Winter Challenges

Dr. Glenda Treadaway, Dean

Welcome to Spring Semester at Appalachian State University! It seems almost cruel to call it the Spring Semester considering the type of weather we have here in Boone this time of the year. As I have faced the challenges of getting to work in snow, ice and freezing rain, I have been thinking about the challenges we face each and every day not caused by hazardous driving/walking conditions. Some of our challenges are personal challenges and I will not talk about those in this forum. Some of our challenges are professional challenges that impact our work and work environment.

Probably the biggest challenge we all face is just simply learning how to work with others. It is not always easy to work with people who do not view things the way you do or do not have the same work ethic as you. But can you imagine having to do all that needs to be done on your own? I shudder at the thought of not having Regina to help me, or Garner to take care of the student issues. So while work relationships may create problems for us, they are well worth solving! Sometimes we have to look past faults to make the relationship work. I am sure Regina and several of the chairs could agree that they have to look past my faults and mistakes in order to keep things moving.

Another challenge we face is learning how to balance our lives so that what needs to be accomplished is accomplished. It is a matter of time management and learning how to prioritize what needs to be done. I am sure we all have felt that there is "so much to do, so little time" or that we always seem to have more work to do than time in the day to do it. This challenge can create problems at work or at home based on your response to the workload. I am sure many of you can relate to this situation since last year was a good example of this type of pressure. We had new computer programs to learn and a new general education curriculum to work with, all the while continuing to teach, research and serve as we have in the past. I am better at balancing numerous roles and tasks than in the past and some days are better than others, but it still continues to be a challenge. I want to encourage you to continue to strive for this balance in your lives; it is well worth the effort.

Finally, all of us at times feel as though what we do goes unnoticed or unappreciated. It can be challenging to continue to work so hard if there seems to be no appreciation for what we do. I want to take the time to say thank you. I truly believe we have the best college at the university! Thanks for all of the work that you do and do well. Just remember that you are appreciated and that the many challenges you have faced and conquered have provided great benefit to your departments and the college.

Now it is off to the next deadline……….  

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Four-year nursing degree approved

The Board of Governors of the University of North Carolina System has approved a new nursing degree at Appalachian State University.

Appalachian's Department of Nursing will offer the four-year bachelor of science in nursing (BSN) degree program beginning during summer school in May. Program development for the degree began in 2008 and culminated with its approval by the N.C. Board of Nursing and the UNC Board of Governors at its January meeting.

Eligible students will be able to apply for acceptance into the program in the next few weeks and up to 40 students are expected to be accepted into the initial class.

This program is in addition to Appalachian's RN-to-BSN program which began in 2006. The RN-to-BSN continued next page
Ramsdell appointed director of Appalachian's Energy Center

Dr. Jeff Ramsdell has been appointed director of the Appalachian Energy Center at Appalachian State University.

The Energy Center, established in 2001, is part of the university's Research Institute for Environment, Energy and Economics (RIEEE). The center conducts energy research and outreach activities in a multi-disciplinary environment and has programs in the areas of energy efficiency, renewable energy technology, biofuels, policy analysis, forecasting and economic development.

Ramsdell is a professor in the Department of Technology. He has led the Energy Center's biofuels and biomass research initiative.

"Jeff will provide outstanding leadership for the center and build on his energy initiatives within North Carolina, in the U.S. and internationally," said John Pine, RIEEE director.

Ramsdell received a B.S. in mechanical engineering from the University of Florida, a master of business administration degree from Rollins College and a Ph.D. in materials science and engineering from the University of Central Florida.

His research has been supported by the University of North Carolina Research Competitiveness Fund, the Golden LEAF Foundation, the North Carolina State Energy Office, the U.S. Department of Energy, the U.S. Environmental Protection Agency, the North Carolina Biotechnology Center, and the Biofuels Center of North Carolina.

Nursing degree continued

program has been offered to students at four off-campus sites and has graduated approximately 65 students. The existing RN-to-BSN program is accredited by the Commission on Collegiate Nursing Education (CCNE).

The Department of Nursing will be housed in Appalachian's new College of Health Sciences and Allied Professions, whose founding dean, Dr. Fred Whitt, began his duties at the beginning of January. "Appalachian has made a significant investment in the health sciences and is committed to improving the quality of health in our region and state. I have no doubt the graduates of our program will make immediate and positive impacts in the communities they serve," Whitt said.

"The United States is facing a major shortage of nurses while at the same time qualified nursing students are being turned away from baccalaureate programs due to long waiting lists, lack of nursing faculty and a scarcity of clinical resources," said Dr. Wanda Stutts, chair of the Department of Nursing. "The addition of a baccalaureate nursing program in northwestern North Carolina will provide additional registered nurses to meet the health care needs of residents in Appalachian's service area as well as other parts of the country."

"The approval of this nursing degree is a tribute to the quality of our nursing program, excellence of the faculty and support of the administration," Whitt said. "The positive reviews from the N.C. Board of Nursing and the UNC Board of Governors is a result of a collaborative effort among faculty, administrators, local healthcare providers, the Board of Trustees and alumni across our state."

For more information about the nursing program, contact the Department of Nursing at 828-262-8039 or visit www.nursing.appstate.edu.

Faculty/Staff News

Dee Pelliccio (Dean's Office) will have an object, "Mother's Charm Bracelet," featured as part of Jody Servon's (ART) solo show in February in Bloomsburg, Pa. Artist Lorene Delany-Ulman wrote a poem about the bracelet. Pelliccio also is working on a collaborative show, "Silver II," with artist Andy Wilson that will be held in July at the "Cheesehouse" Gallery in Banner Elk. The show will feature landscapes. She also participated in the Appalachian Spring Mentoring Program for new transfer students in January, and her family is a host family for an international student from England this year.

Jean DeHart (COM) had an article published in the 2009 Carolinas Communication Journal, Vol. XXV. The article is titled "When the Personal Outweighed the Political: Narrative Tensions in John Edwards' 2008 Campaign."


Gayle Marie Weitz (ART) had several of her "humanimals" sculptural cabinets in exhibitions: Creatures Great and Small, Eagle Gallery, Murray State University, Murray, Ky., Oct. 23- Dec. 6; and the North Carolina Art Educators Exhibition, Marriott, Winston-Salem, Oct. 22-25.

Fundraising Corner

The search for a new Development Director for the College of Fine and Applied Arts continues. Candidate interviews will be happening on campus in the next few weeks.
was co-written by Mark Hickson, III (University of Alabama at Birmingham), and Don W. Stacks (University of Miami). This edition of the textbook was rewritten by Moore and has updated research concerning nonverbal communication, updated contemporary examples, as well as a host of pictures taken on Appalachian's campus. In addition, Moore developed a Power Point program and an Instructor's Manual to go with the new edition. The Department of Communication's Nonverbal Communication classes and one of the adult MBA classes in the College of Business are using the book. The book also has been adopted by other universities around the country, including UNC-Chapel Hill, George Mason University, Sam Houston State University and a number of others.

Tom Mueller (COM) authored the article, "Advertising, Media and the Convergence Model," for the website Hot Topics in Journalism and Mass Communications. The article can be read at http://aejmc.org/topics/2010/01/advertising-media-and-the-convergence-model/.

Cindy Spurlock (COM) received a $900 External Scholars Grant for Spring 2010. The grant provides funds for visiting external speakers to visit Appalachian State University. Spurlock's grant will be used to bring Dr. Tarla Rai Peterson to Appalachian for a presentation in April 2010. Dr. Peterson is Boone and Crocket Chair of Wildlife and Conservation Policy at Texas A&M University.


Phoebe Pollitt and Wendy Miller (NUR) have a an article coming out in the American Journal of Nursing in February titled, "North Carolina: Pioneer in American Nursing." In addition, Pollitt is giving a presentation at the Appalachian Studies Conference in March in Georgia titled, "Public Health Nursing in Appalachian North Carolina." She also has two articles published in the spring issue of Minority Nurse Journal: "Lula Owl Gloyne: First Eastern Band Cherokee Nurse" and "Eugene Tranbarger: Pioneer for Men in Nursing."

Tom Mueller (COM) authored the article, "Advertising, Media and the Convergence Model," for the website Hot Topics in Journalism and Mass Communications. The article can be read at http://aejmc.org/topics/2010/01/advertising-media-and-the-convergence-model/.

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Two NASCAR teams have turned to the N.C. Research Campus to improve pit crew performance through exercise science and nutrition.

Hendrick Motorsports is sending pit crews for the No. 5 and No. 88 teams to the Research Campus in Kannapolis, a $1.5 billion life sciences complex where eight universities study health, nutrition and agriculture.

Hendrick has entered what the company calls a "long-term relationship" with Appalachian State University's Human Performance Lab, directed by Dr. David Nieman. "We are always looking for an edge of opportunity to improve the performance of our pit crews," said Mark Mauldin, pit crew coordinator for Hendrick Motorsports who lives in Salisbury. "Dr. Nieman has expertise in overall fitness and cardiovascular health, and that's an area we don't pursue heavily in our sport."

It's possible that drivers Dale Earnhardt Jr. and Mark Martin also will undergo testing at the Research Campus, where athletes run on a treadmill until they can't take another step to measure their pulmonary efficiency and sit in a space-age Bod Pod wearing nothing but a swimsuit to determine their body composition, among other tests.

"There is some talk of the drivers coming in," Nieman said.

For now, Nieman's lab will focus not on the men behind the wheel but on the seven who go over the wall, where tiny fractions of a second can mean the difference between victory and defeat.

Back when pit crews were doing 20-second pit stops, it wasn't as crucial for them to be in excellent physical condition.

Today, crews are expected to change four tires, add 22 gallons of gasoline and make adjustments to a 3,400-pound race car in 13.5 seconds. That requires speed, strength, agility and hand-eye coordination.

"Finding tenths and hundredths of seconds was not really that important five or six years ago," said Mauldin, who operates Twin Creek cattle farm near Spencer with his wife Corinne, a teacher at North Rowan High School, when he's not working at Hendrick in Charlotte.

Now, with the Cars of Tomorrow racing side-by-side, teams rely on their pit crews to find the advantage. Every second lost on pit road can equate to 100 feet on the track.

"A premium is put on gaining a spot in the pits," Mauldin said. "It's sometimes easier to gain a spot on pit road than on the track."

All Hendrick pit crewmen are former standout high school or Division I college athletes, and some have played in the NFL.

They train year-round and put in 14 to 16 hours on race day. At Hendrick Motorsports, they have coaches, certified strength trainers, a dietician and even a sports psychologist.

Experts spend hours studying film of pit stops and even pit stop practices to find mistakes and develop ways to keep them from happening again.

"Along with building engines and shocks and suspension parts, pit crew building has become a specialty part of racing," Mauldin said.

While Hendrick has a state-of-the-art training facility, the company lacked the specialized equipment at the Research Campus, which provides data that Mauldin can't generate on his own.

And Hendrick lacked the expertise of Nieman, a renowned scientist and researcher.

When pit crew members were undergoing testing last week in Kannapolis, they worked with a certified strength trainer and a dietician to improve their performance.

Kip Wolfmeier, a rear tire changer for the Hendricks Motorsports No. 88 team, takes a test to determine his pulmonary efficiency at the N.C. Research Campus.

Photo courtesy of Hendrick Motorsports

Rick Hendrick's personal trainer Matt Skeen thought Nieman's name sounded familiar.

Skeen later realized that Nieman wrote one of his college textbooks, "Exercise Testing and Prescription: A Health Related Approach."

So, one cutting-edge industry turns to another as Hendrick looks to the Research Campus to get the edge on the competition. And Nieman said he relishes the chance to work with pit crews, a little-studied segment of the athletic population.

The arrangement is free.

In Kannapolis, the men are undergoing fitness testing, analysis and nutrition counseling. They will return every three to four months to determine if they've met benchmarks that Mauldin and Nieman will set based on test results.

Nieman has developed cardiovascular training regimens to improve the crews' overall health and endurance, which should result in better performance in the pits and reduce fatigue, he said.

"A leaner guy will be able to hang in there longer," he said.

continued next page
NASCAR teams sharpen competitive edge continued

In general, Nieman wants to improve the men's aerobic capacity and body composition.

That's important not only to improve performance in any athletic endeavor but also to improve an athlete's health he said.

The testing and consultation sessions have already made a difference, Mauldin said.

"It was a real eye-opener for me," said Mark Jacobs, the jack man for the No. 88 car. "It definitely made me realize that for what I do and the age that I am, I need to be in a lot better shape."

To reach his full potential, Jacobs learned that he needs to lose 20 pounds and decrease his body fat by 15 percent.

"I was shocked," he said.

While the average age in the pit is 26, Jacobs is 33 years old. Normally, he would have about two more years on the jack.

But with Nieman's help, Jacobs said Mauldin believes he could work until he's 38.

Using Nieman's test results, coaches at Hendrick Motorsports have tailored workouts for Jacobs that feature more high-intensity cardiovascular sessions and less time devoted to strength training, he said.

And he's changed his diet.

"Those trips to Cookout? That's been put to a halt," he said. "I am much more aware of what I'm putting in my mouth."

He has a smaller, protein-based breakfast, eats his largest meal at midday and tries not to consume anything after 6 p.m.

Jacobs is committed to improving his health and fitness for his employer as well as for his two children.

Unless he loses weight and body fat, his risk for cancer, diabetes and other chronic health conditions is doubled, he said.

"I want to be around for them," he said.

Mauldin first learned about the Research Campus last year when he attended a meeting at the biotechnology complex in downtown Kannapolis.

As a cattle farmer, Mauldin serves on the N.C. Department of Agriculture & Consumer Services Board. When state Agriculture Commissioner Steve Troxler gave a tour of the campus, Mauldin started asking about a human performance lab.

Clyde Higgs, campus vice president for business development, put him in touch with Nieman.

As NASCAR prepares to open its season on Valentine's Day at the Daytona 500, two pit crews from Hendrick Motorsports are meeting with scientists in Kannapolis to improve their performance by even a tenth of a second.

"The premium is now put on human performance that was always put on car performance," Mauldin said. "You need to build great pit crews, as well as great cars, to win races."

Faculty/Staff News continued

Lyndhurst House in Durham. The Center for Documentary Studies (CDS) at Duke offers a wide range of courses in photography, film and video, audio and writing for adults who are interested in learning to do their own documentary work. The cornerstone of CDS's Continuing Education program is the Certificate in Documentary Arts. The certificate program establishes a process for engaging and empowering already motivated people to make the work they care about. McLaurin's project was a photographic documentation of folk art titled, "Walls that Speak." The photographs will be on display at Lyndhurst through early February.

Ray Miller (TD) published his article, "History and Development of Broadway Dance and Choreography" in Broadway: An Encyclopedia of Theater and American Culture, Volumes 1&2, edited by Thomas Greenfield and published by
Appalachian receives $300,000 to assist Mexican university

Appalachian State University has received a three-year, $300,000 grant to enhance the capacity of a Mexican partner institution, Fundacion Universidad de Las Americas Puebla (FUDLAP), with its renewable energy and energy efficiency educational programs and activities.

The project is funded by the U.S. Agency for International Development/Mexico through Higher Education for Development under the Training, Internships, Exchanges and Scholarships (TIES) Program.

Appalachian is one of only five U.S. universities to receive funding under the TIES Phase IV Cycle 1 Competition. The award was announced by the USAID/Mexico Mission Director at the TIES conference that took place in Veracruz, Mexico, and attended by Dr. Jesse Lutabingwa, associate vice chancellor for international education and development and Jeff Tiller, chair of the Department of Technology, who represented Appalachian at the conference.

The project will be directed by Lutabingwa, Tiller, and Dr. Jeff Ramsdell, coordinator of building science in Appalachian’s Department of Technology.

"I am very pleased that Appalachian has been awarded this project," Lutabingwa said. "The project will greatly facilitate our efforts to deepen the relationship between Appalachian and FUDLAP beyond the traditional student and faculty exchanges. This project will lay the foundation for developing innovative joint academic programs that match several of our existing programs."

The goal of the project is to promote public and private expansion of renewable energy sources and energy efficiency technologies, thereby increasing efficiency of energy use and decreasing Mexico’s dependence on fossil fuels.

Four objectives will be achieved under this project: * Increasing the capacity of FUDLAP students and faculty to conduct research on, and contribute to curriculum development related to renewable energy and energy efficiency * Strengthening FUDLAP curriculum in renewable energy and energy efficiency so that the faculty and students are better prepared to carry out research and conduct pilot and demonstration renewable energy projects * Building capacity among public institutions to develop and implement energy sector policies and regulations * Promoting the use of small-scale renewable energy systems in rural communities in Mexico

Dr. Jesse Lutabingwa, left, and Jeff Tiller, far right, are project managers of a $300,000 grant awarded to Appalachian State University to help a university in Puebla, Mexico, develop its educational programs related to renewable energy. Lutabingwa is associate vice chancellor for international education and development at Appalachian and Tiller is chair of the university’s Department of Technology. Also pictured second from the right is Dr. Cecilia Anaya Berrios, vice chancellor of research at Fundación Universidad de Las Américas Puebla, and an unidentified representative from a Mexican university. (Photo submitted)

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Faculty/Staff News cont’d

Greenwood Publishing. This is the first major reference work to explore how American theatre illuminates our national character. In addition, he served on the editorial board and contributed additional sidebar articles on musical theatre choreographers George Balanchine, Jerome Robbins, Tommy Tune, Jack Cole, Bob Fosse and Susan Stroman.
FUDLAP in May/June 2011. This conference will include participants from higher education, private industry and government to discuss new trends in alternative energy generation. The goal is to convince government officials/ and decision-makers to invest adequate resources in the development of renewable energies in Mexico.

"As part of this project, we also plan to conduct outreach activities in rural communities in Mexico to install small-scale renewable energy systems," said Ramsdell. "This activity will involve faculty and students at both Appalachian and FUDLAP. A select group of faculty members from both universities will offer joint courses in specific topics related to renewable energy. The course sessions will be related to specific energy issues of rural Mexico."

Appalachian and FUDLAP students enrolled in the courses will work in teams to develop solutions to those problems using the available renewable energy technologies. Students will meet with each other either by e-mail or video conference to work on their projects. The best solution(s) will be selected for installation and testing in a rural community in Mexico. The winning team(s) from Appalachian will travel to Mexico at the end of the semester to meet face-to-face with the FUDLAP team to work on the installation and testing plan. The initial fieldwork will be carried out mainly in two rural poor communities located in isolated regions of Mexico - Los Llanos and Las Cucharas.

According to Lutabingwa, "Appalachian and FUDLAP have been working together since 1999 when the two institutions signed an agreement that provides a framework for student and faculty exchanges and collaborative research activities. While most of the student and faculty exchanges thus far have been in the social sciences and humanities disciplines, the TIES project will provide an opportunity to develop exchanges in the natural sciences and engineering disciplines."

TIES is an important part of the Partnership for Prosperity, a key bilateral initiative between the United States and Mexico, which started in 2001 and focuses on promoting economic growth and higher living standards for the citizens of both nations. In this public-private alliance, both governments act as facilitators to leverage private sector expertise and resources to address shared development goals. TIES seek fully collaborative relationships between Mexican and U.S. higher education institutions and their public and private sector partners on both sides of the border. TIES enhances the capacity of higher education institutions of both nations to examine mutual development problems, work in strategic alliances to develop solutions, and create the basis for Mexican participants to respond more effectively to development challenges and opportunities. TIES University Partnerships have demonstrated significant results through increased capacity of faculty and administration of the Mexican partners and greater involvement and outreach to Mexican communities.

For more information, contact Lutabingwa in the Office of International Education and Development at 828-262-2046 or lutabingwajl@appstate.edu.

"Publish a book or article? Win an award? Make a presentation? Submit your accomplishment to Appalachian Scene! www.scene.appstate.edu/"

Tim Dolan and Jeanne Mercer-Ballard (TEC) presented "Service-Learning in the Design Studio" at the Third International Symposium on Service-Learning in Athens, Greece, Nov. 22-24. This symposium encourages participants to explore a wide range of issues related to research, curriculum design, assessment, institutional support, community connections and partnerships, and student development, with the goal of providing participants with perspective on critical issues, paradigms, and challenges in service-learning in higher education. Dolan and Mercer-Ballard's presentation focused on how the introduction of service-learning into design curricula is changing the expectation that architecture and design are luxuries few can afford. Appalachian's Interior Design program is creating a supply of emerging professional designers eager to serve their communities and create partnerships to better society and the lives of those living in these communities. The nonprofit clients provide real-world scenarios for the students, often including great challenges. Utilizing research-based design, local organizations, board members, and community members begin to understand the importance of design in community as students experience first-hand design as an impetus for social change.
Graduation Audits

The student records area of the Dean's Office processes graduation audits for students in our college. These audits are official reviews of a student's program and are very important for ensuring that the student is on track to graduate on time. We will process audits for students who meet the following requirements:

- Must have a minimum of 90 semesters hours earned.
- Must be within one or two semesters of graduating. Students who will be completing an internship or student teaching in their last semester are an exception, and they should request the audit two semesters prior to their student teaching/internship.
- The Dean's Office must have memos on all substitutions and waivers in the student's file.
- If the minor requires a contract, the Dean's Office must have a signed copy of the contract in the student's file.
- The students must know which checksheet they are following and give us the correct checksheet year when filling out the audit request. Advisors: Please make sure to remind your advisees which checksheet they are following each time you meet with them.

Please note that the audit is a final check of the student's program, and does not take the place of advising. Advisors should not require a student to have an audit before they are advised.

Students must come to the Dean's Office office and fill out an audit request. Audits are processed on a first-come, first-served basis, and we will only process one audit per student. With over 3,300 majors, the Dean's Office receives a tremendous number of audit requests, especially during the early registration periods. Once we receive graduation applications for the current semester, we suspend processing of audits in order to notify graduating seniors of their status. The audit process generally takes 3-4 weeks, but will be longer if requested while we are checking out seniors.

If you have any questions or need more information, please contact Beth, Mark or Dee at 262-7129.

DATES AND DEADLINES

For a complete listing of all campus events, visit www.appstate.edu.

Feb. 10 Last day to drop a first half class
Feb. 26 First-half of semester ends
March 1 Second-half of semester begins
March 8-12 University Break
March 22 Last day to drop a full semester class; last day to withdraw without academic penalty
April 5-6 State holidays
April 8 Last day to drop a second half class
April 27 Last day of formal class meeting pattern
April 28 Reading day
April 29 - May 5 Final Examination period (excluding Sunday, May 2)
May 6 Faculty grading period
May 7 Last day to submit final grades
May 8-9 Commencement ceremonies

Check the College of Fine and Applied Arts website for all the latest news at: www.faa.appstate.edu.

Call us at: 262-7129