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Another accomplishment has been the growth and recognition of the Academy for Inclusive Learning and Social Growth. The Academy offers a two-year college certificate to students with intellectual disabilities. In February, during his speech at the 2013 Disability Day event at the Capitol, Georgia Governor Nathan Deal recognized the WellStar College’s program as unique and a model program that should be duplicated across the State of Georgia.

Mission

• Produce quality graduates for employment in the broad-based fields of health and human service.
• Serve as a resource center for health promotion and wellness activities for the campus community through the Wellness Center and the University Clinic.
• Provide outreach to the surrounding community in matters of health and human service.
• 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
• Student Health Services
• Wellness Center
• Continuing Education Division

The Dean Speaks

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The Dean Speaks (continued from pg. 1)

Dr. Ibrahim ElSawy, Executive Director of the Academy, and his colleagues have worked to further develop the Academy's program and provide consultation to other universities on the program and curriculum development.

The growth and achievements of both the Institute for Culinary Sustainability and Hospitality and the Academy for Inclusive Learning and Social Growth are the result of hard work of individuals who are dedicated to these programs and willing to risk innovation. I am honored to have such colleagues in the WellStar College.

The WellStar College continues to have the responsibility for the operation of the University's Health Program on KSU campus, under the direction of Kathleen Gunchick, MD. Dr. Gunchick has developed an outstanding management team and provided a renewed focus on student services. A significant undertaking has been the working, under the umbrella of a new initiative by the Georgia Board of Regents, to implement insurance billing to further drive services. A significant undertaking has been the work of individuals who are dedicated to these programs and willingness to risk innovation. I am honored to have such colleagues in the WellStar College.

As we enter the new academic year with this new team, the goal of leadership is to create an environment for faculty and staff to do what they do best and to focus on continuous quality improvement. Please visit our website at http://www.kennesaw.edu/col_hhs/swhs to meet our faculty and staff.

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Suggestions? Comments? Let us know!
If you have suggestions or comments about the publication, please send them to Jana Mitchell, Editor, at jmitch2@kennesaw.edu

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WELLSTAR SCHOOL OF NURSING ANNOUNCEMENTS

First Graduate of Doctor of Nursing Science

Dr. Rebecca Green, the first Doctor of Nursing Science graduate from the WellStar School of Nursing, is doing very well in her first position as nursing faculty at Valdosta State University.

Rebecca received a $50,000 grant from the Robert Wood Johnson Foundation Second Careers in Nursing Scholarship. She also published two manuscripts in peer-reviewed journals, made two podium presentations at international conferences, and along with husband, a philosophy professor at VSU, has a book coming out in September. Congratulations to Rebecca for becoming a strong nursing scholar!
The debut of the Bachelor of Science in Culinary Sustainability and Hospitality degree this fall began with two introductory classes: Introduction to Culinary Sustainability and Hospitality and World Cuisine and Culture. Since Dr. Christian Hardigree joined the WellStar College of Health and Human Services in summer of 2012 as the Founding Director of the Institute for Culinary Sustainability and Hospitality, the realization of the new bachelor’s degree program moved forward with a remarkable speed.

Following the GA Board of Regents’ approval of the program in April 2013, Dr. Hardigree formed partnerships with local culinary and food industry partners – Ted’s Montana Grill, Freshens, Arby’s, Coca-Cola, and others. She gained support in the form of student scholarships, internship venues, job placement after graduation, as well as funding for parts of the culinary program. She continues forging relationships with the best and brightest in food-service and hospitality in order to enhance the learning environment for the students, and to provide networking opportunities.

To successfully recruit students, Dr. Hardigree spoke to various student groups during summer orientations, solicited community groups and met with student organizations and clubs on KSU campus. You will frequently see her engaging students on campus, illustrating how the nutrition, food science and sustainability classes relate to a variety of majors and disciplines.

The completion of an advance standing agreement with more than 80 Georgia high schools became another powerful student recruitment tool. High school students participating in the culinary arts pathway who are interested in entering the bachelor’s program must pass the three classes in high school, have their ServSafe Manager certification, and score 85 or higher on national testing in culinary arts in order to receive three credit hours at KSU for the basic culinary class. This agreement provides a competitive advantage for KSU over schools like the Culinary Institute of America and Johnson and Wales, which have traditionally been destinations for many Georgia residents.

Consequently, Dr. Hardigree spends at least 15 hours a week meeting and advising prospective students. The inaugural year of the program boasted more than 300 students in the fall classes. This fall, she is touring about 20 high schools with culinary arts programs in order to tell their students more about the KSU program.

What’s on the horizon for the Institute?

Yangzhou University chefs, from Yangzhou in Jiangsu province, China, will visit in October to teach the World Cuisine and Culture class…along with holding on-campus, community cooking demonstrations. One of the guests is an expert in Chinese Herbs for Wellness, and will be holding seminars on the subject.

An exchange program with the Coastal College of Georgia in Brunswick is in the works. The exchange will give our culinary students the opportunity to work at CCGA’s new facility on Jekyll Island, as well as the new restaurant that is opening there, too.

Dr. Hardigree is planning to offer the Institute’s first study abroad program to Montepulciano, Italy in the summer of 2014. Montepulciano is a medieval city in the Italian province of Siena in southern Tuscany. Fittingly, according to Wikipedia, the city “is a major producer of food and drink. Renowned for its pork, cheese, ‘pici’ pasta, lentils, and honey, it is known world-wide for its wine. Connoisseurs consider its Vino Nobile, which should not be confused with varietal wine merely made from the Montepulciano grape, among Italy’s best.”

In addition to taking students and faculty on the trip, she plans to invite community members, donors, and industry executives to travel with the group.

“Integrating study abroad opportunities in this fashion provides for greater breadth in experiential learning, and serves as a platform for professional and personal development with our external constituents as well as our internal ones,” says Hardigree.

As for the future of the program? “I am so excited to see where this journey takes us,” Hardigree commented.
Buresh’s Blurb

**Exercise - Don’t it make your white fat brown!**

We may just have the lyrics to a new country song here, to the tune of “Don’t It Make Your Brown Eyes Blue”:

“I should get up, I can’t sit down, Not sure how I got so round, But exercise, it has been found, Can surely make my white fat brown!”

Exercise confers a host of health benefits, and while much is known about the mechanisms through which these benefits occur, much remains unknown, and new mechanisms are being uncovered regularly.

One recent discovery has to do with how muscle activity affects fat tissue.

All fat is NOT created equal! You likely know that where fat is located matters in terms of health risk – with the visceral fat (that which resides in the abdominal cavity, beneath the abdominal wall) being much more strongly associated with cardiovascular and metabolic disease than subcutaneous fat (fat that resides just below the surface of the skin).

Furthermore, location of fat is not the only factor affecting its health risk. Most of our fat tissue is classified as “white” fat, and its primary purpose is storing excess energy in the form of molecules called triglycerides. White fat cells also produce and release a number of hormone-like signaling molecules called adipokines, but they expend relatively little energy themselves.

Brown fat tissue likewise stores excess energy and produces and releases adipokines, but it serves another very important purpose – thermogenesis, or the expending of energy in the production of heat. This thermogenic activity is constant, but can be accelerated in cold temps or in response to a surplus of energy (i.e., when you eat more calories than you expend).

The elevated rate of energy expenditure in brown fat tissue occurs because of increased mitochondrial density (mitochondria are where cellular energy is produced), and the presence of molecules called “uncoupling” proteins in the membranes of those mitochondria. It is the presence of the uncoupling proteins that turns up the energy expenditure in brown fat.

Let’s talk about “uncoupling.”

Briefly, our cellular energy is in the form of a molecule called adenosine triphosphate (ATP). Energy from molecules of fat and carbohydrate is utilized to make more ATP as our cells use it to fuel the metabolic work that they do. The breakdown of fat and carbohydrates occur in chemical reactions that are tightly “coupled” with the requirement to make more ATP in most tissues. That means if no ATP is being utilized, fat and carbohydrates are broken down to make more ATP.

Brown fat tissue functions differently, largely because of the presence of the uncoupling proteins. As the name implies, the “uncoupling” proteins loosen the coupling between the breakdown of energy in fat and carbohydrate and the requirement for making ATP. In other words, energy is expended, and molecules of fat and carbohydrates are broken down, whether or not ATP has been utilized. In this case, heat is not a by-product of the energy expenditure – it’s the primary product.

So fat tissue can be categorized by where it is located, as well as by where it is along the continuum between white and brown – the whiter it is, the less metabolically active it is, while the browner it is, the greater the rate of energy expenditure and glucose and fat oxidation. (Brown fat lies between white and brown fat on that continuum.)

Given this explanation, you won’t be surprised to learn that, while there is a positive correlation between the mass of white fat tissue and things like body mass index (BMI) and percent body fat (PBF), studies show that there is an inverse relationship between brown fat tissue mass and both BMI and PBF. In other words, the more brown fat tissue people have, the leaner they tend to be.

Sounds good, huh? So, how do we make our white fat tissue more brown? Unfortunately, this isn’t something we can accomplish on a tanning bed! It’s been known for some time that people who are habitual exercisers tend to have higher levels of brown fat.

Recently one connection between exercise and brown fat tissue has been confirmed. Skeletal muscle contraction results in the active cells producing a hormone-like molecule (a myokine) called irisin. It’s now been shown that irisin binds to receptors on white fat cells and stimulates uncoupling protein synthesis, thereby making white fat tissue more brown – it is the presence of uncoupling proteins in the mitochondria that give brown fat its darker coloration. And the more a muscle contracts, the more irisin that muscle will release (resting muscle produces little if any).

Obviously, the browning of fat tissue increases energy expenditure and can be expected to accelerate weight loss. But the benefits of brown fat don’t end there. Research has shown that even a small amount of brown fat tissue transplanted into visceral fat depots of rats significantly improved insulin sensitivity of the animal’s own brown fat, white fat, and heart muscle.

As you may know, a progressive reduction in insulin sensitivity is a common pathway toward type 2 diabetes, and improved insulin sensitivity is powerfully protective against acquiring that increasingly common condition.

Crystal Gayle’s classic song suggests that romantic hearts ache can make one’s brown eyes blue. That kind of metamorphosis lies well outside of my ability to understand, and I know of no research to support that broken hearts influence eye color in any way. However, there is now good evidence that exercise can make our white fat more brown, and that is certainly a healthful change. The fall semester is here, and before our schedules get too jammed up, it’s important that we carve out enough time in our days to regularly engage in some irisin-producing activity.

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**Buresh’s Blurb • Dr. Barbara Blake, Fellow**

Dr. Barbara Blake will be Inducted as a Fellow into the American Academy of Nursing

Dr. Barbara Blake, Professor of Nursing at the WellStar School of Nursing, will be inducted as a Fellow into the American Academy of Nursing during their 40th Annual Conference in October, 2013.

Dr. Blake is the first nursing faculty member to be inducted while at Kennesaw State University.

The American Academy of Nursing serves the public and the nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge.

The Academy’s 2,000 fellows are nursing’s most accomplished leaders in education, management, practice, and research. They have been recognized for their extraordinary contributions to nursing and health care.

Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services, and Dr. Mary de Chesnay, Professor in the WellStar School of Nursing, are also fellows in the Academy.
Physical Activity Classes: A Missing Link in the Wellness Spectrum is Initiated in The WellStar College

Contributed by Bernie Goldfine

Beginning fall 2013, the Department of Health Promotion and Physical Education (HPPE) will offer a wide array of elective physical activity courses to the general student population at KSU. Previously, activity courses were offered on a limited basis primarily for Health, Physical Education and Sport Management majors; although, non-majors were welcome to fill any remaining slots after the needs of those majors were met. The expanded physical activity course offerings available this coming fall represent the first steps toward fulfilling a need that is addressed at most major universities but has yet to be fully met on the KSU campus. The physical activity program is an excellent avenue for athletically-talented students who wish to participate in sports in an extramural competitive environment but have not qualified for an intercollegiate athletic scholarship. Intramural and recreational sports are another option available to KSU students who have the desire to compete in a sport or play informal “pick-up” games or simply workout on their own. What all these opportunities have in common is that they tend to attract students who have some skill or experience playing sports. What is missing are opportunities for ALL students to learn new leisure activities or sports and to develop the basic skills that will allow them to continue with these activities and sports throughout their lives. Given the fact that many school districts have eliminated or severely limited the amount of time appreciation and commitment to physical activity.

The college years may well be the last opportunity for many students to explore new sports or activities that may lead to a lifetime interest, which thereby may increase their odds of maintaining an active – and healthier – lifestyle.

While the HPS 1000 - Fitness for Living course at KSU provides foundational and theoretical knowledge regarding the benefits of physical activity, proper nutrition, and stress management students need to live healthier lives, the expanded Physical Activity Program will provide students with another piece of the lifelong physical activity puzzle – an opportunity to develop the American Alliance of Health, Physical Education, Recreation, and Dance talents “repository of movement skills” (NASPE Position Statement, 2007). Offering a broad spectrum of physical activity courses, much like any initiative aimed at increasing activity levels, can contribute to the battle against the well-documented rise in obesity and hypocholesteremic diseases facing our nation. However, despite the widely-publicized obesity epidemic in the U.S. and the much heralded “fitness boom” in our culture, in reality less than half of the U.S. population is active enough to meet the minimum recommended activity requirements designed to combat these diseases. Consequently, the college years may well be the last opportunity for many students to explore new sports or activities that may lead to a lifetime interest, thereby increasing their odds of maintaining an active – and healthier – lifestyle.

The most rapid decline in physical activity occurs during late adolescence and early adulthood (NASPE Position Statement, 2007) – which for many are the years they spend in college. A recent study highlights how college students become physically inactive during their college years, and as their physical activity levels decrease, their Body Mass Index and weight increase; as the author of this research, Jeanne Johnston reported. “Basically, students came out of college significantly less active and heavier compared to the start of their freshman year” (Science Newsline, 2010). Consequently, a program designed to provide college students with opportunities to develop sport and leisure activity competencies at a time when their level of activity is likely to be waning could contribute significantly to the battle against inactivity and obesity by sparking their interest in sports and leisure activities. In addition, these courses can equip students with the skills to engage in these activities for a lifetime – no small task in light of disheartening findings related to exercise adherence. For example, research in the area of exercise adherence that 50% of individuals who start an exercise program will drop out within the first 6 months (Wilson and Brookfield, 2009). The reality is that pure conditioning (aerobics or strength training) with the aim of looking or feeling better is difficult to sustain over time. However, those individuals with a modicum of skill in particular sports or activities are more likely to enjoy those activities and, therefore, participate for sheer enjoyment – the physical benefits being a byproduct of the activity, not necessarily the goal. Consequently, possessing a well-developed physical activity arsenal can contribute to a lifetime of activity – and health.

One aspect of the KSU Physical Activity Program that is distinctive is the commitment to providing high quality instruction. Many universities utilize graduate assistants (GAs) as instructors for their physical activity classes. Obviously, this model does not place a premium on quality instruction since the pool of potential instructors consists entirely of those GAs currently enrolled at the institution. Instead, the HPPE Department at KSU has chosen to adopt the adjunct instructor model to deliver its Physical Activity Program, a model that has proven highly successful at the University of South Carolina. We are committed to identifying and hiring quality adjunct instructors who not only possess the requisite expertise and demonstrate a passion for the activity or sport they will be teaching but also who have the skill level to model that activity or sport. For some sports, we have been fortunate to locate and hire teaching professionals (e.g., tennis). The Physical Activity Program that will be rolled out in fall 2013 is an example HPPE Department’s efforts to support the University’s “Engage KSU” initiative. In developing the Physical Activity Program, we have formed new partnerships or improved upon existing partnerships in the surrounding community. To deliver such a wide variety of courses required that the HPPE Department secure additional venues beyond those available on the KSU campus, resulting in partnerships with The City of Acworth Parks and Recreation Department, The City of Kennesaw Parks and Recreation Department, Valley One Volleyball, The Ice Forum, Eastside Baptist Church, and KSU Athletics. These activity courses will also have the additional benefit of allowing students to be more engaged with one another through these interactive courses; thereby, providing them with a greater sense of belonging within the KSU community.

Beginning in the spring 2014 semester, students will have the option of taking physical activity courses on a graded (A-F) or Pass/No Pass (S/U) basis, which will hopefully encourage the participation of those students who might be reluctant to enroll in a skills based course for which grades will be awarded. While these and other plans will be forthcoming, the immediate efforts of the HPPE Department will focus on executing a broad, informational campaign among the KSU community to make students aware of current physical activity course offerings.
American Heart Association Award

Fit-Friendly Worksite Gold Achievement Award 2013
Contributed by Jana Mitchell, Photography by Robert Stalcup

The American Heart Association (AHA) awarded KSU’s Employee Fitness Center a Fit-Friendly Worksite – Gold Achievement award for 2013. The AHA’s Fit-Friendly Program recognizes employers who “champion the health of their employees by creating physical activity programs within the workplace” for their employees. The recognition is valid for one year and may be renewed annually.

Ms. Farrah Spellman, Wellness Coordinator at the Employee Fitness Center, applied for the Gold recognition with AHA on behalf of KSU. Her goal was to gain visibility for the Employee Fitness Center as an award-winning program and to encourage leadership and employee participation.

The criteria for the achievement award takes in account established workplace policies that offer employees physical activity support, provide/encouraging healthy eating options at the worksite, promote a wellness culture, and implement at least nine criteria as outlined by the American Heart Association in the areas of physical activity, nutrition and culture.

Mrs. Lane Hammack, Director of Heart Walk Metro Atlanta Heartwalks (part of the American Heart Association in Marietta), presented the Gold Achievement Award to KSU’s President Daniel Papp at the Employee Fitness Center on June 6. During the event, participants also enjoyed free fruit smoothies, chair massages and took part in a yoga workshop and cross training.

Farrah’s team members, KSU’s President Daniel Papp, WellStar College’s Dean Richard Sowell, Sherry Grable, Director of the Center of Health Promotion and Wellness, and faculty and staff members joined Farrah in support of her positive involvement at the Employee Fitness Center as well as in appreciation of her effort to highlight KSU’s commitment to a healthy working environment for the university employees.

Children’s Healthcare of Atlanta Strong4Life

WCHHS Hosts Children’s Healthcare of Atlanta Strong4Life Provider Training
Contributed by Kandice Porter

The WellStar College of Health and Human Services and the Department of Health Promotion and Physical Education hosted Children’s Healthcare of Atlanta Strong4Life Provider Training program in July. More than 35 health care providers attended the event, including physicians, physician assistants, nurse practitioners, dieticians and nurses. The event was followed by a tour of the Prillaman Hall health sciences building, KSU hosted the training as part of collaborative agreement between Children’s Healthcare of Atlanta, the YMCA of Metro Atlanta, and the College to develop evidence-based programs to reduce childhood obesity.

In Georgia, nearly 40% of children are overweight or obese. This means nearly 1 million young people in the state are facing a potential medical crisis. Children who are overweight suffer from diseases once seen only in adults, such as heart disease, hypertension, liver and kidney disease and type 2 diabetes.

The Strong4Life Provider Training program is aimed at improving the effectiveness of childhood obesity counseling. Research shows that health care providers continue to be the key influencer of children and their parents in terms of healthy lifestyles. Yet, for many health care providers, discussions about BMI measurements, nutrition habits and physical activity levels are difficult to initiate. The Strong4Life program teaches health care providers motivational interviewing and goal setting strategies that are likely to result in sustainable behavior change.

Recognizing that providers can be restricted by time limitations, the counseling techniques are designed to be easily incorporated into short well child visits. Several participants noted that after the training, they now “feel more comfortable approaching the subject and have a strategy.” For more information on the partnership with Children’s Healthcare of Atlanta, please contact Dr. Kandice Porter in the Department of Health Promotion and Physical Education.

Sherry Grable, Director of the Center for Health Promotion and Wellness, is Delighted to have Farrah Spellman on Board...

As a supervisor, Farrah is a wish come true. She has exercise and health science knowledge as well as great skills in customer service, communication, organization, and management. She came to KSU from the University of Louisville, working with employee wellness in a similar setting. She jump-started the KSU Employee Fitness Center and brought new life to the program. Additional services have been added for members at no additional cost. She has a passion for helping members attain their health and fitness goals, and it is clearly demonstrated on a daily basis. Farrah has several new health initiatives up her sleeves, and we are excited to see what is next.

Farrah Spellman, Wellness Coordinator, (on left) accepts the Fit-Friendly Worksite Gold Achievement Award 2013 from left to right: Sherry Grable, Director of the Center for Health Promotion and Wellness.
Commencement

This Was a Big Deal

The Academy for Inclusive Learning and Social Growth conducted its third Commencement Ceremony in WellStar College’s Prtthan Hall Auditorium on Thursday, May 16. The Academy, a part of the WellStar College of Health and Human Services, offers a two-year college experience to students with intellectual disabilities.

The Commencement marked the completion of the program for four graduates who during their participation gained skills and confidence to guide them toward independence.

Graduates Patrick Barnette from Marietta and Myles Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their studies; while JohnScott Forbes from Thomas from Alpharetta chose Sport Management as the concentration of their stories. The Commencement marked the completion of the program for four graduates who during their participation gained skills and confidence to guide them toward independence.

Among the KSU participants lending their congratulations, support and praise to the graduates were KSU President Daniel Papp, Provost and Vice President for Academic Affairs Ken Harmon, and WellStar College’s Associate Dean Laurie Tis on behalf of Dean Richard Sowell. She described the Dean as being a passionate supporter of the Academy.

As part of the Ceremony, Mike Linch, Senior Pastor of the North Star church in Kennesaw, delivered the Ecumenical Invocation.

A very special guest, Georgia’s First Lady Sanders Deal, a firm advocate of learning for all students, spoke kindly and praised the four young men for “sticking with the program.”

Yet, the words of the graduates were the most riveting.

New Study Abroad Opportunity

When Myles Thomas expressed his gratitude toward his parents for their support and sang, accompanied by John Falls, KSU music major, a spiritual song “You Raise Me Up,” everyone present was genuinely moved. Myles was accepted at the Reinhardt College in Walesa and continues his studies this fall. Patrick Barnett expressed his wish to find a job at the YMCA and was later interviewed by the Braves organization, JohnScott Forbes enjoyed, as part of his studies, working with the KSU landscaping services and hopes to continue in that field in the future. Benjamin Lewis spoke foremost about his appreciation of having a college experience, living on campus, being part of the university community. During his time at the Academy, Ben worked as a team member at the KSU Employee Fitness Center.

The Academy of Inclusive Learning and Social Growth pioneered the two-year program in 2010. For more information, visit www.kennesaw.edu/chs/academy.

Iceland - New Study Abroad Opportunity Explored

In May, I accompanied a colleague of mine from the College of Charleston on his inaugural study abroad trip to Iceland. Why Iceland? For me, it was a pre-trip to determine if a KSU study abroad in Iceland would be feasible. In addition, it is a fascinating time to visit Iceland in that the country is going through a metamorphosis in terms of its economic identity. Within the next two years, tourism should replace fishing as Iceland’s leading industry, which would be the first time in the country’s history that fishing was not its main economic driver. Also, it is slowly becoming a Hollywood filming destination. Some big budget pictures that have Iceland as their backdrop include Die Another Day (2002), Batman Begins (2005), Oblivion (2013), Prometheus (2012), Star Trek Into Darkness (2013) and Thor: The Dark World (2013). To provide some perspective, Iceland is roughly the same size as Kentucky and has a population of approximately 300,000. The two most well-known and populous cities in Iceland are its capital Reykjavik located in the southern part of the island, and Akureyri in the north. The country is made up of small towns and villages with populations as small as 100.

Our trip began with a red eye flight from Washington Dulles airport. We landed in Keflavik, an old U.S. Navy base located approximately 45 minutes from Reykjavik. Once we arrived in Reykjavik, we hit the ground running. We had meetings with the South Iceland Tourism office and various tourism professionals from Reykjavik and the surrounding communities. After three days in the capital, we started our journey around Iceland. It took approximately 10 days to drive around the country. We visited Vatnajokull National Park which is the largest national park in Europe. We also visited Thingvellir National Park located in a rift valley between the American and European geological plates and Lake Thingvallavatn. In Southern Iceland, we visited geothermal hot springs as well as Waterfalls (Golden Falls). We went whale watching in Husavik in Northern Iceland. We also had the chance to ride snowmobiles on one of the largest glaciers in Europe, Vatnajokull which covers more than 8% of Iceland. In addition, we visited a handful of Iceland’s geothermal pools; there are more than 170 geothermal pools in Iceland. We had a fascinating visit to the Nesjavellir geothermal power plant just outside of Reykjavik. It might be surprising, but Iceland is the global leader in renewable energy. About 72% of Iceland’s primary energy supply originates from renewable energy sources: 54% is geothermal and 18% is hydroelectric.

This was a wonderful trip full of breathtaking landscapes, wonderful people, amazing seafood and memories that will last a lifetime. The conclusion: After completing my trip with my colleague and his students from the College of Charleston, not only is a similar study abroad feasible, it would be a great addition to KSU’s current study abroad opportunities.

For more information, contact Chris Brown at cbrow307@kennesaw.edu.
**Boy Scouts of America Come to KSU**

On Saturday, May 4, 2013, the Georgia Association of Nursing Students (GANS) in collaboration with the Wellstar School of Nursing Student Nurse Association (SNA) welcomed 50 Boy Scouts of America to Kennesaw State University (KSU). The boy scouts were on campus to earn their First Aid or Medicine Merit Badge. Participating in the event is a worthwhile experience for nursing students because it fills a gap in the need for volunteer health educators and teaches them the importance of community engagement. GANS board members recruited nursing students from Georgia Baptist College of Nursing, Brenau University, Georgia Perimeter College, and West Georgia Technical College to help with conducting the classes. A nurse manager and former Wellstar School of Nursing alumni also volunteered to teach. During the First Aid class, Scouts were divided into five groups and each group rotated through interactive stations to complete the First Aid Merit Badge requirements. Two representatives from Georgia Southern’s Pre-Medical School Program attended the class with the intent of replicating it at their university.

The Boy Scout First Aid Merit Badge class is historically taught in fall during the KSU Merit Badge University. Fall 2013 marks the 9th year that the First Aid merit badge class has been taught at this event. In 2012, approximately 3,000 boy and girl scouts attended the event to complete a merit badge. WellStar School of Nursing faculty, Dr. Barbara Blake, a certified scout counselor; oversees this event. Other nursing faculty that have contributed to the event’s success include Ms. Marcella (Penny) Ziegler, Dr. Jackie Jones, Assistant Director of BSN Program, Dr. Mindy Bynum, Dr. Margaret Piedmont, and Dr. Janice Long. GANS Breakthrough to Nursing Director, Lady Mendez, created a guide that other nursing students can use to set up a similar event to teach scouts. The guide, entitled First Aid Discovery, can be found on the National Student Nurses Association (NSNA) website at http://www.nsna.org/ProgramActivities/BreakthroughtoNursing.aspx and the Boy Scouts of America event manager page at www.meritbadge.info. For additional information about the guide, please contact Ms. Mendez at GANS.BTN@gmail.com.

**BSN Position • The Golden O’s Awards • Announcement**

**BSN Student Wins the NSNA Secretary/Treasurer Position**

Great news from Charlotte, NC, and the annual National Student Nurses Association (NSNA) Student Nurses Association (SNA)! It was the 3rd year that the Department of Student Life has held the Golden O’s Annual Awards Ceremony, and the SNA was a shining presence again this year. Please join me in congratulating the following students for their individual awards at the Golden O’s ceremony:

- **Keely Lively** - Humanist Award
- **Julia Tokarz** - Unsung Hero
- **Christine Shuffield** - Breakthrough to Nursing Award and Laureen Ceder for the Image of Nursing Award!

Another award winning evening was enjoyed by all - especially by the Student Nurses Association (SNA)! It was the 3rd year that the Department of Student Life has held the Golden O’s Annual Awards Ceremony, and the SNA was a shining presence again this year. Please join me in congratulating the following students for their individual awards at the Golden O’s ceremony:

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**The Golden O’s Annual Awards Ceremony**

Contributed by Doreen Wagner

At the Golden O’s Ceremony from left to right: Keely Lively, Doreen Wagner (SNA Presidential Advisor), Christine Shuffield, Lady Mendez, Sara Morris, Heather Woodall, and Julie Tokarz.

**Faculty Announcements**

Drs. Jackie Jones, Assistant Director of BSN Program and Associate Professor of Nursing, and Linda Treiber, Associate Professor of Sociology, were recipients of the Foundation Prize for Publications or Creative Activity, WellStar College of Health and Human Services, for their article “When the Five Rights Go Wrong: Medication Errors from the Nursing Perspective.” This publication details research funded by a grant from KSU’s Center for Excellence in Teaching and Learning. It provides the perspective of frontline nurses on medication errors.
New Faculty

NEW FACULTY

Ms. Vale A. Henson, MSW, will be joining the faculty of Kennesaw State University’s Master’s of Social Work Program in fall Semester 2013.

Ms. Henson has been adjunct professor in the Department of Human Services since 2004. Ms. Henson is retired from the State of Georgia after 34 years of faithful service to the families and children of Georgia. She worked for many years with the Department of Family & Children Services in the area of Child Protective Services, managing the panel dataset, KOREAN Longitudinal Study of Aging (KLoSA) at the Korea Labor Institute in Seoul. Ms. Henson’s area of interest is gerontology, in particular, older East Asian immigrants. Her dissertation Aimed to explore productive Aging among East Asian immigrants in the US. Dr. Kim believes that efficient social service systems for older ethnic minorities will make it possible to be in social integration with ethnic majorities. Thus, her long-term professional goal is to develop a model reflecting the population’s needs and to establish an efficient social policy.

Dr. Junghyun Kim, Assistant Professor of Social Work and Human Services, has joined the Social Work and Human Services Department as a temporary full time professor. Dr. Kim received her PhD in May, 2013 at the University of Georgia - School of Social Work. She is originally from Korea. In 2009, she received a BA and MA in social welfare in the Dukksung Women’s University in Seoul. While in Seoul, Dr. Kim developed practical experiences with low-income older adults at a senior center and hospital. After getting her master’s degree, she participated in foster care and was the State’s Director for Adoption. She has also worked for the Georgia Council of Juvenile Court Judges as the Program Director for the Foster Care Review Boards in 159 counties throughout Georgia.

Two highlights of her career were serving on the Senate Study Committee for Foster Care and Adoptions and participation in a major overhaul of the Child Welfare System as featured in the Atlanta Journal and Constitution’s “Suffer the Children” series in 1985. Ms. Henson is a graduate of Spelman College and earned her graduate degree in social work from Atlanta University School of Social Work (now Clark Atlanta University).

Brian Kliszczewicz, Assistant Professor of Exercise Science, comes to KSU from Auburn University, Auburn, Alabama. TzuShuo Ryan Wang, PhD, Assistant Professor of Sport Management, comes to us from the University of Florida, Gainesville, Florida.

Alyssa Tavormina, PhD, Professor of Sport Management, comes to us from the University of Georgia, Athens, GA.

Ms. Vale A. Henson

Dr. Jasmine Ward is a new Assistant Professor in the Department of Health Promotion and Physical Education.

Dr. Ward received her BA in Psychology from Tuskegee University and a Masters of Public Health in Health Behavior from the University of Alabama at Birmingham (UAB) School of Public Health. She is a Certified Health Education Specialist (CHES) with several years of public health experience working in detention centers, schools, and communities with at-risk populations. Most recently, she earned her PhD in Health Education and Health Promotion from UAB’s School of Education. Her dissertation was a longitudinal analysis of male involvement in teen pregnancy, specifically looking at the pregnancy intentions of impoverished African American boys, ages 12-19, living in the south. Dr. Ward has a strong background in family-centered health disparity, and community-based participatory research. Much of her focus is on the prevention and reduction of risk behaviors in disadvantaged adolescents and young adults.

Dr. James Ward

Funding - Recognitions - Presentations

FUNDING

Blake, B. J. & Taylor, G. A. Evaluation of an education intervention for older adults aging with HIV Office of the Vice President for Research: General Operating External Funding $18,100.


Dr. Lyndsey Hornebuckle received a $6,000 grant from the KSU Office of the Vice President for Research to conduct a research project that examined the relationship between cardiorespiratory fitness and cardiovascular disease risk in young females. Dr. Hornebuckle used these funds to support preliminary data collection for a larger grant that she was awarded.

Dr. Ardhith Peters and Dr. Irene McClatchey received a $15,000 grant from The Halo Foundation for the Study Abroad Program in Georgia for 2013.

OFFICES, RECOGNITIONS & AWARDS

Rachel E. Myorn, PhD, RN, CDE, Associate Professor of Nursing, WellStar School of Nursing, was elected Secretary of the Mu-Pi Chapter of Sigma Theta Tau International Honor Society of Nursing and 2) recently appointed Director of Communications of the Northwest Metro Chapter of Georgia Nurses Association.

Peter St. Pierre – WellStar College of Health and Human Services Distinguished Teaching Award.

V. Doreen Wagner, PhD, RN, CNOR, Associate Professor of Nursing, was appointed to the Association of periOperative Registered Nurses AORN Journal’s Editorial Board and Special Presentations


PUBLICATIONS & REFEREEED ABSTRACT PUBLICATIONS


