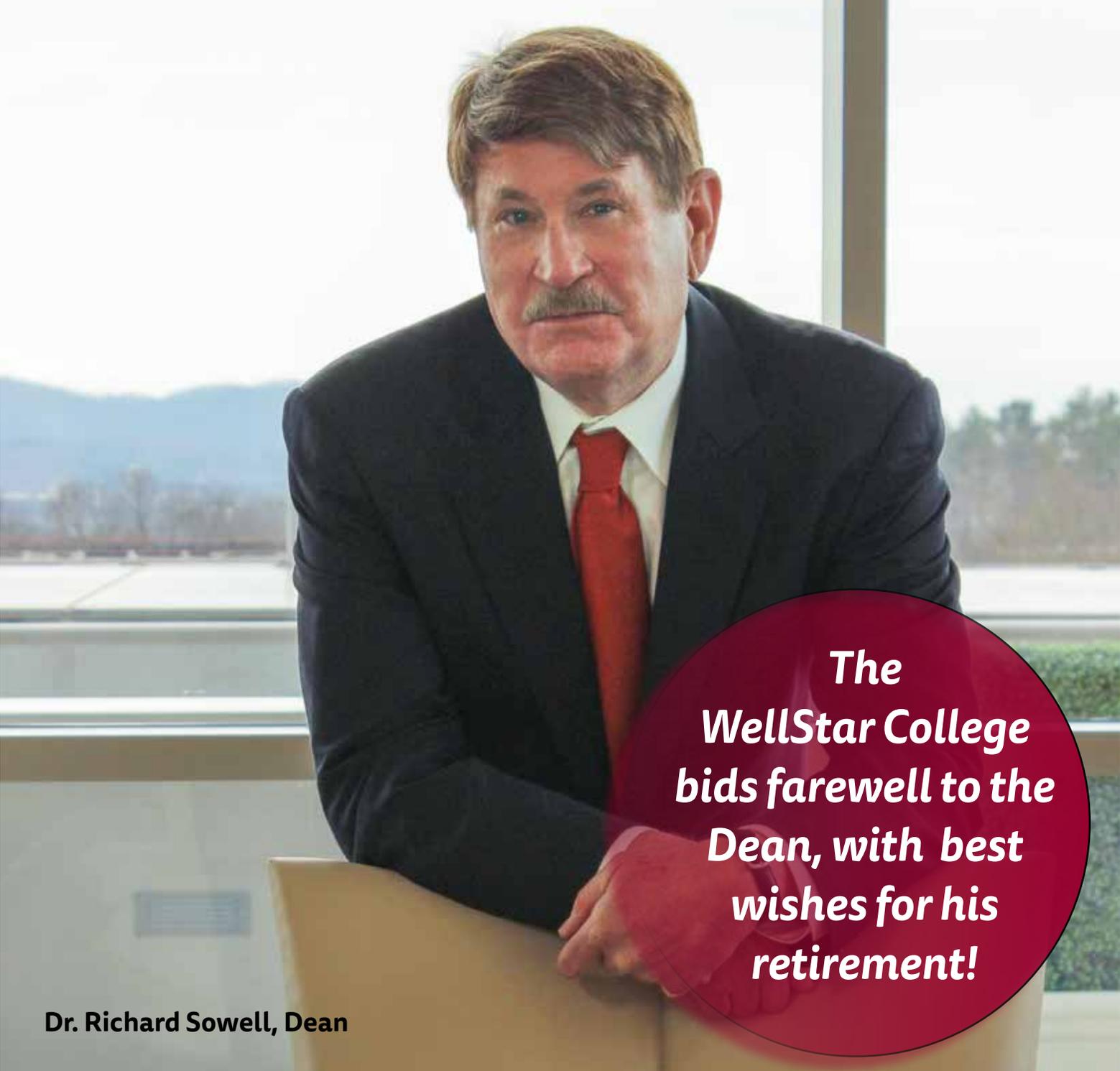


WellStar College of Health & Human Services

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



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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: jmitche2@kennesaw.edu

In Step with Excellence

He gave it a good start....

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

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.



Original School of Nursing building at KSU.

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!"

Contributed by:

Jana Mitchell, Editor
Monica Nandan, Chair
Department of Social Work and Human Services
Carol Holtz, Professor of Nursing

Photography in part by:

Shane McDonald, Coordinator, School of Art & Design
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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



Dean Sowell looks on as KSU President Daniel Papp gives award to Farrah Spellman, Wellness Coordinator.



Dean Richard Sowell and Farrah Spellman.

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 Bremner, 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.



Accelerated Track Nursing Program, Fall 2008.

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 to gain local, national and international recognition 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 Social Work 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 nine-month to a twelve-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."



Maria Teresa Diaz celebrates her graduation from KSU, in the Primary Care Nurse Practitioner Program, with her sons.

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 topics 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.



Shashank Kumar Jha with his wife Ritu. Shashank graduated from the MD to PM program in Summer 2011.

More importantly, Dean Sowell gave his continued support to study-abroad programs 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...

Abu Dhabi, United Arab Emirates - Nursing faculty members accompanied nursing students on their amazing journey to the Middle East. The students spent ten days in observational experiences at the Sheikh Khalifa Medical Center in Abu Dhabi.

Amsterdam, Netherlands - Students majoring in sport management from Health, Physical Education and Sport Science traveled to Hogeschool van Amsterdam to



"Atlanta Braves Tailgate" – Students and faculty from KSU and the Hogeschool van Amsterdam.



Going away party for KSU students, hosted by YBBP in Amsterdam.

program. The intent of this program was to introduce students to the Chinese health care system and traditional Chinese medicine.



Students with instructors at the Health Department, in Oaxaca, Mexico.

Valdivieso Hospital and the Guillermo Zarte Mujangos - Oaxacan children's hospital.

Rheinsberg, Germany - Human Service majors, Sports Management majors and Social Work graduate students joined faculty and KSU's President, Dr. Dan Papp, at the First International Seminar in Post-Disaster Intervention.

Salta, Argentina - Students worked on a project to improve Seclantes' community economy. As part of the community development project, the stu-



Students visit Brealito Lagoon during a study abroad in Salta, Argentina.

study sport management. The major part of the study abroad program in Amsterdam consisted of an internship through YBBP Amsterdam, a sport consultancy group. In turn, students and faculty members from the Hogeschool visited KSU to take part in joint International Sport Organization course.

Shanghai, China - The Health Physical Education and Sport Science Department offered a three-week summer study abroad

Oaxaca, Mexico – A city of 400,000 people was the destination for nursing students to observe and practice with the personnel in the Doctor Aurello

students were interviewing artisan families and talking photos of them and their weavings for use on a website the students were developing to provide the artisans with a market for their products.

Chiang Mai and Rayong, Thailand – In association with the Thai Special Olympics organization,



Dr. Kirk, Director of graduate Social Work Program, and two students participate in a formal planting ceremony to commemorate partnership with Thailand schools.



Students interact with children at a school for children with disabilities during study abroad in Uganda.



2008 Nurse Practitioner Student Practicum in Xalapa, Mexico.

with the Xalapan health care system, working at the University of Veracruz Obstetrical and Gynecological Hospital.

Korea - Nursing students from Woosong University spent four weeks visiting KSU and the WellStar School of Nursing. Students attended an Intensive English Program, and took part in nursing courses and social nursing lectures.

WellStar College's global partnerships expanded when Dean Sowell hosted and welcomed Egyptian post-doctoral students of kindergarten faculty from Alexandria University in Alexandria, Egypt. Four faculty members were selected to take part in the post-doctoral program at the WellStar College of Health and Human Services. Nursing students benefited from lectures on child health and healthcare in Egypt. The program provided a mutually-beneficial academic experience to the post-doctoral candidates, as well as to

social work interns 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.

Xalapa, Mexico - Graduate nursing students enrolled in the WellStar Primary Care Nurse Practitioner Program participated in a 12-day, women's health practicum. The practicum placed emphasis on clinical experience



Dr. 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 within 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 Sachs, founding Director 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.

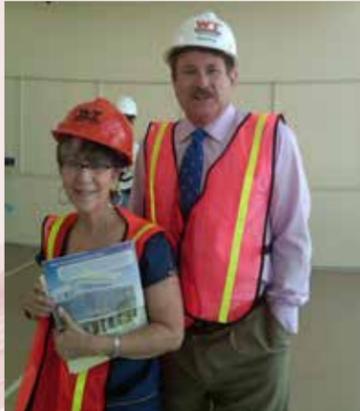
The countdown for the new health sciences building's completion continued, and the ability to see the progress and the unmistakable daily changes on the construction site added to the excitement of getting closer to the completion. The building was named: "Prillaman Hall."

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



Dr. Sowell celebrates the 40th Anniversary of the School of Nursing with Mrs. Charlotte Sachs and Dr. Judy Perkins.

Dean Sowell stated: "There is one individual who I want to acknowledge for many contributions to our College. That is Mr. Bob Prillaman, KSU Foundation Trustee, whose name is on the new health sciences building. Whenever there has been



Mrs. Livvy Lipson, widow of former WellStar President and CEO Dr. Robert Lipson, with Dean Richard Sowell visiting the building's construction site. Mrs. Lipson gave the WellStar College of Health and Human Services twenty five of Dr. Lipson's photographs which are on permanent display in Prillaman Hall.

something positive happening in support of the WellStar college, you can be sure that Mr. Prillaman was somewhere in the background facilitating. He has been an advocate and active participant in the funding of the new building and continues to work closely with the College to advance our aspirations. He is a friend of the WellStar College in every sense of the word. The faculty and staff of the College could not be more thrilled to have him and his wife Lil lending their name to our new home."

During the annual South Atlantic Chapter Construction Management Project Achievement (CMAA) Awards on June 21, 2011, KSU and Whitting and

of Georgia Casey Cagle; Kessel Stelling, Jr., Member of University System of Georgia Regents; and Connie L. Engel, Vice Chairman of KSU Foundation.

Turner Contracting Company received two awards for the construction of Prillaman Hall building. The awards were for: Best Construction Project in the \$30 million+ category, and Best Overall Construction Project in the Southeastern United States. (CMAA District included Alabama, Georgia, South Carolina, Tennessee and Florida). Prillaman Hall tied for the later award with the Georgia Aquarium for their Dolphin Expansion Project.



KSU President Daniel Papp (center); Dr. Richard Sowell, Dean of WellStar College (1st on left); and Mr. Bob Prillaman and his wife Lil (next to President Papp); begin the ribbon cutting ceremony on August 5, 2010.

In 2012, more changes occurred in the WellStar College. The Health, Physical Education and Sport Science Department reorganized into two entities: the Exercise Science and Sport Management and the Health Promotion and Physical Education departments. Dean Sowell commented: "This new organizational structure positions the WellStar College into a unique place to expand our focus and develop new programs and initiatives."

In Spring 2013, the Dean welcomed another new, progressive 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 Nursing 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) recognized 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 has grown into 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 boosted an impressive impact factor rating and has been a highly-sought-after journal by several prestigious publishing companies. Currently, JANAC is published by Elsevier Publishing Company. At the November recognition ceremony, the Dean was recognized for his 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 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 Annual ANAC 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 worked with him throughout the years in the WellStar College



Prillaman Hall





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

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 dean I have experienced in my 20 years of academic career. His leadership will be missed."



Dr. Monica Nandan



From left: Dr. Richard Sowell; Dr. Gabriella Velasquez, Oaxaca COESIDA; Ms. Vicky Hernandez Alonso, researcher for Drs. Sowell's and Holtz's study; Dr. Carol Holtz, Professor of Nursing.

KIND AND CARING

Contributed by Beverly Maddox



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



Dennis Flores

As an undergrad 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 exemplar leader and nurse scholar who we will always try to emulate.

Personal Reflection

Contributed by Barbara Blake and Gloria Taylor

Drs. 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

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!



Drs. Gloria Taylor (2nd from right) and Barbara Blake with the nursing staff from the Infectious Disease Institute, Kampala, Uganda, in 2011.

2013 Georgia Nurse of the Year - Academic Education

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 honored 16 outstanding local nurses at the 2013 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. 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."



Patricia Hart, Assistant Professor of Nursing (on left), with Jennifer Shamloo, former Graduate Nursing student who nominated Dr. Hart for this award.

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 since my 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."

Buresh's Blurb

Forces Behind Fit And Healthy

Contributed by Bob Buresh

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.



Bob Buresh, Associate Professor of Exercise Science and Sport Management.

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 preventions of chronic diseases. One that has been widely studied is called 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

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, communicator and education 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 journalist tenacity, 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

– The Baseball Economist: The Real Game Exposed Hot Stove Economics, as well as to Bicameralism, with Mark Crain, Bicameralism and Political Compromise in Representative Democracy, and Statistical Performance Analysis in Sport, then his book, Hot Stove Economics: Understanding Baseball's Second Season, establishes J.C. as the preeminent analyst of baseball economics in the world. His prominence moves beyond books to well over sixty refereed journal articles, book reviews, policy papers, editorials, conference



J.C. Bradbury, Chair of the Department of Exercise Science and Sport Management and Professor of Sport Management and Economics.

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.

presentations and invited lectures/presentations – too numerous to individually list here.

As a communicator and educator, J.C. also is rather passionate and deliberate in his “lashings” in defending himself and fellow economists. When Chicago Sun-Times columnist Greg Couch inferred that some of those ‘bigwigs’ who delve into sports statistics were frustrated geeks or grown-up versions of the “kid who always was forced to play right field, standing there pushing the glasses back up off his nose,” J.C. fired back with “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 quieter 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 three-fold 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 their first study abroad program in Montepulciano, Italy this June 4-22, 2014. Eleven students and two faculty members will be traveling as the students take classes in Italian Food Writing and Tourism, as well as Professional Development. Students will use e-portfolios to chronicle their experiential learning, with trip highlights



Montepulciano, Italy

including visits to traditional local vineyards and the Vino Nobile Consortium; touring organic farms in Pienza and surrounding agriturismo; learning Tuscan cooking at Gattavecchi; touring Icaro 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 led her to the United Kingdom where she worked as a dietitian 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.

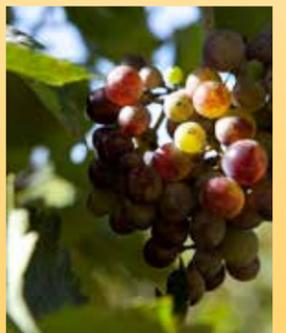
You Are What You Eat

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 food for KSU's 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 Apiary Studies 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 Elery, 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 skill, the student viewed a video, observed instructor demonstration, practiced the skill with her mentor, practiced at home using a skills checklist, and return demonstrated for instructor evaluation.
- Dr. Rachel E. Myers, Associate Professor of Nursing, collaborated with Ms. Jill Sloan, Academy Consultant and former Program Coordinator, to develop an individualized Directed Study course (instructed by Dr. Myers) that aligned with the student's learning needs, interests, abilities, and career goal. The course exposed her to broad topics such as the nursing profession, nursing roles and practice, communication and collaboration skills, holistic

health, end-of-life care, and ethical and legal healthcare dilemmas. The course also taught the student basic knowledge and skills she could translate into real-life practice to better equip and prepare her to explore career opportunities in healthcare. These skills included hygiene, hand washing, infection control and prevention, activity and exercise, transferring, and positioning. As part of this Directed Study, the student participated in NURS 3302, Professionalism and Ethics in Nursing, and achieved the following: (a) attended weekly lectures, (b) engaged in group discussions, (c) wrote a paper to reflect personal thoughts about end-of-life care, (d) wrote lyrics to reflect beliefs about caring and sang them to the class, (e) developed a Power Point presentation to capture her interview with a WSON faculty member hospice nurse, (f) completed patient confidentiality online learning modules, (g) recorded a video of her and Dr. Myers making an unoccupied bed in the Skills Lab, and (h) completed two computerized exams with support of her Academy mentor.

- In Oct. 2013, the Academy student and a peer attended a KSU Student Nurses Association meeting to learn resume writing and interview skills presented by guest speakers from WellStar Kennestone Hospital nursing leadership.

In addition, the student demonstrated enhanced skills in communication, socialization, teamwork, and task completion.

This initial collaboration between the WSON and the Academy was just the start of what will no doubt be a long-lasting partnership. For example, last semester another Academy student expressed interest in a healthcare career. Based on the previous student's success, Dr. Myers developed and is instructing a similar Directed Study course this semester. The Academy and WSON will continue to collaborate for further research on the development of health related curriculum. Many faculty, staff, and students are very supportive of this partnership and are committed to exploring numerous exciting possibilities!

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

Contributed by Christian Hardigree

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 Master Chef Erlingsson. Janet Keller, accompanied by her mentor Jhoania Augustin, is taking CSH 3500 Organic Agriculture and Beginning Apiary Studies. The students get hands-on experience in the production kitchen located at the stadium and on our Hickory Grove farm located near campus. The Hickory Grove farm has approximately 60 chickens, and the eggs from those chickens are utilized in the food production. Chef Erlingsson expressed: "We are excited about the students' contributions, and look forward to having more Academy students in our classes in future semesters."



Brielyn Roper-Hubbert, center.



Janet Keller



Casey Barker, center.



Christa Membis, 2nd from left.

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

Buresh, R., Exercise and Glucose Control - A webinar for the Clinical Exercise Physiology Association. September 25, 2013.

Willett, J., Goldfine, B. "What Every Coach and Administrator Should Know About Prayer and Interscholastic Sport." Georgia Association for Health, Physical Education, Recreation, and Dance Annual Convention. October, 2013.

Spiva, L., **Hart, P.**, Pruner, L., Martin, K., Johnson, D., Brachovich, B., & Mendoza, S. (February 2014). Hearing the Voices of Newly Licensed Registered Nurses Transition to Practice Experiences.

Podium presentation at the 2014 ANA National Quality Conference, Phoenix, Arizona. (National).

Hart, P., Spiva, L., Pruner, L., Martin, K., Johnson, D., Brachovich, B., & Mendoza, S. (February 2014). Hearing the Voices of Newly Licensed Registered Nurses Transition to Practice Experiences. Podium presentation at the 2014 Southern Nursing Research Society Conference, San Antonio, Texas. (Regional).

Spiva, L., **Hart, P.**, & McVay, F. (February 2014). Psychometric Testing of the Clinical Nurse Leader Staff Satisfaction Instrument. Poster presentation at the 2014 Southern Nursing Research Society Conference, San Antonio, Texas. (Regional).

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 Association for Applied and Clinical Sociology Conference, Portland, Oregon. (National).

Whitfield, D., Baio, P., Huff, B., **Hart, P.**, Spiva, L., Law, T., Wells, T., & Mendoza, I. (September 2013). Medical-surgical nurses' knowledge, perceived self-confidence, and leadership ability, as first responders in acute patient deterioration events. Podium Presentation at the 2013 Evidence-based Practice Toolkit (Regional).

Hart, P., Brannan, J., Long, J., Maquire, M. B., Brooks, K., & Robley, L. (August 2013). Evaluating outcomes using simulation in a clinical deterioration course. Podium presentation at the Lippincott and Laerdal Medical Simulation Users Network and Innovation Summit, Kennesaw, Georgia (Regional-Invited).

Hart, P., (July 2013). Evidence-Based practice change agents-champions: Using statistics in research. Podium presentation at WellStar Shared Governance Meeting, Atlanta, Georgia (Local-Invited).

Howton, A. *Plant-Based Nutrition: An Overview*. Georgia Association for Health, Physical Education, Recreation, and Dance Annual Convention. October, 2013.

Howton, A. *Using Ballet and Modern Dance Exercises to Improve Dancers' Balance*. Georgia Association for Health, Physical Education, Recreation, and Dance Annual Convention. October, 2013.

Jones, J. H., Treiber, L.A., Jones, M. C. Interventions to Improve Medication Adherence in Older Adults with Poor Health Literacy. Association for Applied and Clinical Sociology Annual Meeting, Portland, OR. October 2013. Podium presentation. National.

Treiber, L.A. & **Jones, J. H.** "I Didn't Have to Answer the Phone": Using Symbolic Non-interruption Zones to Decrease Nursing Medication Administration Errors. Association for Applied and Clinical Sociology Annual Meeting, Portland, OR. October 2013. Podium presentation. National.

Mitchell D.B. with **T.A. Esmat & J.R. McLester**. Move It or Lose It: The Relationship between Executive Function and Fitness and Fatness in Community Dwelling Older Adults. Presented at the American College of Sports Medicine, Indianapolis, May 2013.

Mitchell D.B. with **T.A. Esmat & J.R. McLester**. The Relationship between Executive Function, Body Composition, and Strength in Older Adults: Fitness or Fatness. Presented at the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February, 2013.

Petrillo, J. *Let's Talk: A Communication Strategy to Increase Students' Understanding of Gender-Related Issues in Human Sexuality*. Georgia Association for Health, Physical Education, Recreation, and Dance Annual Convention. October, 2013.

Rendini, V. *Integrated physical activity and academics for urban elementary school physical education*. Georgia Association for Health, Physical Education, Recreation, and Dance Annual Convention. October, 2013.

Wang, J., & Zhang, L.W. (2013). *A case report – psychological training strategies for achieving Olympic peak performance of the Chinese Free Style Skiing Aero-Jump Teams*. Presented at the Annual Conference of Association of Applied Sport Psychology, New Orleans, Louisiana.

Ward, J.D. (September, 2013). *Impoverished African American Males Involvement in Teen Pregnancy*. Presentation at Georgia Campaign for Power and Potential, Atlanta, GA.

Ward, J.D. (December, 2013). *Strategies for Working with At Risk Adolescent Males*. Presentation for the quarterly meeting of Adolescent Service Network, Atlanta, GA.

REFEREED CONFERENCE PRESENTATIONS

Nandan, M., Robinson-Dooley, V. & Wade-Berg, J. (2012, November). Nonprofit health clinic: Role of interdisciplinary pedagogy and development of intellectual entrepreneurs. Paper presented at ARNOVA Conference, Indianapolis, IN. (International).

PUBLICATIONS

Annesi, J.J., Tennant, G.A., & Mareno, N. (in press). Treatment-associated changes in body composition, health behaviors, and psychological state as predictors of change in body satisfaction in obese women: Effects of age and race/ethnicity. *Health Education & Behavior*.

Annesi, J.J., & Porter, K.J. (2013). Reciprocal effects of treatment-induced increases in exercise and improved eating, and their psychosocial correlates, in obese adults seeking weight loss: A field-based trial. *International Journal of Behavioral Nutrition and Physical Activity*, 10(1), 133.

Annesi, J.J. & Tennant, G.A. (2013). Self-regulatory skills for controlled eating emanating from newly initiated physical activity in severely obese adults. *Journal of Social, Behavioral, and Health Sciences*, 7, 67-78.

Annesi, J.J., & Porter, K.J. (2013). Reciprocal effects of changes in mood and self-regulation for controlled eating associated with differing nutritional treatments in severely obese women. *Clinical Health Promotion*, 3, 35-41.

Buresh, R. (2014). Exercise and Glucose Control. *Journal of Sports Medicine and Physical Fitness*. In Press.

Mareno, N., Hart, P., & VanBrackle, L. (2013). Psychometric validation of the revised clinical cultural competency questionnaire. *Journal of Nursing Measurement*, 21(3), 426-436.

Mareno, N. (2014). Parental perception of child weight: A concept analysis. *Journal of Advanced Nursing*, 70(1), 34-45.

Hart, P., Spiva, L., Baio, P., Huff, B., Whitfield, D., Law, T., Wells, T., & Mendoza, I. (2014). Medical-surgical nurses' knowledge, perceived self-confidence, and leadership ability, as first responders in acute patient deterioration events. *Journal of Clinical Nursing*. Published online January, 2014, doi: 10.1111/jocn.12523

Hart, P. & Mareno, N. (2013). Cultural challenges and barriers through the voices of nurse. *Journal of Clinical Nursing*. Published online December, 2013, doi: 10.1111/jocn.12500.

Disher, J., Desai, A., Burgum, A., Fallon, C., **Hart, P. & Aduddell, K.** (2013). The effect of unit-based simulation on nurses' identification of the deteriorating patient. *Journal for Nurses in Staff Development*. Published online September, 2013.

Howton, A. (2013). Nurturing Creativity: Using Movement Improvisation as the Warm-Up. *GAHPERD Journal* (Journal of the Georgia Association for Health, Physical Education, Recreation and Dance).

Johnson, L.B. (2013). A qualitative study of communication among child advocacy multidisciplinary team members using a web-based case tracking system. *Journal of Technology in Human Services*, 31(4), 355-367.

Singh, N. N., Lancioni, G. E., **Myers, R. E.**, Karazsia, B.T., Winton, A. S. W., & Singh, J. (in press). A randomized controlled trial of a mindfulness-based smoking cessation program for individuals with mild intellectual disability. *International Journal of Mental Health & Addiction*. doi: 10.1007/s11469-013-9471-0.

Book chapter: **Myers, R. E.**, Winton, A. S. W., Lancioni, G. E., & Singh, N. N. (2014). Mindfulness meditation in developmental disabilities. In N. N. Singh (Ed.), *Psychology of meditation* (pp. 209-240). New York: Nova Science.

Brown, A.S., Best, M.R., & **Mitchell, D.B.** More than meets the eye: Implicit perception in legally blind individuals. *Consciousness and Cognition*, 2013, 22, 996-1002.

Mitchell, D.B. Unconscious perception. In H. Pashler (Ed.), *Encyclopedia of the Mind* (pp. 752-757). Thousand Oaks, CA: Sage Publications, 2013. doi: 10.4135/9781452257044.n279

Mitchell, D.B. Global health of the older adult. In C. Holtz (Ed.), *Global Health Care: Issues and Policies* (2nd ed., pp. 481-508). Burlington, MA: Jones and Bartlett, 2013.

Nandan, M. (2013). Review of the book *Management for social enterprise*, by B. Doherty, G. Foster, C. Mason, J. Meehan, K. Meehan, N. Rotheroe & M. Administration in Social Work, 37 (4).

Wang, J., & Calloway, J. (2013). High level technical training for elite soccer athletes. *Soccer Journal*, 58, 6-8.

Wang, R. T., & Kaplanidou, K. (2013). I want to buy more because I feel good: The effect of sport-induced emotion on sponsorship. *International Journal of Sports Marketing & Sponsorship*, 15(1), 57-71.

Wang, T. R., Min, S. D., & Kim, S. K. (2013). Fulfillment of sport spectator motives: The mediation effect of well-being. *Social Behavior and Personality*, 41(9), 1421-1434.

Zhang, L.W., **Wang, J.**, & Zhang, K. (2013). The psychological preparations of the Chinese Free-Style Skiing Aero-Jump Teams for competing at the Vancouver Winter Olympic Games. *Journal of Sport Science Research*, 34, 58-66.

REFEREED JOURNAL ARTICLES

Nandan, M. & Scott, P. (Forthcoming). Interprofessional practice and education: Holistic approaches to complex health care challenges. *Journal of Allied Health*. Nandan, M. & London, M. (2013). Interdisciplinary Professional Education: Training College Students for Collaborative Social Change. *Education + Teaching*, 55(8/9), 815-835.

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. Kandice Porter, Chair of the department of Health Promotion and Physical Education; and Dr. Mitchell 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!

SCHOLARLY INTERVIEW SCRIPT

Shi, Y., **Wang, B.** (2014). Talking about rising road of China soccer-An interview with Dr. Jin Wang of Kennesaw State University in the United States. *Journal of Sports and Science*, 35, 77- 85.

REFEREED CHAPTERS IN BOOKS

Nandan, M. & Kirk, A. (forthcoming). Occupational social work in the United States. In Guillermina, G. (Ed). *Occupational Social Work/Employee Assistance Program from International Perspective*. Nuevo Leon, Mexico: Universidad Autonoma de Nuevo Leon.

Nandan, M. (Forthcoming). Social innovation. In Cousin, L. H., & Golson J. G. (Eds.) *Encyclopedia of Human Services and Diversity*. Thousand Oaks, CA: Sage Publications.

Nandan, M. (Forthcoming). Interprofessional & interdisciplinary practice. In Cousin, L. H. & Golson J. G. (Eds.) *Encyclopedia of Human Services and Diversity*. Thousand Oaks, CA: Sage Publications.

Nandan, M. & Kirkland, C. (Forthcoming). Community based services. In Cousin, L. H., & Golson J. G. (Eds.) *Encyclopedia of Human Services and Diversity*. Thousand Oaks, CA: Sage Publications.

REFEREED PROCEEDINGS

Nandan, M. & Sowell, R. (2013, January). Health care in a global context: Holistic approaches through inter-professional pedagogy. Paper published the Seventh International Conference on Healthcare Systems and Global Business Issues, Jaipur, India.

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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