. White’s accomplishments in serving the nation are many. She has been awarded five medals from the Secretary of Navy, selected for numerous leadership roles on a national level, was recalled in support of the war in Iraq, and selected to go on a mission to Honduras to provide humanitarian support.

Most recently, she orchestrated the short-fused deployment of 51 Reservists to the USNS COMFORT for humanitarian assistance to Haiti’s earthquake devastated population. This professional service has afforded her the opportunity to develop expertise in military nursing, a critical specialty within the nursing discipline. Accordingly, this broad-based experience has directly benefited KSU, the nursing classroom, and the community at large.

Congratulations Dr. White!



Honduras (April 1, 2009) Navy nurse Capt. Anne White and Honduran translator Sheila Garcia explain medical procedures to villagers from Aguacatal during the Beyond the Horizon humanitarian assistance exercise in Honduras. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ron Kuzlik/Released).

### Nursing Faculty Achievements

**Dr. Emma M. Guice**, PhD, received her Doctorate of Nursing Practice (DNP) degree from the Medical College of Georgia on May 8, 2009. The title of her DNP project was: “A Suicide Prevention Strategy for College Students in a University Health Center.” Dr. Guice has been employed at the KSU Student Health Clinic since 2003 as a Family Nurse Practitioner. Additionally, she holds a position as an Assistant Professor in the WellStar School’s of Nursing Nurse Practitioner Program. Congratulations Dr. Guice!

**Nicole Mareno**, PhD, RN, Assistant Professor of Nursing, has completed her doctoral dissertation: Wellness characteristics

and health risk behaviors of young adult university students. (University of San Diego) in March, 2009. Congratulations Dr. Mareno!

**Tamica Sanchez Jones**, PhD, MBA, ACNS-BC, FNP-BC, Assistant Professor of Nursing, was inducted into Fellow Status in the National Gerontological Nursing Association in October, 2009, at the national NGNA conference. Congratulations Dr. Sanchez Jones!



## ● Bobbie Bailey Awards

### Girls and Women Presented with Bobbie Bailey Awards for Athletic Excellence

On February 8, 2010, the Kennesaw State University's Health, Physical Education and Sport Science Department along with the Georgia Association for Health, Physical Education, Recreation and Dance (Georgia AHPERD) sponsored their 20th annual recognition of National Girls and Women in Sports Day (NGWSD) by hosting the Bobbie Bailey Awards Ceremony. The event was free for all persons attending. The theme this year was "Stay Strong, Play On!" For this special 20th Anniversary of the Awards, KSU invited all previous Bobbie Bailey Award winners to return.

The Awards Ceremony highlighted the accomplishments of local high school female athletes from Cobb, Cherokee, Paulding,



The guest speaker during this year's Awards was World Champion Adventure Racer Robyn Benincasa. Ms. Benincasa is a full time firefighter in San Diego, California.

Bartow and Douglas counties, as nominated by their respective schools. During the ceremony, the successes of KSU women's athletic teams were also recognized.

The awards are named for Dr. M. Bobbie Bailey, a long-time friend and benefactor of Kennesaw State University academics and athletics.

National Girls and Women in Sport Day began in 1987 as a day to honor the memory of Olympic volleyball player Flo Hyman for her athletic achievements and her work to assure equality for women's sports. Hyman died of Marfan's Syndrome in 1986 while competing in a volleyball tournament in Japan. Since that time, NGWSD has evolved into a day to acknowledge the past and recognize current sport achievements, the positive influence of sports participation, and the continuing struggle for equality and access for women in sports. The official day this year was February 3, 2010. Current sponsors for NGWSD are: Girl Scouts of the



From left to right: Robyn Benincasa (Speaker), Mia Jones-Johnson (Cherokee Athlete), Dr. Bobbie Bailey, and Sharon Swanson (former winner from Cherokee and current KSU softball athlete).

USA, Girls Incorporated, the National Association for Girls and Women in Sport, the National Women's Law Center, and the Women's Sports Foundation.

The guest speaker during this year's Awards was World Champion Adventure Racer Robyn Benincasa. Ms. Benincasa is a full-time firefighter in San Diego, California. A native of Long Island, NY, she competed at the state and national levels in gymnastics, diving, and cross country. Robyn graduated from Arizona State University and began a professional career in pharmaceutical sales, but caught the triathlon bug and went on to complete 10 Ironman triathlons and then became an adventure racer and firefighter.

The recipients of the Bobbie Bailey Award For Athletic Excellence for 2009 were:

Leah Benton	Lithia Springs High School
Sara Bland	East Paulding High School
Allison Brackin	Wheeler High School
Liz Braun	Sprayberry High School
Cori Dulmage	Creekview High School
Katelyn Eaton	Special Olympian
Ryan Ernstes	The Walker School
Mallery Fennell	Hiram High School
Logan Foulks	Alexander High School
Meredith Gilreath	Cartersville High School
Bena Hanyard	Osborne High School
Chelsea Herr	Marietta High School
Meredith Heyer	Hillgrove High School
Amber Hicks	McEachern High School
Hannah Hight	Cass High School
Leah Hixon	Etowah High School
Mary Hoey	Pope High School
Sarah Hoss	North Paulding High School
Chelsea Johnson	Kennesaw Mountain High School
Cierre Jones	Pebblebrook High School
Mia Jones-Johnson	Cherokee High School
Alexis Katt	Woodland High School
Hilary Lynch	Lassiter High School South
Porsha Martin	Paulding High School
Monica McClure	Campbell High School
Jackie Miller	Sequoyah High School
Ashley Neff	North Cobb High School
Megan Nesbit	Allatoona High School
Whitney Okvist	Kell High School
Skye Rogers	Woodstock High School
O'Neisha Smith	Chapel Hill High School
Caroline Sullivan	Walton High School
Monette Thomas	Paulding County High School
Kevyn Tracy	South Cobb High School
Ali Waterson	Harrison High School
Kristina Wells	Douglas County High School
Ansley Williams	Adairsville High School



## ● Great Beginning Honored

### Founding Director of KSU's Nursing Program Honored

By Aixa M. Pascual

*Charlotte Sachs, 92, recognized for her legacy of excellence with portrait unveiling.*

KENNESAW, Ga. (Oct. 20, 2009) — When Charlotte Sachs founded the nursing program at Kennesaw State University in 1968, she insisted on high academic standards. Of the 36 students who enrolled in the first class, only six graduated with an associate degree and all passed the state boards.

Four decades later, Sachs' legacy lives on. Today, the WellStar School of Nursing at KSU is the largest producer of baccalaureate-prepared nurses in the state, and graduates with a bachelor's in nursing have an average pass rate in the 90th percentile for the NCLEX, the licensing exam for registered nurses.

On Saturday, Oct. 17, '09, Sachs was honored by KSU's WellStar College of Health and Human Services. Surrounded by family, former colleagues and one-time students, Sachs was paid homage at the Jolley Lodge with the unveiling of her portrait.

"Beautiful. It really is beautiful," said Sachs of the oil painting in which she is depicted sitting and wearing a red blazer. Sachs, who earned bachelor's and master's degrees in nursing from Emory University, founded the nursing program at what was then Kennesaw Junior College, at a time when associate degrees in nursing were just starting to emerge. The program has since grown into the WellStar School of Nursing, offering bachelor's, master's and doctoral degree programs.



Sachs was born in Germany and immigrated to New York in 1936 after Hitler came to power. Her first job in the U.S. was as a maid (she had taken a house-keeping course in Germany). In 1937 she entered nursing school at Newark Beth Israel Hospital, graduating as a registered nurse after three years. She moved to Atlanta in the 1940s after her husband took a job as a chemical consultant.

Sachs then started taking nursing courses at Georgia State University and completed her bachelor's at Emory in 1949. She worked for the DeKalb County Health Department and Emory University Hospital. In 1961 she earned a master's in nursing from Emory. She was hired to start the nursing program in 1968 at Kennesaw Junior College, which then had barely 1,000 students and where men outnumbered women 2:1. She was director of the program until 1979 and retired from KSU in 1984.

During her tenure, Sachs was known for her high standards and integrity. As a teacher, she was strict, say former students.

Dr. Debora Quigley, a nursing student who later went on to medical school and attended the portrait unveiling, said Sachs was an excellent teacher who taught her never to compromise her integrity. The most important thing Sachs instilled in her, she said, was to "exude confidence."

"She was a little intimidating," said Quigley, who had not seen Sachs in nearly three decades but came across many nurses throughout the years who had been students of Sachs. "I have very fond memories of Ms. Sachs."

The nursing program that Sachs started 41 years ago has come a long way. Today, nursing is one of the premier academic programs at KSU. The school offers two master's-level programs: a Primary Care Nurse Practitioner program and a program in Advanced Care Management and Leadership, as well as the Doctor in Nursing Science (D.N.S.) program.

And the future of the nursing program at KSU has never looked brighter. This fall, the first class of Doctor of Nursing Science students was admitted, and a state-of-the-art \$60 million Health Sciences Building is under construction. When completed in 2010, the new glass and steel building will be the largest on campus.

"We are now the largest provider of baccalaureate nursing programs in the state of Georgia," said Richard Sowell, Dean of the WellStar College of Health and Human Services, which houses the WellStar School of Nursing. "With what we have in this new building (additional lab and classroom space), our future is unlimited."



WCHHS Dean Richard Sowell comments at the unveiling ceremony: "Our future is unlimited."



"Beautiful. It really is beautiful!" said Charlotte Sachs, on right, of the oil painting, here with friends & former KSU President, Betty Siegel, top row, on right.



## Wellness Center

### Red Truck + Ropes = Fun + Fitness

By Jana Mitchell

Diane Clinton, Wellness Coordinator at the KSU Employee Fitness Center, gives the KSU faculty and staff community exciting reasons for joining the Center!



Diane Clinton, Wellness Coordinator at the KSU Employee Fitness Center, and her bright red Ford Explorer Sport Trac truck.

Diane's goal is to energize the Center's members by introducing fresh ideas and exercise venues that promote fitness, as well as accommodate everyone's lifestyle.

Diane explains: "There are many benefits to staying fit. The concept is in understanding that fitness and exercise are not simply a means to solve a particular issue, but rather belong into every-day life! Engaging in fitness activities should become something of a second nature, a part of a daily routine...just like brushing teeth or washing hair."

So where do the Red Truck and Ropes come in to make up for the Fun and Fitness? The answer...The Fitness Boot Camp!

A ten-station outdoor interval workout is the basis for this fun, hi-energy training program and includes, among other activities, the use of rubber cables attached to Diane's bright red Ford Explorer Sport Trac truck. Campers can work many muscle groups, using

these cables for exercises such as the chest press, triceps extensions, elevated bicep curls, lat pull downs, torso stabilizing exercises and anything else that Diane can think up.

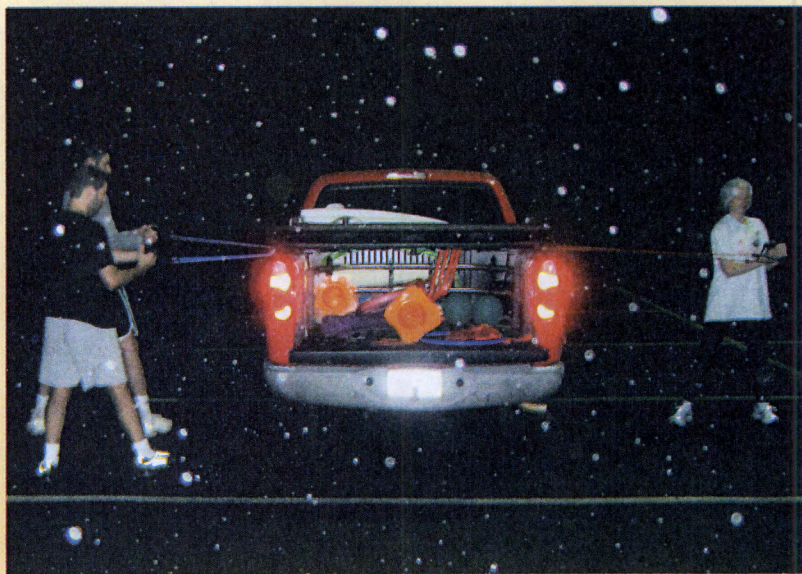
The Boot Camp meets up outdoors, in the back part of the Fitness Center's parking area. Diane comments: "We meet during any kind of weather...except rain or temperatures below 32 degrees, when we switch to the inside of the Center. Bring your weights, a mat and water."

The workout encompasses many other fixtures, as well. The picnic table is used for performing modified push-ups and triceps dips. The railings are used for stabilizing while doing one-legged reverse lunges, allowing all levels of participants to perform these exercises safely. The light poles are also helpful to use with the resistance cable exercises. Campers can wrap the cable around the pole and perform exercises such as the squat row and develop strength in the upper back, shoulders, as well as in the quadriceps and gluteus muscles. The curb elevation is used for stepping up and down, simulating stair climbing. Hurdling over short obstacles, jumping in and out of hoops, walking long distances with ankle bands, lifting and carrying weights, and using abdominal rollers are all combined into a puzzle style workout which is then topped off with a variety of sit-ups and stretching exercises which are never the same.

The campers workout consists of exercises that they haven't done since third grade. They are amazed at the fact that yes, they can still jump rope, hop scotch and skip.

"Waaaaa Hoooooo" is heard throughout a typical Boot Camp session and that means that the workout is under way and the energy is increasing. "Just remember, it is good and good for you," says Diane.

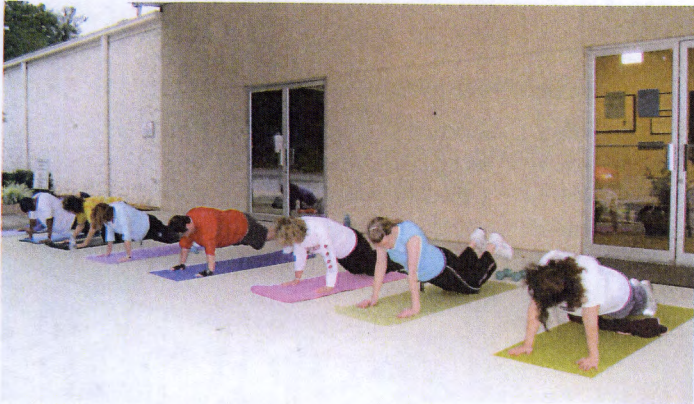
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The dark and some drizzle does not deter the Fitness Boot Camp participants to work on their resistance.



## Wellness Center



Push-ups exercise is a part of the Fitness Boot Camp.

Of course it is...here are examples of what Diane hears back from the campers: "Hi Diane, the GREAT news is – I bought jeans in a smaller size yesterday...yay!!!! Boot camp works!!" Or: "Thank you very much for keeping us going – and for getting up so early for us! Though I've lost 20 lbs. since June, I credit you for helping me to keep the exercise regular and vigorous through boot camp, during the busy parts of the semester. You're the best!"

Diane adds: "It's fun because the program takes place within a social group. Everyone enjoys the work out together rather than paying attention to an instructor. This builds camaraderie among the participants and provides them with an opportunity to share ideas on exercise and fitness."

Diane Clinton introduced the Fitness Boot Camp in fall 2009, when she joined KSU as the Wellness Coordinator. She designed the program to promote physical strength, endurance and flexibility.

The side effects include improved attitude and increased energy levels.



Faye Silverman (on left) and Connie Loomis from KSU experience first hand the effectiveness of ropes as a training component.

Diane's recommendation: "Beat the traffic and stress of commuting during a rush hour, and take your shower at the Fitness Center, after a great, early-morning workout and arrive at the office all energized!"

Diane's plans for the KSU employee fitness future are to continue with the Boot Camp and tap into this popular program to develop workout and fitness ideas that appeal to the "social athlete."

For Boot Camp schedule and to register for this innovative and invigorating program, please contact Diane Clinton at [dclinton1@kennesaw.edu](mailto:dclinton1@kennesaw.edu).

## Kennesaw State University is Going Light

By Sherry Grable

Since the spring semester 2009, several KSU employees have participated in Weight Watchers at Work. The success of the group has been phenomenal. One of those participants stated: "I love the program. I have lost over 40 pounds so far!" Weight Watchers is an effective program because it is not a diet. Participants learn how to eat right and live healthy so they can successfully lose weight and keep it off. With the popularity and the success of the program, a third session began on September 23, '09 and ended February, '10.

The eight-week weight management program met on Wednesdays, 12:30-1:30pm, in the Student Recreation &

Wellness Center at KSU. The program topics included: Get Ready, Get Set, Commit; Small Changes, Big Results; Get Moving (& How to Stay That Way); Supermarket Smarts & Menu Makeovers; Dining Out De"light"fully and Special Occasion; Survival Guide; Myth Busters: Nutrition Edition; Intuitive Eating: A Farewell to Dieting & Body Bashing; and Dealing with Slips and Preventing Relapses. For upcoming sessions and more information, please contact Sherry Grable at [sgrable@kennesaw.edu](mailto:sgrable@kennesaw.edu) or at 770-499-3517.



## ● Distance Learning • Funding

### Innovative Approach, Building Understanding, Bridging Cultures – Global Health Video Conference

*KSU's & Ain-Shams University's Nursing Students Participate in a Video Conference on Global Health Issues.*

The video conference took place from 8:00 to 10:00 am local time and 3:00 to 5:00 pm Cairo time. Dr. Carol Holtz, Professor of Nursing, and Ms. Walaa Compton, Director of the International Academy for Women's Leadership at the WellStar College, in collaboration with Dr. Nematallah Gomaa, faculty of Nursing Ain-Shams, facilitated two video conference sessions between the International Health Policy students at WellStar School of Nursing and senior nursing students at Ain-Shams University.

During the two sessions, nursing students exchanged ideas for discussion and consequently talked about professional, academic and country-specific health issues and concerns. Students also had the opportunity to choose to be an internet "pen-pal" with students from another country.

Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services, welcomed students from both universities and answered program and practice-related questions.

The video conference was the beginning of a series of sessions that will engage students from nursing schools in both universities in a dialogue that will promote understanding, friendship and knowledge exchange.



Dean Richard Sowell (center) with KSU's International Health Policy students and Dr. Carol Holtz, Professor of Nursing, (2nd from left) next to Ms. Walaa Compton, Director of the International Academy for Women's Leadership, and Associate Dean, Dr. Laurie Tis, at the video conference on Global Health Issues.

### No Boundaries - Video Presentation Conducted across the Globe between KSU and Alexandria University in Egypt

Dr. Lois Robley, Professor of Nursing at KSU, offered a live video conference presentation from the WellStar School of Nursing on KSU campus to an audience of doctorally-prepared nurse educators, faculty and students in nursing, at the Alexandria University (AU), in Cairo, Egypt.

At the onset of the video conference, Dr. Richard Sowell, Dean of the WellStar College of Health & Human Services, extended a welcome to a large auditorium of Egyptian participants and expressed support for an ongoing collaboration between the two universities. The video presentation took place on October 14, '09, at 10 am EST, 4:00 pm in Cairo.

The two topics of the presentation were selected by the faculty at AU and included end-of-life issues in Critical Care and an overview of Qualitative Nursing Research.

At the conclusion of the presentations, the audience from AU was given an opportunity to discuss the topics with Dr. Robley through a question-and-answer session. The presentation as well as the discussion were conducted in English. Dr. Robley stated: "It was a phenomenal experience, nurses connecting across the globe! The visual and audio clarity and ease of interchange was superb."

The conference was a result of an agreement of collaboration between the WellStar College of Health & Human Services, WellStar School of Nursing, and the Alexandria University. Dr. Richard Sowell, Dean of the WellStar College of Health & Human Services, initiated the agreement of collaboration during his visit to Cairo, Egypt, last year.

### Funding for Inclusive Adult Education

The KSU Academy For Inclusive Adult Education (The Academy) is an innovative two-year certificate program designed to provide students with developmental disabilities a postsecondary college experience. The Academy first began accepting students in the fall of 2009.

The Academy aims to appeal to and attract students ages

18-25 with varied limitations in both intellectual functioning and adaptive behavior, whose disability impairs their access to a postsecondary, general education curriculum.

The program is funded, in part, by The Georgia Governor's Council on Developmental Disabilities. The \$30,000 annual grant is now in its second year.



## ● Conference • Partnership • Funding

### Conference on Disability Issues: Access to the Workplace

*First annual conference, the Arab-American Dialogue on Disability Issues: Access to the Workplace.*

The conference took place in the KSU Center in October. High-level officials from 14 Arab nations attended, representing Egypt, Libya, Kuwait, Morocco, Bahrain, United Arab Emirates, Qatar, Algeria, Jordan, Tunisia, Lebanon, Syria, Sudan and Oman.

Dr. Benjamin Johnson, Associate Dean for Community Partnerships & Global Initiatives at the WellStar College, welcomed the guests, along with Dr. Teresa Joyce, Associate Provost at KSU; Dr. Richard Sowell, Dean of the WellStar College of Health & Human Services; Dr. Ibrahim Elsayy, Regional Director of Arab World Projects at KSU; Mr. Don Geiger, General Manager of Residence Inn Marriott, a sponsor; and Dr. Ibrahim Awad, international KSU alumni.

The five-day activities kicked off with tours of the Tommy Nobis Center in Marietta, a center that provides job training and employment to people with disabilities and other barriers; the CNN Center and the Carter Center in Atlanta; as well as the King Center tour with former Atlanta Mayor and U.N. Ambassador Andrew Young.

Keynote speakers were Mr. Duncan Wyeth, Executive Director of the Michigan Commission on Disability Concerns, an advocate for disability issues for more than 30 years; Dr. Jimmy Calloway, Professor in the Health, Physical Education & Sport Science Department at KSU and the Executive Director of the Georgia Coalition of Physical Activity and Nutrition (GPAN); and a guest speaker Andrew Young.

The conference program consisted of series of seminars, presentations and discussions, with a spotlight on issues of people with disabilities in the Middle East. Topics discussed were: Successful models for integrating persons with disabilities into the workplace; Supportive community; Organizational capacity building; Collaboration across institutions, education, health & wellness; Employment/employability.

The post-dialogue period of the conference saw a discussion of implementations to bring about social change and to positively impact employment opportunities of people with disabilities.

### Delegation Develops Partnership with Libyan Paralympic Committee

Led by Dr. Ibrahim Elsayy, of the WellStar College of Health & Human Services, the KSU delegation arrived in full force in Tripoli on January 14, 2010.

Before meeting with the Libyan Paralympic Committee to outline future plans for a number of cooperative projects, Dr. Elsayy; Dr. Jimmy Calloway, Professor in the Health, Physical Education and Sport Science Department, at the WellStar College; and Dr. Karla Wade, Transition Specialist for Cobb County Schools Special Education; visited El Fatah University, the Down Syndrome Association, the Libya School for the Deaf, and two centers serving persons with disabilities in Libya.

Several days of meetings produced plans for a number of promising projects including a proposed memorandum of understanding (MOU) with El Fatha University. Other proposals included a series of training courses in cooperation with the Libyan Paralympics Committee who also agreed to host the second round of the Arab-American Dialogues on Disability. The inaugural Arab American Dialogue was hosted by the KSU in October of 2009. We look forward to continued developments.

### Funding

Dr. Miriam Boeri (PI) and **Dr. Annette Bairan** (Co-PI) (2010) have been awarded \$201,000 by NIH for a two year research study entitled *Methamphetamine Use in the Suburbs: An Exploratory Study*.

**Dr. Robert Buresh**, *The influence of hiking poles and rocker shoes on oxygen uptake, heart rate, and energy expenditure while walking*, Foot Solutions, \$12,060.

**Dr. Michael Hales** and **Dr. John David Johnson**, *Walking on their hands: A wheelchair users perspective*, CETL grant, Kennesaw State University, \$7,733.

**Dr. David Mitchell**, *Forgiveness and Memory across Adulthood*, Foley Family Foundation, \$25,000 (2006-2010).



## ● Books/Chapters • Publications • Presentations

### BOOKS/CHAPTERS

**Collins, M.A.** and **M. Hales**, (2010). Biomechanical basis for movement. In G.A. Shankman and Manske (Eds.), *Fundamental orthopedic management for the physical therapist assistant, 3rd ed.* St. Louis: Mosby Publishing.

**Goldfine, B.** (2009). Indoor and outdoor courts. In T. Sawyer (Ed), *Facility Planning and Design for Health, Physical Activity, Recreation, and Sport, 12th ed.* Champaign, IL: Sagamore Publishing.

**Goldfine, B.** and Sawyer, T. (2009). Sport facility and event management. In A. Gillentine and R.B. (Eds.), *Foundations of sport*

*management, 2nd ed.* Morgantown, WVA: Fitness Information Technology Publisher.

**Mitchell, D.B.** Unconscious perception. In H. Pashler (Ed.), *Encyclopedia of the Mind.* Thousand Oaks, CA: Sage Publications, in press.

Seidler, T.L. and **Goldfine, B.** (2009). Prologue. In T. Sawyer (Ed), *Facility Planning and Design for Health, Physical Activity, Recreation, and Sport, 12th ed.* Champaign, IL: Sagamore Publishing.

### PUBLICATIONS

Meeks-Sjostrom, D., Lopuszynski, S., & **Bairan, A.** (2010) "The Wisdom of Retaining Experienced Nurses at the Bedside – A Pilot Study Examining a Minimal Lift Program and its Impact on Reducing Patient Movement Related Injuries to Bedside Nurses." (Accepted for publication by *Med-Surg Nursing: The Journal of Adult Health.*)

Ballard, N. **Bairan, A.**, Barnett, G. & Van Brackle, L. (2010) "The Effect of Education on New Chest Pain Mnemonic on Triage of Patients with Myocardial Infarction in the Emergency Rooms." (Accepted for publication by the *Journal of Emergency Nursing.*)

**Bradbury, J.C.** and Stephenson, E.F. (2009). Spatially targeted government spending and heterogeneous constituent cost shares. *The Journal of Private Enterprise*, 24(2): 1-17.

**Hales, M.E., Johnson, B.F.,** and Johnson, J.T. (2009). Kinematic analysis of the powerlifting style squat and the Conventional deadlift during competition: Is there a cross-over effect between lifts? *Journal of Strength and Conditioning Research*, 23(9): 2574 – 2580.

**Mitchell, D.B.** (2009). Unreviewed List of Textbooks in Adult Development and Aging. American Psychological Association, Division 20, Educator Resources @ <http://apadiv20.php.ufl.edu/>

**Porter, K.J., Johnson, P.H., & Petrillo, J.A.** (2009). Priority health behaviors among South African undergraduate

students. *International Electronic Journal of Health Education*, 12:222-243.

**Robley, L.**, Ballard, N., Holtzman, D. & Cooper, W. (2010). The experience of stress for open heart surgery patients and their caregivers. *Western Journal of Nursing Research.* In press.

**Sowell, R.L.** & Phillips, K. D. (2010). Men Seeking Sex on an Intergenerational Gay Internet Website: An Exploratory Study. *Public Health Reports*, 125, Supplement 1, 21-28.

**Sowell, R. L.** & Phillips, K.D. (in press), Understanding the Responding to HIV/AIDS Stigma and Disclosure: An International Challenge for Mental Health Nurses. *Issues in Mental Health Nursing.*

Cobb, S.C., **Tis, L.L.**, Johnson, J.T., Yong, T.W., Geil, M.D., & McCarty, F.A. (2009) The effect of low-mobile foot posture on multi-segment medial foot model gait kinematics. *Gait & Posture*, 30: 334-339.

**Wang, J.** (2009). Application of scientific principles to soccer shooting practice. *Professional Magazine of Soccer Training*, reprinted by the Spain Olympic Soccer Training Center.

**Wang, J.** (2009) Reaction-time training for elite athletes: A winning formula for champions. *International Journal of Coaching Science*, 3(2): 67-78.

### PRESENTATIONS

**Holtz, C. & Bairan, A.** (2009, October). *Prenatal Care Barriers and Facilitators for Pregnant Immigrant Latina Women.* (Poster) International Transcultural Nursing Conference, Seattle, WA.

**Bairan, A., Long, J. & Holtz, C.** (2009, September). *Latinos with Diabetes: A Sub-Ethnic Exploration of Health Values and Beliefs.* (Poster – Blue Ribbon – First Place) An Evidence-Based Practice ToolKit for Bedside Nurses Conference, Kennesaw State University, Kennesaw, GA

**Buresh, R.**, Wickwire, J. and **St Pierre, P.E.**, (2009, November). *Alternative secondary PE curriculum: A reason to move beyond traditional sports.* Presentation at the Georgia Association

for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

**Collins, M.A.** and **B. Goldfine**, (2009, November). *Going Brazilian: Bikinis, waxing, lessons on weight management.* Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

**Hales, M.E.**, (2009, September). *The power of sport.* Presentation at the Arab-American Dialogue on Disability Issues Conference: Access to the Workplace, Kennesaw, GA.

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## ● Presentations • Continuing Education

### PRESENTATIONS *(continued)*

**Hales, M.E.**, (2010, February). *Strength Training for SCI Athletes*. Presented at the BlazeSports Sports Conference, Stone Mountain, GA.

**Hales, M.E.**, (2010, February). *Training SCI athletes for Powerlifting*. Presented at the BlazeSports Sports Conference, Stone Mountain, GA.

**Howton, Amy**, (2009, November). *Creating balance*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

**Hultquist, C.N.**, (2009, November). *Exercise adherence: Current issues and a case for starting early*. Invited presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

Treiber, L.A. & **Jones, J. H.**, (2009) *Devastatingly Human: An Analysis of Registered Nurses' Medication Error Accounts*. *Practical Sociology: Meeting Today's and Tomorrow's Challenges*. Association for Applied and Clinical Sociology 2009 Annual Conference, San Antonio, Texas.

**Jones, J. H.** & Treiber, L.A. (2009) *When the Five Rights Go Wrong: Medication Errors from the Nursing Perspective*. *Pass It Forward: Evidence-Based Practice in Nursing Education*. Georgia Association for Nursing Education's Annual Conference, Athens, GA

**Long, J., Bairan, A. & Holtz, C.**, (2009, Sept.) *Development of a Culturally Sensitive Diabetes Education Program for a Diverse Latino Audience Using EBP Model*. (Poster) An Evidence-Based Practice Toolkit for Bedside Nurses Conference, Kennesaw State University, Kennesaw, GA.

Martinez, D., Aenchbacher, A., **Johnson, J. & Whitlock, S.**, (2009, November). *Equipment ideas for adaptive physical education*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

**Porter, K.J., Petrillo, J.A., & Johnson, P.H.**, (2009, November). *Using the HECAT to develop Georgia's performance standards and curricular framework*. Paper presented at the Annual

Convention of the American School Health Association, Denver, Colorado.

**Porter, K.J.**, Cross, B.S., Moser, A. & Buchanan, L. (2009, November). *Great activities for promoting communication and critical thinking in health education*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

**Porter, K.J.**, Orem, T., McBrayer, K., Morris, D., & Gober, S. (2009, November). *Great activities for promoting essential health skills*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

**Porter, K.J., Petrillo, J.A., & Johnson, P.H.**, (2009, November). *Using the HECAT to develop Georgia's performance standards and curricular framework*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

**Shabo, R. L.**, (June 25, 2009). *Adolescent sleep deprivation: Implications for pediatric nurses*. Pediatric Nursing 25th Annual Conference, Orlando, Florida.

**St. Pierre, P.E.**, (2009, November). *Lead-up games in GRIDS*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

**Wang, J.**, (2009). *Recommended psychological consultation strategies for Olympic athletes*. Presentation at the 2009 Conference of Association of Applied Sport Psychology, Salt Lake City, Utah.

**Wang, J.**, (2009). *Foreign coaches' challenges and barriers of working with Chinese Olympic teams*. Presentation at the 2009 Conference of Association of Applied Sport Psychology, Salt Lake City, Utah.

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Nursing in Faith Communities	January

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