WellStar College of Health & Human Services

excellence

service
leadership
teaching innovations

scholarship
wellness

The WellStar College bids farewell to the Dean, with best wishes for his retirement!

Dr. Richard Sowell, Dean
During the WellStar College’s annual meeting in August, Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services, announced his decision to retire at the end of the academic year in 2014. In a packed auditorium in Prillaman Hall, the home of the WellStar College, the Dean spoke to the faculty and staff as he would to family members and gave his assurance that he believed he’s leaving the College in a good place to move forward with new endeavors.

Dr. Richard Sowell assumed the position of the Dean of the College of Health and Human Services at KSU in August, 2001. The College housed three departments: the Department of Nursing, the Department of Human Services, and the Department of Health, Physical Education and Sport Science.

Dean Sowell was well prepared to slip into the leadership role. The first Spring 2002 issue of the College’s EXCELLENCE publication introduced him with an impressive lineup of accomplishments in pursuance of education, military service, nursing practice, scholarship, and community outreach on the home front as well as abroad. The Dean commented then: “When I look at Kennesaw and the College of Health and Human Services, I see an opportunity for great achievements!”

In Summer 2001, the Baccalaureate Degree Nursing Program and the WellStar Primary Care Nurse Practitioner Program, named in honor of WellStar Health System for its long-standing financial support of nursing education at KSU, joined to create the Department of Nursing. In December, the Board of Regents approved Dean Sowell’s recommendation to the KSU administration that the “Department of Nursing” be renamed as the “School of Nursing.” Changing the name raised the profile of the nursing program among peer institutions, student recruitment, and attractiveness to community partners and funding agencies.

As the College welcomed the new Dean, KSU obtained approval to become a residential campus. With the help from the former College’s dean, Dr. Judy Perkins, Dean Sowell established a new clinic, the KSU Health Center. It was built upon the successes of a small, existing walk-in clinic. The Health Center was housed in the Nursing building on the KSU campus. Under the direction of the College and Dean Sowell’s supervision, the Clinic allowed the College to further serve the KSU community while supporting the teaching mission of the School of Nursing. In January 2003, the clinic moved into a newly-renovated house on KSU campus. The Clinic offered a full range of primary-care services and limited number of specialty services. The Clinic also functioned as a clinical practicum site for the College’s graduate and undergraduate nursing students.

During the 2002 College faculty meeting, Dean Sowell announced the formation of the Center for Community Healthcare. “This Center was possible due to the University’s abiding focus on community outreach,” the Dean stated. The Center served as a hub for the Nursing faculty projects and research to promote the understanding of the needs of the under-served. It also served as a resource for local community-based organizations including MUST Ministries in Marietta, YMCA of Cobb, and St. Stephen’s Methodist Church. These organizations offered health...
services to the uninsured and vulnerable populations in the larger Cobb County area. Dean Sowell supported the Center’s operations throughout his tenure, and on August 20, 2010, he attended the official opening of a new, state-of-the-art, nurse-managed KSU Community Clinic at MUST Ministries.

Established in July 2000, the Employee Fitness Center was developed by the Health Promotion and Wellness Center, a part of the WellStar College. The program was designed to improve the health and well-being of KSU employees. Dean Sowell ensured that the Center was well equipped in order to keep members motivated. In Fall 2013, he joined the Center’s Wellness Coordinator, Farrah Spellman, in accepting the American Heart Association’s Fit-Friendly Worksite – Gold Achievement Award.

In an effort to address the nursing shortage in the state of Georgia, with the support of two nursing faculty members (Dr. Marie Brenner, Professor of Nursing, and Associate Dean Dr. David Bennett, then Chair of the School of Nursing, and at that time Georgia Governor Roy Barnes, Dean Sowell launched a new Accelerated Track Baccalaureate Degree in Nursing Program, in Rome, Georgia. This program allowed students holding a bachelor’s degree in a field other than nursing to complete BSN coursework in a 16-month period. The first class was admitted in August, 2002. A second satellite program was added at the Appalachian Technical College in Jasper, Georgia.

In 2003, the College of Health and Human Services and the School of Nursing adopted WellStar as part of their respective names. This was the result of a partnership between the College and the WellStar Health System. The WellStar Health System provided a $3.1 million gift to the College. The gift allowed Dean Sowell to initiate new undertakings in local, national and international recruitment for the new WellStar College. Dean Sowell said: “In crafting this partnership, the leadership of KSU and the WellStar Health System have taken a bold step in visioning the future, responding to this vision in a way that will ensure the future vitality of both institutions.”

In the scholarship realm, Dean Sowell appointed four distinguished scholars in the areas of Health Care Ethics; African-American Health; Women’s Health; and Gerontology. In addition, the WellStar gift gave Dean Sowell the opportunity to support a new Women’s Wellness Center based on KSU campus. The Center also served as a foundation for scholarship in women’s health and studies, while the funding for the College’s community clinics remained secure.

The year 2003 also brought new and exciting initiatives for Dean Sowell and the WellStar School of Nursing (WSON). The WSON gained approval for the implementation of a new Master of Science in Nursing Program in Advanced Care Management and Leadership. The first class was admitted in August, 2004. Dean Sowell commented: “This new MSN program responds to a nationally-identified need for clinical leadership in nursing. The program curriculum is designed to facilitate expertise in the clinical management of chronic illness, as well as includes courses to develop leader-

ship competencies in the business of healthcare and conflict management.”

The following year, the Department of Human Services received the approval for a new Master Program in Clinical Social Work. Focused on Child Welfare and Advocacy and Substance Abuse Treatment and Prevention, this program admitted first students in Fall 2006. Students attended classes at KSU two days per week and worked as clinical interns two days per week in the area social work agencies. The students received intensive advisement with faculty members providing regular mentoring.

The addition of a nationally-accredited Master of SocialWork Program within the Department of Human Services necessitated the department’s name change in order to reflect the nature of the Human Services’ academic programs. Dr. Lendley Black, Vice President of Academic Affairs and Provost of Kennesaw State University at that time, approved the name change to Department of Social Work and Human Services (SWHS). On May 12, 2008, the Department of Social Work and Human Services congratulated 34 MSW graduates at the Spring graduation ceremony.

The WSON continued to grow in response to the state-wide nursing shortage. Dean Sowell was aware that the nursing faculty was prepared to add additional students to their classrooms in order to address the growing need for highly-qualified nurses. In Summer 2005, the baccalaureate nursing program moved from a twelve-month program to an eighteen-month program. Dean Sowell said: “We continue finding ways to meet the high student demand for our program until our dream of a much-needed new building is realized.”

What a dream it was!

In addition, the Dean was supportive of a new, innovative MD to NP pilot program, launched in August 2006 with the help of Dr. David Bennett. The program was designed to assist physicians who were not licensed in the United States to use their expertise and become Nurse Practitioners. The candidates for this program came primarily from countries in Central and South America. In May 2009, the WSON announced the graduation of the first two graduates who passed their national examinations as family nurse practitioners. The program continues to prosper.

As a part of Dean Sowell’s and the WellStar College’s efforts to expand opportunities for students, the College moved forward with international initiatives. With 2005 being named by the United Nations’ secretary as the International Year of Sport and Physical Education, the WellStar College hosted, in partnership with the International Labor Organization, a two-day summit, “Effecting Social Change through Women’s Leadership in Sport.” The summit was held in October 2005, in association with Georgia Institute of Technology and the United States Olympic Committee’s Division of Coaching and Sport Science. This was the only event recognized by the United Nations Year of Sport and Physical Education in the United States. The conference addressed gender equity, empowering women, and global partnerships related to education and sports. Representatives from the United States and from more than 40 countries all over the world attended.

More importantly, Dean Sowell gave his continued support to study-abroad programs that were developed for students in the College’s departments. The international programs continued throughout Dean Sowell’s tenure. Students participating focused on exploring cultures, learning from professionals in their field of expertise, or on improving care delivery for people of a variety of ethnicities, nationalities and socioeconomic levels.

Some of the many examples of international initiatives throughout Dean Sowell’s tenure were...
study sport management. The major part of the study abroad program in Amsterdam consisted of an internship through YBP Amsterdam, a sport consultancy group. In turn, students and faculty members from the Hogeschool visit ed KSU to take part in joint International Sport Organization course.

Oaxaca, Mexico – The Health Physical Education and Sport Science Department offered a three-week summer study abroad program. The intent of this program was to introduce students to the Chinese health care system and traditional Chinese medicine.

Chiang Mai and Rayong, Thailand – In association with the Thai Special Olympics organization, social work intern students lived, worked, and helped at the schools, teaching English, leading health education classes, and assisting with teaching in a variety of settings.

Uganda, Africa – Human Services Department faculty accompanied undergraduate and graduate students to a three-week, cultural immersion study abroad. Students focused on service learning on working with children with disabilities.

Valdivieso Hospital and the Guillermo Zarte Mujangos Department, in Oaxaca, Mexico. Students with instructors at the Health Sciences building. Students interact with children at a school for children with disabilities during study abroad in Uganda.

Oaxaca children’s hospital.

Rheinsberg, Germany - Human Service majors, Sports Management majors and Social Work graduate students joined faculty and KSU’s President, Dr. Dan van Amsterdam.

Dean Sowell welcomes Drs. Ola and Solaf from Alexandria University at KSU.

KSU students and students from local schools.

In the Fall 2006 EXCELLENCE issue, Dean Sowell wrote: “The 2006-07 academic year promises to be one of change and growth for the WellStar College. The Board of Regents of the University System of Georgia approved the construction of a 200,000 square-foot health sciences building to house the WellStar College of Health and Human Services, with a completion date of Fall 2009 or Spring 2010.” “The approval is the result of an enormous amount of work by University administrators and our friends in the community.”

As KSU welcomed a new President, Dr. Daniel Papp, Dean Sowell looked forward to a dream becoming a reality. The Dean revealed in the Fall 2007 EXCELLENCE issue: “I am pleased to report that our College is moving closer to having a new home that will provide state-of-the-art space in which to deliver programs.” “Faculty members identified the space requirements and systems needed in the new health sciences building.” “Members of Cooper Carry design team were meeting with representatives of various groups in the College to finalize space needs with the end users.” “The theme of the new building is Health, Wellness, and Diversity.” “Groundbreaking is estimated to occur in May, 2008.”

The Health, Physical Education and Sport Science Department continued to excel under Dean Sowell’s leadership. In Spring 2007, the Dean announced that the University System of Georgia has approved a letter of intent for a new Master’s Degree in Applied Health and Exercise Science. The program approval followed, and admissions were accepted with classes beginning Fall 2008. The first graduating class for Master in Applied Exercise and Health Science graduated in Spring 2010. Additionally, the HPS department completed the development and implemented a coaching education minor within the department.

The WellStar School of Nursing followed with the development of a new Doctor in Nursing Science degree (DNS), focusing on nursing education and health disparities. The new DNS degree received Board of Regents’ approval in February, 2009. The program offered special concentrations in Leadership in Nursing Education and Leadership in Responses to Health Disparities. The first class of students was admitted in Fall 2009, with first student graduating in May 2012. According to the Program Director, Director of the WSON and Professor on Nursing, Dr. Tommie Nelms, eleven students are currently at the comprehensive dissertation phase.

Dean Sowell also supported the establishment of the Academy for Inclusive Learning and Social Growth with the WellStar College. This innovative two-year certificate program, designed to provide students with developmental disabilities a post-secondary college experience, was established in 2009, and continues to be the only such program in Georgia. The program was funded, in part, by the Georgia Governor’s Council on Developmental Disabilities. Georgia Governor Nathan Deal recognized the Academy as a “model program that should be duplicated across the University System in the State of Georgia.” The third student cohort conducted its commencement ceremony on May 16, 2013.

In January 2009, Dean Sowell Celebrated the 40th Anniversary of the School of Nursing with Mrs. Charlotte Sachsa, founder of the School of Nursing; members of the first graduating nursing class; Dr. Judy Perkins, first Dean of the College of Health and Human Services; faculty; staff; alumni; and friends of the WellStar School of Nursing. More than 190 guests attended.

The countdown for the new health sciences building’s completion continued, and the ability to see the progress and the unmistakable daily changes on the construction site added to the excitement of getting closer to the completion. The building was named: “Prillaman Hall.”

The long-awaited Ribbon Cutting Ceremony occurred on August 5, 2010. WellStar College of Health and Human Services welcomed its new home. Dean Sowell was joined by members of KSU foundation and Bob Prillaman, KSU Foundation Trustee; KSU President, Dr. Daniel Papp; Lt. Governor of the State
Awards on June 21, 2011, KSU and Whitting and wife Lil lending their name to our new home.”

College could not be more thrilled to have him and his in every sense of the word. The faculty and staff of the wellStar College, you can be sure that the new, prog-ressive program into the College – the Bachelor of Science in Culinary Sustainability and Hospitality. When Dean Sowell welcomed Dr. Christian Hardigree as the Founding Director, in Summer 2012, the realization of the new bachelor’s degree program moved forward with a remarkable speed. Following the Georgia Board of Regents’ approval, the debut of the Bachelor of Science in Culinary Sustainability and Hospitality degree began in Fall 2013, with two introductory classes: Introduction to Culinary Sustainability and Hospitality and World Cuisine and Culture.

Dean Sowell was also well-known for his resolve to help those living with HIV/AIDS. He authored and co-authored dozens of articles, book chapters and editorials on the subject of HIV/AIDS and served as the editor of the Journal of the Association of Nurses in AIDS Care (JANAC) for many years. He made certain that his work was well funded by securing grants such as a $1.2 million NIH grant to support his work with HIV-infected women; the prevention of perinatal transmission of HIV infection - a CDC funded research project that investigated the psychosocial issues facing women with HIV infection in Georgia.

In 2006, Dean Sowell received, as the only nurse, a Distinguished Alumnus Award from the Medical College of Georgia on April 28 – recognizing his work with persons living with HIV/AIDS.

On November 16, 2007, at the ANAC annual conference in Orlando, Florida, the National Association of Nurses in AIDS Care (ANAC) received Dean Sowell for his outstanding contributions to the organization. Dr. Sowell served as the Editor-in-Chief of the Journal of the Association of Nurses in AIDS Care (JANAC) from 1996 until July 2007. Under Dr. Sowell’s leadership, JANAC became an international journal that represented the only nursing journal focusing exclusively on issues related to HIV/AIDS. JANAC has gained a reputation as the “go to” journal in HIV/AIDS care and prevention. The journal has been an impressive impact factor rating and has been a leading publication in HIV/AIDS care and prevention. The journal has been recognized for its tireless efforts to advance the quality and reputation of JANAC, as he was awarded Editor Emeritus status by the ANAC Board of Directors.

In November 2009, Dean Richard Sowell was honored by the National Association of Nurses in AIDS Care (NANAC) with the naming of the organization’s Journal Awards in his honor. The first annual Richard L. Sowell Outstanding Article Award and the Richard L. Sowell Outstanding Peer Reviewer Award were presented at the ANAC Annual Conference in Jacksonville, FL.

In addition, along with his colleague, Dr. Carol Holtz, Professor of Nursing, Dean Sowell completed a study entitled: “HIV and Mexican Men Who Migrate to the United States: An Exploratory Study.” The study was conducted at COESIDA, Oaxaca State’s AIDS Council in Mexico. The exploratory study utilized personal interviews conducted in Spanish, as themes were developed. An article reporting the findings was accepted for publication in the Journal for the Association of Nurses in AIDS Care. Dean Sowell and Dr. Carol Holtz collected data from Fall 2010 to Spring 2011, from 102 consenting HIV-positive women subjects living in the state of Oaxaca, who were being treated at the health Department HIV Clinic COESIDA.

The COESIDA clinic director wished to request funding from the Mexican federal government for psychological health care for these women and needed documentation of their needs. She asked Dean Sowell and Dr. Holtz to gather the much-needed documentation in order to request the funds. Other publications included: A Quantitative Study of Factors Influencing Quality of Life in Rural Mexican Women Diagnosed with HIV/AIDS (data based); Depression in HIV-infected Oaxacan Women: Implications for Mental Health Services.

Dr. Carol Holtz noted: “Dr. Sowell has been an excellent mentor for me in my research with Oaxacan HIV-infected patients. With his expertise in HIV research and my Spanish speaking skills and contacts with the HIV/AIDS clinic in Oaxaca, we have conducted four projects with presentations at two World AIDS Conferences, one in Mexico City and another in Vienna, Austria, as well as other US presentations. In addition we have had four publications in refereed scholarly journals. Dr. Sowell has also assisted me in obtaining a permanent contract with KSU and the Health Department for the State of Oaxaca, and with the University of Oaxaca, School of Nursing, which has been essential for my Oaxacan Nursing elective course.” But aside from the many of Dean Sowell’s accomplishments and positive developments in the WellStar College of Health and Human Services occurring during his tenure, the people who work with him throughout the years in the WellStar College...
became to know him on a much different, deeper level. They knew him for his willingness to take chances on the extra-ordinary rather than the ordinary, and sometimes the other way around. They knew him for his southernism and a uniquely southern sense of humor. They knew that most of the time all it took to see him was a knock on his open office door to capture his attention, and if he was busy, without looking up from what he was doing, he would invite them to sit down as if he was already expecting them.

The Social Work and Human Services Department Chair, Monica Nandan, remarked: “Dr. Sowell’s professional experience as a nurse, his academic accomplishments, and his wisdom all have contributed to his role as a mentor. He never hesitated to share with his mentees the lessons life taught him. He never gave the impression—even if he was—that he was “too busy” to entertain my concern or question. This level of accessibility to the dean of a large college truly creates a sense of comfort. His advocacy and his socially-entrepreneurial approaches to meeting critical needs within the College are worth noting. I would say that Dr. Sowell is one of the most compassionate and understanding deans I have experienced in my 20 years of academic career. His leadership will be missed.”

As nursing colleagues, we would specifically like to thank you for your support in the HIV-related work that we have conducted. In 2004, you were part of the team that completed the State of Georgia Community Services Assessment and Comprehensive Plan. Those early documents laid the foundation for future work with the state’s HIV Prevention Department and were influential in improving the HIV health care system and health policies within the State of Georgia. This scholarly work contributed to expanding our personal research agenda, opening doors to other activities that moved our academic careers forward. Thanks for your mentoring and support. They will not be forgotten!

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

Dr. Monica Nandan

KIND AND CARING  Contributed by Beverly Maddox

Dean Sowell and I have worked together for the past three and a half years. During that time, I found the Dean to be a smart, skilled administrator who is adept at working with faculty and staff. Dean Sowell is a caring person, and this trait directs his interactions with those with whom he works. The Dean has accomplished much in support of the WellStar College in addition to maintaining a research program and contributing to the University community, to his professional organizations, and to the community at large. The College family will surely miss interacting on a daily basis with this kind, caring man with a great sense of humor.

Unselfish in offering guidance...  Contributed by Dennis Flores, MSN ACRN, Duke University PhD Student

As an undergraduate student nurse, it was intimidating asking to speak to the Dean about a potential area of interest I had. Nevertheless, he had an opening in his calendar, and I was ushered into his office without fanfare. That initial conversation about HIV/AIDS nursing lasted about two hours, and eight years later, I’m still benefiting from the nuggets of wisdom Dr. Sowell continues to share with me. He has been steadfast in his support of his students; he entertains novel ideas and is unselfish in offering expert guidance. I speak for a lot of students when I say that his tenure as Dean has given us, the next generation of nurses, an exemplary leader and nurse scholar who we will always try to emulate.

Unselfish in offering guidance...  Contributed by Dennis Flores, MSN ACRN, Duke University PhD Student

Personal Reflection  Contributed by Barbara Blake and Gloria Taylor

Dr. Barbara Blake and Gloria Taylor would like to offer this personal reflection on Dr. Richard Sowell’s tenure as Dean of the WellStar College of Health and Human Services. As this is your last Excellence issue, it seems fitting that we reflect back on your tenure and relationships that we have forged. Your leadership moved the WellStar College of Health and Human Services into the 21st century and a state-of-the-art building. We know that both faculty and students are grateful for an environment that is conducive to teaching and learning, using the best technology currently available.

As nursing colleagues, we would specifically like to thank you for your support in the HIV-related work nominated by one of my former students, Jennifer Shamloo. As a nursing educator, I hope through my teaching, guidance, and support that I make a difference and have a positive impact on students’ lives.

Congratulations to Dr. Patricia Hart, Assistant Professor of Nursing, who was selected as the 2013 Georgia Nurse of the Year in Academic Education. The Georgia Chapter of the March of Dimes’ Nurse of the Year Awards. Over 800 nurses were nominated, with 300 nurses selected as finalists. A distinguished selection committee comprised of healthcare professionals conducted a blinded review process to select one award recipient in each of the 16 award categories (academic education; advanced practice; behavioral health; critical care; emergency and ambulatory care; general medicine; hospice, home health, palliative care and long term acute care; informatics, research and evidence based practice; neonatal intensive care; nursing administration; oncology; pediatrics; public health; rising star; surgical services; and women’s health). Dr. Hart: “It is quite an honor to be selected as the 2013 Georgia Nurse of the Year in Academic Education. What was most touching was being nominated by one of my former students, Jennifer Shamloo.”

Dr. Hart provided constant guidance and support to me through the MSN in Advanced Care Management and Leadership program at Kennesaw State University. Through the entire process of writing my thesis and after graduation, she has served as my mentor. This is truly reflective of her dedication and desire to improve Kennesaw State University, the students that attend KSU, the nursing profession, and me. She has selflessly offered her help at all times in a way that exemplifies the true spirit of servant leadership and the call for all nurses to commit to lifelong learning. I cannot think of a more deserving recipient of the 2013 March of Dimes Georgia Nurse of the Year for academic education.”
It’s spring, a new year, and as is the case every year, many people make resolutions for doing more to become more healthy, get in shape, lose a few pounds, etc. Unfortunately, studies show that most of those resolutions will be forgotten before the end of spring. Year after year, there is a consistent difference between what people know “exercise is good for you” – and what people do – get too little exercise. I sometimes think it’s because, even in the midst of public awareness campaigns, endless news reports, and other sources of information, the “whys” and “hows” of the links between exercise and health just get lost. The truth is that new “whys” and “hows” are being uncovered almost daily, though good descriptions of these developments are rarely disseminated in the mass media. I’d like to share one such discovery here – it has recently become clear that skeletal muscle collectively acts as an endocrine organ.

What does this mean? Most people know what a gland is and how it functions. Glands are endocrine organs that secrete things called hormones that circulate through the blood stream and act to stimulate some response in target tissues. One example is the pancreas, an endocrine organ that secretes a number of hormones, one of the being insulin. You’ll recall that insulin is released when blood glucose rises (e.g., after consuming carbohydrates in a meal), and upon binding to specialized receptors on muscle and fat cells, insulin results in an increase in the rate at which those cells draw glucose out of the blood. The result is a reduction in blood glucose.

Endocrine organs like the pancreas release substances that act on target tissues throughout the body. So, how does skeletal muscle act as an endocrine organ?

You know that skeletal muscle is what contracts and produces force so that we can move, or lift, or carry, etc., but it’s now known that it does a lot more than that. Several hundred substances that skeletal muscle produces and releases into the blood stream have been identified. You may recall in the Fall, 2013 “Blurb” that a hormone called irisin is one such substance, and that irisin has been shown to lead to the development of brown, metabolically active fat. There are many others that act in a host of ways that are associated with the prevention of chronic diseases. One that has been widely studied is interleukin 6 (IL-6), a substance that was initially identified as being produced by cells in the immune system and involved in mediating inflammatory processes. Only recently was it discovered that IL-6 – lots of IL-6 – is released by skeletal muscle WHEN IT IS CONTRACTING! That is, as is the case with irisin, only when muscle is active does it produce and release measurable quantities of this substance. Though the exact mechanisms are still being studied, it’s becoming clear that this large increase in IL-6 production by contracting skeletal muscle likely explains how regular exercise reduces inflammatory activity, and chronic inflammatory activity has been implicated in causing cardiovascular disease, insulin resistance and metabolic disorders like diabetes, and cancer. IL-6 has also been shown to stimulate the utilization of fat as fuel, an effect that reduces the level of fat circulating in the blood and, therefore, improves an important risk factor for cardiovascular disease.

Other substances that are produced by skeletal muscle are involved in increasing bone mineral density, improving function of arteries, and enhancing function of the liver, and very recently, skeletal muscle has been identified as the source of substances that have still not been clearly identified that directly inhibit tumor growth and improve pancreas function.

It’s widely known that exercise can help lose weight, improve cardiovascular fitness, makes us stronger, and increase muscle mass, and those outcomes alone are reason enough for many to exercise regularly. However, the awareness that activating skeletal muscle releases substances that dramatically influence so wide an array of health-related factors, may provide incentive for those not interested in losing weight, or in getting bigger or stronger to begin a program of regular exercise.

Skeletal muscle accounts for about 40% of our entire body mass, and as such, it is by far the largest endocrine tissue mass in the body. It is also unique in that it is an endocrine tissue that is under voluntary control! Remember, inactive muscle does not produce these healthy substances – only when skeletal muscle is activated does the rate of this endocrine activity increase. These findings and realizations are further evidence that we are truly designed to be active. So yes, make and keep resolution to be more active, and know that in doing so, you’re causing those active muscle fibers to make a release a host of substances that improve your health in countless ways.

John Charles Bradbury - Making his Mark
Contributors: Jimmy Calloway and Josh Pitts

John Charles Bradbury (a.k.a. John-Charles or J.C.) is a name synonymous with sabermetrics, economist and baseball. Firstborn (September 28, 1973 in Charlotte, North Carolina) to the late Paul Thomas (Tom) and Marilyn Mayes Bradbury, John-Charles has indeed made his mark! We learn early in life that the “apple doesn’t fall far from the tree”; and indeed this is the case with J.C. His father, a noted journalist, commentator and educator administrator, planted the seed of excellence early in J.C., whom we now know followed his father’s DNA. J.C. has become a towering figure in the history of economic thought. Known for his own journalistic talent, authorship, and economic brilliance, J.C. is more properly regarded as a voice whose economic analysis and sport savvy constitute only the capstone to an overarching view of the sports and political evolution. If his masterwork is viewed in relation to his print – “First, I don’t wear glasses. Second, I was a power-hitting first baseman who once hit two home runs – the kind that go over the fence – in one game. I batted third and made my league’s All-Star team” (USA Today, 7/27/2006). Education extends to his faculty and students love him, and tag him as a ‘rare gem of high quality’.

In J.C.’s quiet moments, one might find him partaking of his favorite hobbies and interests: sabermetrics; fishing, especially fly fishing; baseball and economics. J.C. studied economics in college and earned a doctorate in the field. Baseball was something he followed when he was not working or studying, but quickly admits that he was lost in thought about one while observing another! Behind every good man is a strong woman. That woman is his wife, Rachael. Together they have two daughters, Rebekah Bowman Bradbury and Sarah Martin Bradbury. We salute you, John-Charles!
Institute for Culinary Sustainability and Hospitality Updates
Contributed by Christian Hardigree

Student Enrollment Nearly Triples

Dr. Christian Hardigree, Director of the Institute for Culinary Sustainability and Hospitality (ICSH) expressed her excitement about the Institute’s rapid growth, particularly as a new academic program. The Institute opened its first course offerings in August of 2013 with 210 students enrolled. Enrollment in the Spring of 2014 boasted 582 students—a nearly threefold increase in student participation—with students taking classes in Basic Culinary Skills, Principles of Nutrition, and Organic Agriculture, among others. As part of the explosive growth, the Institute welcomed 1 full-time faculty member and 12 new part-time instructors. Hardigree commented, “We are extremely pleased to be offering an exceptionally distinctive program with such quality instructors.”

Study Abroad to Montepulciano Sponsors

The Institute for Culinary Sustainability and Hospitality is conducting its first study abroad program in Montepulciano, Italy this June 4-22, 2014. Eleven students enrolled in the Institute founded a student chapter of the National Society of Minorities in Hospitality (NSMH). NSMH’s mission is to “educate in order to aid in the recruitment, retention, support, and advancement of minority students in the hospitality industry.” Unfortunately, the students were unable to attend the NSMH 25th annual conference in St Louis, Missouri in February due to weather, but the group is looking forward to participating in Southern Region Conference in the Fall. Workshops at the conferences provide students with resources and education focusing on preparing students to succeed in the world of hospitality—assisting members in making the transition from “Today’s Students to Tomorrow’s Leaders.” The executive board for KSU’s NSMH chapter consists of Abshul Ellis (President), Troy Lambert-Zaffino (Vice President), Erik Severin (Treasurer), Chelseigh Millar (Secretary), and Yung Staebell (Fundraising).

including visits to traditional local vineyards and the Vino Nobile Consortium; touring organic farms in Pienza and surrounding agrotourismos; learning Tuscan cooking at Gattavecchi; touring Icario to view alternatives to traditional means of wine production, traditional Tuscan wines, and traditional ambiance; and participating in a Service-Learning Project for the community in Montepulciano by making a small community herb garden. As part of their professional development program, the Coca-Cola Company is sponsoring two of their clients to accompany the students for part of the travels. Dr. Hardigree commented, “The ability to incorporate industry leaders as part of a traditional study abroad enhances the experiences for the students and for the foodservice professional—we are extremely honored that Coca-Cola is supporting our program through this collaboration. We intend to continue the executive segment of future trips, and hope to expand the number of executives who travel with our students.”

Chapter of National Society of Minorities in Hospitality Founded

Eleven students enrolled in the Institute founded a student chapter of the National Society of Minorities in Hospitality (NSMH). NSMH’s mission is to “educate in order to aid in the recruitment, retention, support, and advancement of minority students in the hospitality industry.” Unfortunately, the students were unable to attend the NSMH 25th annual conference in St. Louis, Missouri in February due to weather, but the group is looking forward to participating in Southern Region Conference in the Fall. Workshops at the conferences provide students with resources and education focusing on preparing students to succeed in the world of hospitality—assisting members in making the transition from “Today’s Students to Tomorrow’s Leaders.” The executive board for KSU’s NSMH chapter consists of Abshul Ellis (President), Troy Lambert-Zaffino (Vice President), Erik Severin (Treasurer), Chelseigh Millar (Secretary), and Yung Staebell (Fundraising).

New ICSH Faculty

Ophelia Santos, D.W.S., is an instructor in the Institute of Culinary Sustainability and Hospitality and holds both a Master of Arts Degree in Law & Diplomacy from Tufts University and a level 4 Diploma with Merit from London’s Wine & Spirit’s Education Trust. She is also an Accredited Educator for both Burgundy and Bordeaux. She spent a number of years working in brand management with the Procter & Gamble Company, after which she turned entrepreneur, owning and operating independent coffee bars, wine bars and restaurants in Atlanta for 16 years.

Jessica Avasthi MS, RD, LD was born, raised and educated in South Africa. After completing her B.Sc., her wanderlust lead her to the United Kingdom where she worked as a dietician for the National Health Services (NHS). She met her American husband in London and arrived in Atlanta in 2005. She completed her M.S. in Health Sciences at Georgia State University. She has been an active advocate for the profession of Dietetics and the public’s health through her policy efforts at both federal and state levels, and has presented at national nutrition conferences.

Thorir Erlingsson is an Icelandic Master Chef and has his Master in International Hospitality and Tourism Management from University of South Carolina. Thor joined the Kennesaw State University and the Institute for Culinary Sustainability and Hospitality in January, 2014. Thor is an Instructor for the Institute. He graduated from Hotel and Catering School of Iceland in 1994 and opened his own restaurant in 1995. Since then, Thor has dedicated most of his time in management for restaurants and hotels around Iceland. He served as Interim Director for the Culinary and Vine Institute at the University of South Carolina from 2009 to 2011.

You Are What You Eat Contributed by Christian Hardigree

The United States Department of Agriculture has been measuring the nutrient content in foods since the 1940's -- vitamins, minerals, and more recently phyto-nutrients - and has found a gradual and persistent decrease in these nutrients by up to 60%. Essentially, the foods we eat today are less nutritionally dense than foods of our childhoods.

In October 2013, Christian Hardigree, Director of the Institute for Culinary Sustainability and Hospitality, was awarded a $35,000 Specialty Crop Grant by the Georgia Department of Agriculture which will be used to remineralize the soils with trace elements (volcanic ash, sea salts, etc.) on the Hickory Grove farm upon which we grow foods for KSU Commons. The goal of the project is to improve the mineral balance in our soils therefore optimizing yields and nutrient content of foods, and to educate food professionals about how to obtain nutrient dense foods for use in industry, whether growing them or selecting them. Success of nutrient content will be determined by tissue samples and soil tests. The project is integrated with the CSH 3500 Organic Agriculture and Beginning Apairy classes so that our students can participate in the soil re-mineralization process and subsequent data collection, giving our CSH students state-of-the-art experiential learning related to sustainable growing practices. We have 74 students enrolled in CSH 3500 this semester, and the students have provided exceptional feedback about their learning experiences.
Collaborative Efforts between the WellStar School of Nursing and the Academy for Inclusive Learning and Social Growth

Contributed by Rachel E. Myers

Two objectives outlined in the WellStar College of Health and Human Services’ (WHHS) strategic plan are to increase interdisciplinary involvement in course offerings and to maintain and improve the WHHS’s involvement in the Academy for Inclusive Learning and Social Growth (the Academy). In support of these objectives, the WellStar School of Nursing (WSON) and the Academy partnered nearly two years ago when an Academy student expressed interest in pursuing a career in healthcare. Several learning opportunities were identified and initiatives implemented to facilitate the student’s achievement of her goal, including the following:

• Ms. Cynthia Eley, Administrative Assistant II, provided the student with opportunities to interact with WSON employees and students and to learn skills like filing, sorting, organizing, stapling, copying, faxing, and answering the phone.

• Ms. Penny Ziegler, Lab Coordinator and Lecturer of Nursing, worked weekly with the student when assigned to the Nursing Skills Lab and initially focused on determining how her needs could best be met. During the first semester, the student helped assistants prepare the labs by performing essential tasks such as assembling dressing change kits and labeling and refilling medication syringes and vials. Based on identified strengths and interests, Ms. Ziegler focused the second semester on teaching basic nursing skills such as hand hygiene and bed making. For each student, the skill viewed a video, observed instructor activity and exercise, transferring, and positioning. For example, last semester another Academy student expressed interest in pursuing a career in hospice nursing leadership. Chef Erlingsson expressed: “We are excited about the students’ contributions, and look forward to having more Academy students in our classes in future semesters.”

Students from the Academy for Inclusive Learning and Social Growth Participate in the Culinary Sustainability and Hospitality Program

Contributed by Christian Hardge

Four students from the Academy for Inclusive Learning and Social Growth are taking classes in the Culinary Sustainability and Hospitality program. Casey Barker, Christa Membis, and Brielyn Roper-Hubbert, accompanied by their mentor Antonio Gonzalez, are taking CSH 2300 Basic Culinary Skills with P"Ac Billionaire, faculty member Dr. Rachel E. Myers, and Mendoza, S. are exploring the culinary arts in the kitchen and hospitality programs.

FUNDING ANNOUNCEMENTS

Katherine H. Ingram, Ph.D., Janeen Amason, Ph.D., R.N., and Lyndsey Hornbuckle, Ph.D. R.D. received an OVPR Grant to Catalyze External Funding of $9,982 for their pilot study entitled, “Differential Effects of Visceral Fat and Inactivity on Maternal Metabolic Health in Caucasian and African American Women.” K. Ingram and L. Hornbuckle are assistant professors in the Department of Exercise Science and Sport Management. J. Amason is an assistant professor in the WellStar School of Nursing.

PRESENTATIONS


Treiber, L., Jones, J., & Hart, P. (October 2013). I Didn’t Have to Answer the Phone: Using Symbolic Non-interruption Zones to Decrease Nursing Medication Administration Errors. Podium Presentation at the 2013 Academy for Inclusive Learning and Social Growth Participate in the Culinary Sustainability and Hospitality Program.


PUBLISHED BOOK

Wang, J., Chen, S. H. (2014). Applied motor learning in physical education and sports. Morgantown, WV: Fitness Information Technology Publisher. The book is being translated into Chinese and will be translated into Spanish. Many thanks to Dean Richard Sowell; Dr. Kristin Osborne, Chair of the department of Health Promotion and Physical Education; and Dr. Christine Collins, Assistant Dean, Exercise, Science & Sport Management & Special Assistant to the Dean and Professor Emeritus of Health and Physical Education; for support of the writing endeavors.

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SCHOLARLY INTERVIEW SCRIPT


REFEREED CHAPTERS IN BOOKS


REFEREED PROCEEDINGS


VISITING PROFESSOR

Dr. David Mitchell, Distinguished Scholar in Gerontology and Professor of Gerontology; Visiting Professor; the Hebrew University of Jerusalem, Israel, spring 2013.

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On-campus: ............May and December

Program Director:
Dr. Anne White, (770) 423-6067
awhite@kennesaw.edu

Program Assistants:
Ms. Debra Reda, (678) 797-2087
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• Promote interdisciplinary collaboration among the units of the College as related to curriculum, scholarship, and special initiatives, in keeping with the health and human services focus.

Departments & Centers
• School of Nursing • Social Work and Human Services
• Exercise Science and Sport Management
• Health Promotion and Physical Education
• Institute for Culinary Sustainability and Hospitality
• Academy for Inclusive Learning and Social Growth
• Wellness Center
• Continuing Education Division