

Vincere

A newsletter of the College of Integrated Science & Technology

November, 2001

Volume 1, Issue 2



**Collaboration
Integration
Support
Achievement
Teaching**

These are the goals and values that CISAT strives to espouse.

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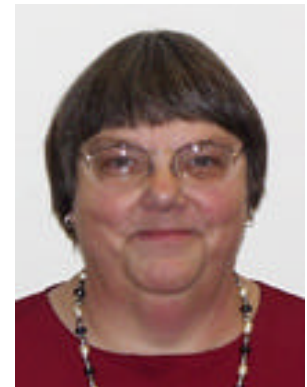
The Dean's Reflections

- Dr. Vida Huber, Associate Dean

In the first issue of the college newsletter, the Dean focused attention on our goal of enhancing communication within the College. We have heard your voices in many ways; in meetings with the faculty and student advisory committees; in casual conversations; and in the many meetings and other forums in which we all find ourselves engaged. I'd like to share a few personal reflections growing out of my contacts and interactions with you during recent months. Before doing that, however, I want to extend my personal thanks to each of you for your kind words of support, encouragement and congratulation on my appointment as Associate Dean for the College. It has been very gratifying to receive your good wishes and affirmations and I am thankful for the superb group of human beings I am privileged to work among.

I have found the CISAT faculty and staff to be an energetic and talented group of self-directed individuals who ask intelligent questions, actively engage as members of the academic community, are committed to performing with excellence, and have the potential to add an unexpected twist to your day. As individual human beings we are not alike nor do we view the issues, priorities, or the world in the same way. In my opinion, this diversity is one of our greatest strengths, as it challenges us to do our own thinking and to evaluate our own positions. Thanks to each of you for being that kind of person!

There are many sensitive and creative persons among us who are interested in making our university a better place and who take the time to share their concerns and ideas with others. Unfortunately, our individual and collective lives often become too full and the days and weeks slip quickly by;



already we are nearing the final leg of fall semester. In the midst of the busyness, I encourage you to take time to move out of your normal routine. Do something unexpected and risk going beyond your comfort zone. You may discover unanticipated excitement, generation of new ideas, and opportunities for growth. Please keep sharing your ideas with each other and with us. Together we can make a difference!

People at JMU are “making a difference”

JMU's Dr. Lennis Echterling is an expert in meeting the emotional needs of those involved in a crisis. He put that expertise into action in response to the terrorist attacks of September 11. Dr. Echterling worked with others in the Psychology Department, both faculty and students, to organize a group that would help those in Harrisonburg cope with the tragedy. This group is called “Making a Difference” and complements the efforts of the JMU Counseling and Student Development Center.

“Making a Difference” was at the campus blood drive, several vigils, and other events that were held to show support for those who were immediately impacted by the attacks.

This group is not a counseling service. Rather, it is a group of people who take the time to listen to other people's stories about how they were affected by the terrorist attacks. According to Dr. Echterling, telling how you were impacted and how you are coping or contributing is a very therapeutic exercise for people involved in a tragic event. It gives people a way to fulfill their need to connect with others and normalize their experience.

Dr. Echterling says that indirectly affected people are often ignored but they, too, need to cope with what has happened. Such is the scope of “Making a Difference”. This group tries to involve people and respond to their highest motives. People are not approached as vic-

tims, but as survivors and are encouraged to use their skills and talents to contribute. One of the group's goals is to provide a safe, accepting environment and counteract possible racism. They focus on strength and resiliency by advocating coming together and communicating as a way to cope. “Making a Difference” offers advice for sensitively addressing others, finding and creating meaning, and seeing the hope that is always present even in times of tragedy.

If you would like to know more about “Making a Difference” or would like to become involved, contact “Making a Difference” at the Peer Advising Office at 540-568-6214, or Dr. Echterling at echterlg@jmu.edu or 540-568-6522.

Kinesiology Performance Lab

The Human Performance Laboratory (HPL) is a teaching, research and service unit within the School of Kinesiology and Recreation Studies. The mission of the HPL is to provide opportunities for students and faculty to discover and disseminate knowledge in the area of exercise physiology through coursework, research and service activities. The James Madison University HPL's theme is “Human performance throughout the life cycle”.

Dr. Judith A. Flohr of the School of Kinesiology directs the HPL. The Lab works with people of all ages from the JMU campus and within the Harrisonburg-Rockingham county area. The HPL is made up of several rooms that have equipment designed to measure the physiological and/or biomechanical changes that accompany acute and chronic physical activity. “The HPL is a place where there is a significant amount of teaching, research, and service,” says Dr. Flohr.

This semester undergraduate students are serving as personal trainers for a group of local school teachers and for JMU faculty and staff. The JMU faculty and staff and teachers are engaging in fitness programs in the Crawford Fitness Center, which is a part of the HPL.

While working in the lab, students are applying principles of exercise testing and prescription. There are also numerous research projects that are taking place in the HPL.

The data collection phase of a two-year study using faculty and staff was completed in May. This project was designed to compare health and fitness gains following participation in aerobic exercise, strength training, or a combination of the two. Drs. Flohr, Saunders and Todd were interested in determining whether the combination program would produce the same benefit that both individual programs achieve.

There are several masters students completing a thesis in the HPL this year. One of the studies will examine the impact of various sport drinks on muscle recovery. In another project a master student is exploring the feasibility of using a short duration high intensity anaerobic test to estimate cardiovascular endurance. An undergraduate student in Exercise Science in collaboration Drs. Flohr and Wunderlich (Biology) are examining foot pressures in rugby cleat designs under a variety of conditions, including rest and fatigue. The goal of the research is to generate data, which may be useful in improving cleats design to minimize foot injuries. In addition to these projects, students from the Exercise Physiology

(KIN 302) class are doing research projects that will culminate in poster presentations.

Drs. Evans (Psychology), Flohr, Saunders and Williams in collaboration with undergraduate and graduate students in Kinesiology and Psychology will be studying the effects of light and moderate activity in children with Attention Deficit Hyperactivity Disorder (ADHD). The main objective of the study is to determine if physical exercise may temporarily alleviate the symptoms of ADHD- inattention, hyperactivity and impulsivity, as they are manifested in a school setting.

Dr. Flohr has a personal interest in children and women's physical activity. In a project she is completing in collaboration with Dr. Todd middle school age children and wore a step counter to for three consecutive weeks. The project was designed to assess the amount of activity adolescents accumulated during a school days (with and without physical education) after school and weekend days. The preliminary findings indicate that approximately 21% of the adolescents' total physical activity for the day is due to participation in physical education.

If you would like to learn more about the Human Performance Lab, please contact Dr. Judith Flohr at flohrja@jmu.edu.

Madison Scholar - Dr. Jamie Winebrake

On Friday, October 12, 2001, Dr. Jamie Winebrake gave a presentation titled "Well-to-Wheels Accounting: An Analysis of Total Fuel Cycle Emissions for Conventional and Alternative Fuel Vehicles". Dr. Winebrake is this year's CISAT Madison Scholar. In order to be given this distinction, Dr. Winebrake was in competition with other nominees for this award and had to fulfill the following criteria: full-time status, completion of 5 years of service at JMU at the rank of assistant professor or above, has not received the College's Madison Scholar Award in the past 10 years, has at least regional recognition in his/her field, and has consistently received satisfactory ratings in teaching and service. A candidate must also have recently demonstrated outstanding scholarship/research and have had this work disseminated through peer reviewed publication and/or other means. Congratulations, Dr. Winebrake!



Coming Attractions & Department Highlights

- Oct. 30 The CISAT web-page was overhauled and launched. Take a look at www.jmu.edu/cisat/
- Nov. 29 Guam Ambassador Conference
- Dec. 7 Last day of classes
- Dec. 10- 14 Exam week
- Dec. 14 Winter Commencement, to be held at the Convocation Center
- Dec. 14 Holiday Reception, to be held in the ISAT/CS Building in the Atrium area, invitations will be sent out shortly to all faculty & staff, 5-7pm
- Dec. 24-Jan. 1 University closed
- Jan. 7 Classes resume
- Jan. 21 Martin Luther King Day (no classes)
- Feb. 6 ISAT Environmental Career Fair-The activities begin at 8:00 and wrap up at 5:00 in Room 259 and exhibits in the ISAT spine. Events include 20+ companies exhibiting in formation in the CISAT spine, a panel discussion involving

students, alumni, and faculty, a Keynote address (to be determined) and many opportunities for recruiting and interviewing.

- Feb. 7 Energy Symposium-The symposium, hosted by ISAT, will be held from 9:15 until 4:15 featuring 2 panel discussions focusing on professional opportunities and roles of the students in the energy field outside JMU. The afternoon includes a Keynote address (to be determined) as well as numerous recruiting/interviewing opportunities.

- Feb. 11 Bio Tech Career Fair-The fair will be held from 10-3:00 in room 259. The fair is hosted by JMU's Chapter of the Virginia Biotechnology Association. This is a semi-annual event where students have the opportunity to meet with industry representatives to gain future internships/full-time employment.

- Feb. 19 Assessment Day



Social Work Highlights

? Acting Out Teen Theater and Acting Out in the Schools are courses available to all students. JMU students work with Marylin Wakefield [Social Work assistant professor] and with either middle school students in the community or with local schools dealing with issues that are identified by teens. Marylin's phone number is 82924 and her e-mail is wakefimo.

? Marylin Wakefield and Carolyn Ericson [assistant professors of Social Work] received a Generations Together Grant from the Association of Gerontology in Higher Education to implement this semester a program involving matching of a school age child with a JMU student and Senior adult. It is taking place at VMRC. Marylin can be contacted at x82924 or wakefimo & Carolyn at x82827 or e-mailing ericsoeb.

? Dr. Karen Ford, assistant professor of Social Work, was just elected as the 2001 Outstanding Social Work Educator of the Year by the Virginia Social Work Education Consortium. She was recognized and presented with a plaque at the 21st VSWEC Student Rally which was held October 4-5, 2001.

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Happy Birthday Wishes

December

2 - Mary Kimsey, ISAT
 5 - Ken Lewis, ISAT
 8 - Terry Wessel, Health Sciences
 13 - Jim Hammond, Health Sciences
 17 - Brenda Seal, CSD
 18 - Becky Shaver, CSD
 19 - Gwen Good, Comp. Sci.
 22 - Greg Versen, Social Work
 27 - Mary Bettner, Nursing
 28 - Holly Brader, Health Sciences
 28 - Barb Gabriel, ISAT
 29 - Mary Lou Cash, ISAT
 29 - Tony Chen, ISAT
 31- Jane Hilton, CSD

January

1 - Sharon Maiewski, Health Sciences

5 - Melody Eaton, Nursing
 5 - Brenda Ryals, CSD
 5 - Tammy Wagner, Health Sciences
 6 - Maggie Maloney, Health Sciences
 9 - Lanny Burt, T.S.E.C.
 9 - Robert Hinkle, CSD
 11 - Joe Marchal, ISAT
 14 - Jeffrey Konin, Health Sciences
 15 - Paul Henriksen, ISAT
 15 - Kathy Laycock, Comp. Sci.
 17 - Forrest Nesselrodt, T.S.E.C.
 18 - Craig Abrahamson, Social Work
 21 - Patrice Brevard, Health Sciences
 21 - Dee Nilsen, T.S.E.C.
 24 - Gauri Rai, Social Work
 25 - Cindi Wilson, ISAT
 28 - Fred Copithorn, Lab Operations

30 - Anne Henriksen, ISAT

31 - R.E. Burnett, ISAT

February

2 - Terry Crickenberger, Nursing
 2 - Carolyn Firkin, Mine Action Center
 2 - Terri Prodoehl, Health Sciences
 7 - Karim Altaii, ISAT
 8 - Zona Chalifoux, Nursing
 16 - Gerri Rigney, Social Work
 19 - Julie Gochenour, Blue Ridge AHEC
 20 - Ellie Swecker, Free Clinic
 22 - Jack Taylor, ISAT
 23 - Stephen Wright, ISAT
 24 - Rita Teutonico, ISAT
 25 - Jeff Kushner, ISAT
 26 - Tonya Osinkosky-Perez, Migrant Ed.
 27 - Jon Spindel, ISAT
 27 - Marilyn Wakefield, Social Work



The Dean's Office of CISAT wishes you a wonderful holiday and break, and a healthy and happy new year!

**Jerry, Vida, Louise, Julie, Hope,
 Ken, and Jim**

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Comments about this issue and suggestions for future issues can be e-mailed to Julie Love at

lovejl@jmu.edu



Halifax's Deborah Kipps-Vaughan is Virginia's School Psychologist of the Year

Henrico County, Virginia (October 19) - Deborah Kipps-Vaughan of Halifax County Public Schools received Virginia's School Psychologist of the Year award for 2001. The award was announced today by the Virginia Academy of School Psychologists meeting near Richmond.

"If you mention mental health in Halifax County, Debi Kipps-Vaughan's name will immediately surface," noted Dennis G. Witt, Halifax's Superintendent of Schools in his nominating statement. "Dr. Kipps-Vaughan has had a significant impact on our teachers, our students, and our adult community. She is a most caring person who not only responds to need but also has the vision to establish prevention programs, which hopefully reduces needs."

Kipps-Vaughan received the award from academy president Dede Bailer. Dr. Bailer, who served on the selection committee, noted that Kipps-Vaughan "truly exemplifies a school psychology professional who serves in the broadest scope of the profession." Her nomination was endorsed by individuals from the Mental Health Association of Halifax County



Dr. Deborah Kipps-Vaughan (left) received Virginia's School Psychologist of the Year Award Friday, Oct. 19, 2001 from Virginia Academy of School Psychologists president Dr. Dede Bailer (left). (Photo by Sandi Ward).

and the state's Department of Juvenile Justice. "It's very validating to know that the way you are serving children and families is working," Kipps-Vaughan commented. "To have that acknowledged by my profession is wonderful."

The School Psychologist of the Year Award is given annually to the professional judged to be exhibiting "Best Practice" in Virginia. Kipps-Vaughan serves Halifax County Public Schools as a supervisor of psychological services. She provides direct service at Halifax Elementary, Sinai Elementary, Halifax County High School and the Career Center. Dr. Kipps-Vaughan received her professional training at James Madison University where she earned the Educational Specialist Degree in School Psychology and the Psy.D. in the Combined Clinical, School and Counseling Program.

Kipps-Vaughan accepted an invitation from the academy to represent Halifax and the surrounding communities to the Virginia Academy of School Psychologist's Board of Directors.

-- Steve Fannin



PHETE Program Overview

With the increasing incidence of obesity in America and the decrease in physical activity, physical and health education are becoming even more critical in our school systems. Developing healthy lifestyles that involve informed decisions and incorporate physical activity into the daily lives of children is essential. The Physical & Health Education Teacher Education Program (PHETE) in the school of Kinesiology & Recreation Studies at JMU is striving to fill this great need.

The PHETE Program is a five-year curriculum designed to graduate students with a Masters of Arts in Teaching. Upon successful completion of the fifth-year, the student qualify for a VA state licensure as physical and health educators (PK-12). The curriculum begins as a concentration for kinesiology majors in their junior year and in the fifth year becomes even more specialized. The PHETE Program is relatively new with those who are currently sophomores being the first class. The coordinating committee consists of faculty from the School of Kinesiology & Recreation Studies, the Department of Health Sciences, and 2 teachers from the local schools.

The following is the mission of the PHETE Program: "The Physical & Health Education Teacher Education (PHETE) concentration is committed to educating future leaders in the profession of teaching through physical & health education. The program encourages the student to advocate for effective educational changes, work collaboratively and collectively for social change, and continue professional growth."

The program's key features focus on the pedagogical content knowledge in both physical education and health education, educating and impacting diverse populations, and developing leadership qualities in the graduates to promote positive educational change.

For more information on the PHETE Program visit its website at <http://www.jmu.edu/kinesiology/under/phe.html>.

What is Therapeutic Recreation?

Therapeutic Recreation is an undergraduate program based on a core of kinesiology courses. The goal of those in therapeutic recreation is to help people optimize their lives with chronic illnesses or disabilities.

Care centers and other rehabilitation and (continued on page 4, under TR) service organizations within the community are the principle areas in which recreation therapists work. While

physical therapy works with increasing range of motion and muscle strength, therapeutic recreation strives to enhance the quality of a person's life through the use of leisure time. Recreational therapists often work as part of a treatment team.

Gail Hamm of the Department of Kinesiology says therapeutic recreation is one of the 20 fastest growing occupations due to the increasing elder population and the longer life span of people with disabilities. She adds that recreational therapists take a holistic approach in order to motivate people.

Therapeutic recreation draws from many disciplines. The program at JMU has been going for five years. Degree completion

requires a 350 hour practicum and a 480 hour internship. After graduating, students are eligible for national certification by the American Therapeutic Recreation Association (ATRA).

Two specific areas of research in which the Therapeutic Recreation program is involved are: humor in long-term care and eating disorder research. Students are involved in the Autumn Games and in the rehabilitation units at Woodrow Wilson and in the Psyche unit of RMH. 90% of the students continue in their internship position or in the area of their internship after they graduate.

For more info about therapeutic recreation contact Gail Hamm at hamgl@jmu.edu.

Bits and Pieces

Krista Steckman, one of our athletic training students, received an undergraduate scholarship from the National Athletic Trainers' Association this past summer. These scholarships are based on GPA activities, and recommendations from sponsoring certified athletic trainers. Krista is a senior this year and plans to attend physical therapy school.

PUBLICATION NOTES

CHARLIE HUFFMAN collaborated on an article that will be published in the North American Journal of Psychology entitled "The role of part-set cuing in the recall of chess positions: influence of chunking in memory". Other authors include Darin Matthews (The Citadel) and former JMU Master student Phil Gagne, now in a doctoral program at the University of Maryland-College Park). It's in press and should come out in December of this year.

JOANN GRAYSON published a chapter called "The State of Child Neglect" in the National Resource Center on Child Maltreatment's Administrator's Guide to Theory, Policy, Program Design, and Case Practice. The impressive text was published last August.

FIRST INTERNATIONAL CONFERENCE ON TEACHING PLANNED—St. Petersburg in Russia will be the site of the "International Conference on Psychology Education: Curriculum and Teaching" which will be held on 15-19 June 2002. The Conference web-site where you can find all actual information and make all registration and accommodation procedures: <<http://www.icope2002.narod.ru>>. Both GINNY MATHIE and JANE HALONEN are serving on the Advisory Committee for this conference.

Grant Awards (September - October)

- ◆ ISAT - Stephen Wright, from the Rappahannock Conservation Council, to identify unsuitable livestock feeding practices
Steven Frysinger, from the National Park Services, for Natural Resources Law Enforcement Data Management
- ◆ CSD - Brenda Seal, from VA Dept. of Education, for Interpreting Content-Based Instruction
Nick Bankson of CSD, from VA Dept. of Education, for SLP Training
- ◆ Computer Science - Malcolm Lane, from Dept. of Computer Science, for a support position
M. Hossain Heydari, from National Security Agency, for Information Assurance Program Initiation
- ◆ Health Sciences - Jeanne Martino-McAllister, from VA Dept. of Education, for VEPP & Governor's Services
- ◆ MAIC (Mine Action Information Center) - Joe Lokey, from U.S. State Dept., for JMU Public Outreach Support

CISAT Staff Appreciation Luncheon

The annual CISAT Staff Appreciation Luncheon was held on Tuesday, November 6, 2001. There were sixty staff members in attendance. The Dean, Dr. Jerry Benson, spoke to the group and thanked all staff members for their continued hard work and dedication to our college. He stated that he was very proud and appreciative of the work that all staff members do. There were several door prizes that were awarded and t-shirts were given to several new employees to welcome them to our college.



2001-2002 Faculty Awards Announced

Summer Research

Steven Evans (Human Development Center), Michael Saunders (Kinesiology), Judith Flohr (Kinesiology), Catherine Webb (Nursing), Carolyn Ericson (Social Work), Linda Sobel (Nursing), and Tammy Wagner (Health Sciences)

Summer Teaching

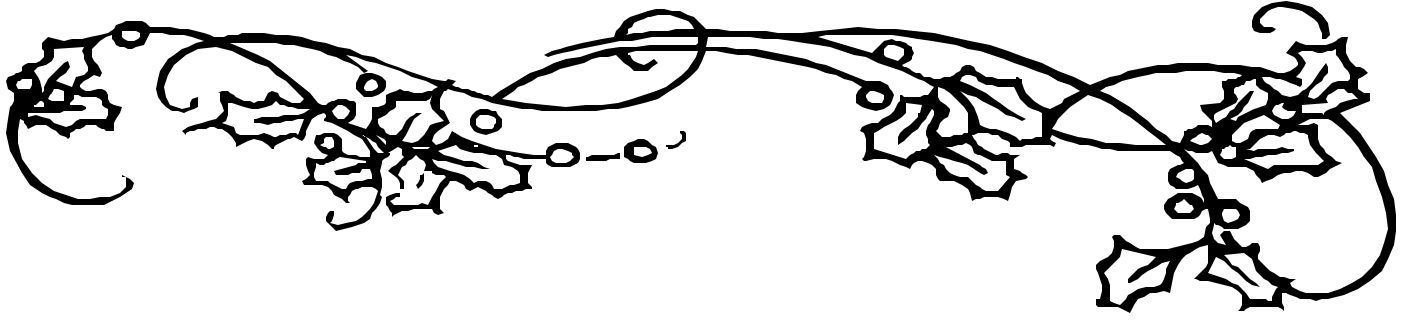
Ralph Grove (Computer Science), Joe Marchal (ISAT), JoAnne Brewster (Psychology)

Congratulations!!! JMU's First Ph.D. Approved!!!

The state Council of Higher Education for Virginia approved James Madison University's first Ph.D. program, a research doctorate in communication sciences and disorders, at the board's November 20 meeting in Richmond. The program, which will begin in fall 2002, will include a clinical track for practitioners in audiology and a research track in a choice of speech-language pathology or audiology.

Name the Newsletter

We still need a name for the newsletter. Here are some ideas to get the creative juices flowing. *Get Connected, News to Go, Happenings, Gateway, Keeping in Touch, Where We've Been...Where We're Going, Science and Health Talk, Snippets.* Cast your vote for one of these or give us some new ideas. Email suggestions to Julie at lovejl@jmu.edu.



Don't Forget...

The Office of the Dean of
CISAT is hosting a Holiday Re-
ception on Friday,
December 14, 2001.

The festivities will start at 5:00
pm and conclude at 7:00 pm.

