

PERSPECTIVES

A publication by the Dean's Office for the faculty and staff of the College of Fine and Applied Arts.

Goodbye & Hello

Dr. Glenda Treadaway, Dean

As all of you know our college will change significantly as of July 1, 2010. I wanted to take this opportunity to express my sadness and excitement at the year ahead.

It is with great sadness that I will say goodbye to the Departments of Family and Consumer Sciences, Health, Leisure and Exercise Sciences and Nursing. I have enjoyed working with Sarah, Paul and Wanda and will miss them each and every week. I wish each of you the best as you move to the new College of Health Sciences and Allied Professions. I know that you will be successful in the new college and will form the cornerstone for that college. Fred is very lucky to have the three of you joining the college.

I will miss the faculty of these departments as well. I have enjoyed working with each and every one of you to make your programs better and to help you get the resources needed for the high quality programs that all of you offer. My service to your departments has been a wonderful experience for me. It has been my pleasure! I have learned so much from all of you about disciplines to which I had no previous exposure. Thank you for bearing with me through the learning process. I truly feel as if I have gained so much from working with you. Please remember that you can always contact me if I can be of any further service. I always have an open door waiting for you!

Along with sadness, I am also feeling very optimistic and excited about the opportunities that will come in the fol-

Dean's Office Moving

The Dean's Office will be moving from its current offices at 214 Locust St. to Owen's Field House, off Stadium Drive, the week of

May 17. The building on Locust St. is set to be razed as part of the construction of a new living-learning center as outlined in the university's master plan. Phone numbers for the Dean's Office staff will remain the same although contact may be limited for several days during the transition.



lowing year. It is time now to revisit the College of Fine & Applied Arts Taskforce recommendations. In order to address these recommendations, new committees will be formed to look at what we can do to move the college forward, and how and when to implement various elements. Hopefully, we will receive at least a half-time position in the Dean's Office to help assist and initiate collaborative programs as well. Once we have addressed some of the recommendations from the college task force, I would like for us to reconsider the name of the college as well. There are numerous opportunities and tasks for us in the coming years that will strengthen the academic programs within the college.

I also plan to start two new advisory committees during the next year. I would like to begin a faculty advisory committee that would meet monthly with me to discuss faculty concerns in the college. Each department would elect a representative to that advisory council. I also

hope to start a college level professional advisory board. I hope to get nominations from the chairs of each department to assist me with this process as well as hopefully a new development officer!

Some communication and logistical changes will occur as well within the college. We will unveil a new college website which I believe will be more user friendly and will have more information needed by students, faculty, alumni and parents. We will be moving in May to the new college offices at Owen's Field House. You will receive more information about these changes as it becomes available.

So for now I will say a sorrowful goodbye to those who are leaving the college and an exciting hello to those who are remaining to help us become a "new and improved" College of Fine & Applied Arts. I hope you all have a wonderful and productive summer and return in the fall rejuvenated and excited about the opportunities that are ahead!

Artistic Director of Barter Theatre to Speak at Commencement



The College of Fine and Applied Arts will hold its spring Commencement Ceremony at 9 a.m. Sunday, May 9, in the Holmes Convocation Center. The guest speaker will be Richard Rose, producing artistic director of the Barter Theatre in Abingdon, Va.

Rose is celebrating his 18th season with Barter Theatre as only the third Artistic Director in Barter's illustrious 77-year history. He has produced and directed theatre throughout the United States including in New York City.

Since coming to Barter, Rose has more than tripled the annual attendance setting a record-breaking season last year with over 160,000 at-

tending Barter's programs. He has overseen the renovation of historic Barter Theatre, the building of Stonewall Square and the recent renovation and expansion of Barter Stage II including the addition of The Barter Café.

Under Rose's leadership, Barter received the prestigious "Business of the Year Award" for the Tri-Cities Virginia/Tennessee region. He has brought Barter into the international spotlight with productions in Russia and New York, the premieres of new works and the founding of Barter's Appalachian Festival of Plays and Playwrights.

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Faculty receive Hubbard Center grants

Three faculty members from the College of Fine and Applied Arts have been awarded Hubbard Center Foundation Fellows Grants for 2010-11.

Joy James (HLES) received a \$4,857 grant for her project "Fields of Grain, Concrete Jungles: Environmental Socialization." Also participating in the project is Lisa Gross from Appalachian's Department of Curriculum and Instruction.

James describes the project: "As recently indicated in Richard Louv's (2005) book, *Last Child in the Woods: Nature Deficit Disorder*, there is a declining interest in nature due to lack of access and opportunities to play in natural areas (Louv, 2005, Miller, 2005, Pyle, 1993). Environmental Education (EE) can be one way that children and adults are afforded opportunities to access, experience and learn about their surroundings. For our project, ASU students from two departments will collaborate, develop and implement Environmental Education (EE) activities for 5th grade

students in Wilkes County. In partnership with the U.S. Army Corps of Engineers (W. Kerr Scott Dam and Reservoir), the new Environmental Education Center will be the site for the project."

Cindy Spurlock (COM) received a \$4,989 grant for her project "Public Memory and the Production of Ecological Citizenship in National Parks."

Spurlock describes her project: "As one of the most visible and vulnerable articulations of 'nature' and 'culture' in American public life, national parks have long been celebrated as the quintessentially American idea that materially demonstrates our collective, cultural commitments to the democratization of the extraordinary and the everyday. National parks play an important role in the advancement of civic pedagogy precisely because they offer instructive narratives and experiences that are tasked with the rhetorical objective of creating environmentally-aware subjects. These discourses and practices that work together to produce a uniquely

Fundraising Corner

The search committee for the College of Fine and Applied Arts Development Officer is bringing three candidates to campus during the last two weeks of April and the first week in May. Candidates will be meeting with staff and faculty from the College of Fine and Applied Arts and with staff from University Advancement. The search committee is pleased with the quality of professionals interested in this position and in Appalachian, according to search committee chairman, Hank Foreman.

American articulation of nation, nature, and citizen that I term 'conservation civics.' This project is an important component of my research program that will providing me with the crucial opportunity to update my case studies, augment my archival research with additional depth from primary sources, and engage in extended interviews with National Park Service (NPS) interpretive staff. Specifically, it will provide me with the resources required to engage in a comparative, longitudinal analysis that will enable me to develop my dissertation into a book. My dissertation research examines how conservation civics is enacted by the NPS at Cape Hatteras National Seashore, the Blue Ridge Parkway and Great Smoky Mountains National Park."

Heather Waldroup (ART) received a \$1,866 grant for her attendance at Rare Book School course, "The Identification of Photographic Print Processes." See the September issue of *Perspectives* for details about her project.

Nursing holds workshop

The Department of Nursing sponsored a Regional Nursing Leaders Workshop with the North Carolina Foundation for Nursing Excellence on March 30 at the Broyhill. Approximately 25 nursing leaders from northwestern North Carolina gathered to discuss issues of importance to the nursing profession. The Dean's Office donated \$250 to cover expenses.

Faculty/Staff News

Dee Pelliccio (Dean's Office) and **Gary Nemcosky (ART)** will display their collaborative painting efforts at the Cheese House in Banner Elk in July.

Beth Brittain (Dean's Office), Garner Dewey (Dean's Office) and several other artists also will have art on display. A Wine and Cheese Reception for the show will be held from 5 to 7 p.m. Thursday, July 8, at the Cheese House.

David Modler (ART) is the subject of an article in the Winter 2009, Vol. 11.3, issue of the Southeast Educational Network's *SEEN* Magazine. This is an online and print periodical focusing on educational concerns in Southeast Region of the USA. The article is about Modler's work with visual journals and connection to the North Carolina Center for the Advancement of Teaching (NCCAT).

From April 14-18 Modler will be attending and presenting at the National Art Education Convention in Baltimore. He will be part of a panel discussion on the challenges for teachers of all levels in balancing time for studio practice and teaching practice, and also will present on the development of his book, *Journal Junkies Workshop: Visual Ammunition for the Art Addict*.

Modler's book, *Journal Junkies Workshop: Visual Ammunition for the Art Addict*, is scheduled to be released in late May. It is currently available online for pre-order and will be available in the Appalachian Bookstore. Details of the book are available at <http://www.amazon.com/Journal-Junkies-Workshop-Visual-Ammunition/dp/1600614566>.

Eric Purves (ART) has been granted professor emeritus status by Appalachian State University's Board of Trustees.

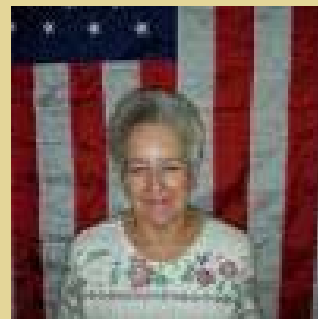
Purves joined the Department of Art in 1986 as an assistant professor. He retired in June 2007 and will complete the three-year Phased Retirement Program in June.

Cindy Spurlock (COM) has coordinated and will serve as the faculty advisor for the first Omega Theta Chapter of Lambda Pi Eta, the National Communi-

Coffey retires from ROTC after 30 years of service

Evelyn Coffey retired from Appalachian's Army ROTC program on April after 30 years of service.

Born and raised in Watauga County, Coffey attended Appalachian High School, which is now Chapel-Wilson Hall on the Appalachian campus. Coffey comes from a military family with two brothers who served in the military as well as her father, who served during World War



I. Coffey started working for the United States Air Force in 1965 in the aerospace fuels department in Panama City, Fla., near Tyndall Air Force base.

When her husband deployed to Vietnam, Coffey came back to Boone to take care of her young son. She started working as a state employee for the Industrial Arts Department at Appalachian. In 1967, she worked for the Selective Service System in Boone until the All-Voluntary Army was implemented by President Nixon in 1974. She started working for the US Army Corps of Engineers in 1977, where she was in the Office of Resource Management in Wilkes County.

In 1980, Coffey transferred to a position in Appalachian's Army ROTC department. She has worked in the D.D. Dougherty building for the full 30 years. In the ROTC program, she has worked as the Battalion's Human Resources Technician (military). She works with all the program's cadets from time of pre-contracting through their commissioning.

Coffey has traveled to and worked at Fort Lewis, Wash., in the S-1 (personnel) for in-processing cadets for the Leadership Development and Assessment Course. She has also worked at Fort Knox, Ky., for the Leadership Training Course, where she also worked on in-processing potential cadets.

In the Mountaineer Battalion, she is able to work with the cadets on a more informal basis to help them through their progression to becoming Army officers. She has been an integral part of the program for so many reasons, from handling all aspects of documents and paperwork, to giving advice for the many issues cadets deal with in their time here.

A retirement reception was held for Coffey on her retirement day. LTC Andy Kilgore, commander of the Mountaineer Battalion, spoke about Coffey's influence on the ROTC program during the reception.

"Everyone here probably knows that Mrs. Coffey is our Human Resource Technician, but I'm not sure if you know that she is also the glue that holds this program together," said Kilgore. "Cadre and instructors come and go, but Mrs. Coffey has been here to maintain the continuity. She has been the primary Military Science instructor, not for the cadets, but for the professors of Military Science that have come and gone from this program. And she has done a great job! App State Army ROTC is one of the premier programs in the country; well respected and sought after in our Army. We as a program are only as good as the LTs that we produce, and we have produced some good ones...and continue to do so! Mrs. Coffey has been a large part of our success."

Coffey plans to stay in Watauga County but also looks to do some traveling since her retirement.

cation Honor Society, at Appalachian. Lambda Pi Eta has more than 400 chapters in North America. Students must

meet and maintain rigorous academic standards to be considered eligible for

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Faculty/Staff News continued

induction into this 25 year-old society. This spring, Appalachian will induct the inaugural class of 53 students and present 16 of those students (graduating seniors) with red and white honor cords to symbolize their academic achievements at graduation.

In addition, Spurlock was selected to be the lead editor of the PRAXIS section of Environmental Communication: A Journal of Nature and Culture (print, peer reviewed, interdisciplinary) for 2011-2012. She will lead a team of two other colleagues, Dr. Nadaraja Sriskandarajah of the University of Uppsala in Sweden and Dr. Kitty Van Vuuren of the University of Queensland, Australia.

Spurlock and Scott Welsh (COM) received funding to support undergraduate research assistants this semester from the Office of Student Research.

Welsh also was selected by students to give a "Last Lecture" on March 26. "Last Lecture" is a new tradition started by Appalachian's Department of Housing and Residence Life. The event is based off of the book, *The Last Lecture*, by Randy Pausch. In January students were asked to vote for the professor they would most like to hear give an inspirational last lecture. Five hundred votes were cast, and Welsh and one other faculty member were selected. Welsh was asked to give a 20 minute lecture at the Faculty Last Lecture dinner to 100 attendees about a topic of his choice based on the consideration of what he would want to say to students, staff and faculty if he were about to give the last lecture of his lifetime.

Several faculty members from the Department of Communication are traveling to Memphis for the Southern States Communication Association's (SSCA) annual convention in early April, along with several of the department's undergraduate students whose papers were competitively reviewed/accepted for presentation in the Clevenger Undergraduate Honors Conference (UHC). The UHC is held con-

Recent exhibitions of **Lynn Duryea's (ART)** work include "Clay Abstractions: Formalist Approaches to the Medium" held during February at A.D. Gallery, UNC Pembroke. Curated by Stephen Robison, assistant professor of art at Central Washington University, Ellensburg, Wash., and Carla Rokes, director of the A.D. Gallery, the exhibit featured work by three ceramic sculptors who teach in the southeast: Sally Brogdan at the University of Tennessee, Virginia Scotchie at the University of South Carolina and Duryea.



ROCK #2, 2009, slab-constructed terracotta, 12 x 14 x 5 in., Lynn Duryea



"Three Pairs", 2009, 28" diameter, acrylic paint, dye and hand-cut recycled leather on cotton; dyed, screen-printed, painted, appliqué, machine-pieced and hand-quilted with French knots. Jeana Klein

currently with SSCA.

Terry Cole (COM) has been recognized by his former debate and forensics team members with a scholarship in his honor. Cole, currently a professor of Communication Studies at Appalachian, served as the debate team director for 15 years. As the team's director, he not only helped to prepare team members for competition, but also spent a great deal of his time taking the students to tournaments around the country. To read the complete story, visit the news section of the Department of Communication website at www.asucom.appstate.edu.

Cheryl Lee (FCS) published the article, "Integrating Service-Learning in an Undergraduate Family and Consumer Sciences Adolescent Development Course" in the Journal of Family and

Jeana Klein (ART) had her work displayed in the two-person exhibit, "In Stitches," in March at Gallery One in Ellensburg, Wash. For the month of April she has work on display at another two-person exhibit, "Short Stories," at the Hardee Center for the Arts, North Florida Community College, Madison, Fla.

Consumer Sciences Education, Vol. 27, No. 1, 2009. In addition, Lee made two research presentations at the recent North Carolina Association of Family and Consumer Sciences Annual Conference in Wrightsville Beach, March 5-7: "A Profile of North Carolina Secondary Family and Consumer Sciences Teachers," and "Millennial Students' Evaluation of a Family and Consumer Sciences Professional Orientation Class."

Phoebe Pollitt (NUR) has been invited to be a keynote speaker at the North Carolina Public Health Association's annual meeting in October 2010 in Wilmington.

Margot Olson (TEC) is currently president of the American Society of Interior Designers (ASID), Carolinas chapter. In this role, she has organized

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GRANTS

January & February 2010

Awarded:

Kern Maass, David Domermuth and Michael Hall (TEC) received \$10,000 from ECRS Software Corporation for an "ECRS Sponsored Studio."

David Nieman and Melanie Austin (HLES) received \$2,500 from Cosmed Ltd. for "Validation of Cosmed's Quark CPET (With Mixing Chamber) in Measuring Exercise Metabolism."

Jeffery Ramsdell (TEC) received \$10,000 from the National Science Foundation Industry/University Cooperative Research Centers for "Collaborative Research: Planning Grant: I/UCRC for Sustainable Integration of Buildings and Sites (SIBS)."

Dennis Scanlin (TEC) received \$27,750 from the North Carolina State Energy Office for "North Carolina Wind

Faculty/Staff News cont'd

and hosted a conference held April 8-11, 2010, at the Broyhill Inn Conference Center. The conference included a keynote address, CEU's, invited speakers, student scholarship awards, an insider tour of the Cone Manor house plus a reception for conference participants at the Olson home. In addition, the conference included several planning meetings and a special reception held at the Turchin Center to give Appalachian interior design students the opportunity to meet and mingle with the current ASID Carolinas Board of Directors. The dress code for the conference was "denim only" based on the Cone family success in mass-producing denim and the native dress of Boone, in general.

Ray Miller (TD) presented a workshop and paper titled "Partying With the Prose, or How to Engage Students on any Subject in any Classroom by Using Movement," at the 2010 Lilly Conference on College and University Teaching in Greensboro in February. Miller is also directing and choreographing a production of Mary Zimmerman's *Metamorphoses* for the Theatre and Dance department, which plays April 21 - 25.

Powering America Mountain Outreach."

Stephanie West (HLES) received \$1,590 from Watauga County Parks and Recreation for "Watauga County Parks & Recreation Needs Assessment 2010."

Submitted:

Sid Connor (NC Center for Engineering Technologies) submitted a \$9,656 proposal to Catawba County Schools Math and Science Partnerships (MSP) for "A.C.C.E.S.S.: Assessing Core-Content and Ensuring Success in Science."

Susan Doll and Katie Cavert (TEC) submitted a proposal for \$10,000 to the U.S. Environmental Protection Agency 7th Annual P3 Awards: A National Student Design Competition for Sustainability Focusing on People, Prosperity and the Planet for "Sun, Bottles and Beeswax: Local solutions for clean water using solar disinfection."

David Modler (ART) currently has work on exhibit at the William King Museum in Abingdon, Va. The show is called "Cohabitants." The show materials describe the display: "If you listen closely, you may hear the abstract forms found in the work by David Mazure inhale, whisper, or grit their teeth. David goes beyond reflecting his external world by drawing from some microscopic and alien detail of the universe. His forms thrive inside our own larger realities and make us question our usual dominant presence inside the gallery space. This exhibition will not only alter the gallery environment, but will force us to ponder the relationship between the microcosmic and the macrocosmic." More information about the show can be found at <http://williamkingmuseum.org/index.php?id=77>.



Barbara Yale-Read

Chad Everhart (TEC) submitted a proposal for \$7,232 to the Graham Foundation for Advanced Studies in the Fine Arts Research and Development Grants for Collaborative Projects by Individuals for "George Matsumoto: Situating a Post-War Modernist."

Melissa Gutschall (FCS) submitted a \$10,000 proposal to General Mills Foundation Champions for Healthy Kids Grant for "BLAST: Building Lively Active Strong Tweens."

Kern Maass, David Domermuth and Michael Hall (TEC) submitted a proposal for \$10,000 to Irwin Industrial Tool Company for "ASU Design Program and Participation Agreement."

Publish a book or article? Win an award? Make a presentation?

Submit your accomplishment to Appalachian Scene!

www.scene.appstate.edu/



David Modler

Barbara Yale-Read's (ART) current work is on display in the Catwalk Gallery at the Turchin Center on King Street in Boone. The exhibition is titled "Painted Speech" and features her studio work as a calligrapher and image-maker. Many of these works are based on a poem or passage in which the written word relays its narrative not only through the story but through the graphic and expressionistic quality of the writing. The work is on display until June 5.

Earth Day talk to address community-based conservation

Appalachian State University's Department of Communication, the College of Fine and Applied Arts, the Office of Sustainability, and the University Forum will sponsor a free public talk on Earth Day, Thursday, April 22, by Dr. Tarla Rai Peterson. Peterson is an internationally-recognized expert in environmental conflict resolution, and she holds the Boone & Crockett Chair in Wildlife Conservation and Policy at Texas A&M University.

Peterson's talk, "The Challenges of Community-Based Conservation Programs: Lessons in Communication and Conflict," will be held from 12:30 to 2 p.m. in the Table Rock Room at Plemmons Student Union. Students, faculty, staff, and members of the community are invited to attend.

Peterson will discuss the challenges and advantages of community-based conservation programs. Increasingly, governmental agencies are seeking community input and participation in decisions about resource management. Peterson will discuss how the U.S. De-

partment of Interior's Recovery Implementation Plan (RIP) acknowledges diverse perspectives and invites collaboration to resolve environmental controversies.

Peterson has been recognized as an influential scholar whose research is relevant to environmental studies, public policy, rhetorical theory, public health, critical/cultural studies, ecology, and natural resource management. She is the author of *Sharing the Earth: The Rhetoric of Sustainable Development* (1997) and *Green Talk in the White House: The Rhetorical Presidency Encounters Ecology* (2004). Her research has been published extensively in several peer-reviewed journals including: *Environmental Communication: A Journal of Nature and Culture*, *Society and Natural Resources*, *Journal of Wildlife Management*, *Journal of Applied Communication Research*, *Environmental Values*, *Agriculture and Human Values*, and *Quarterly Journal of Speech*.

On Wednesday, April 21, Peterson will lead an interdisciplinary workshop titled

"Communicating Sustainability Across the Curriculum" from 11 a.m. to 1 p.m. in the New River Room, Plemmons



Tarla Rai Peterson

Student Union. Peterson will provide resources and teaching tips for faculty who plan to incorporate and/or revise units on sustainability into undergraduate and graduate courses. For more information about Dr. Peterson's research and teaching, please visit <http://trpetersonlab.tamu.edu/>.

To register for the workshop, send an email to spurlockcm@appstate.edu by 5 p.m. Monday, April 19. No registration is required for the lecture.

John Craft and Dean Gilbert (TEC) were speakers at the 2009 International Graphic Communication Arts Conference held on the campus of the National Taiwan University of Arts, Pan-Ciao City, Taiwan Nov. 25 and 26.

Craft's paper, "Catalog Production-Social Media Influence as the next step in the production of catalogs?" was presented to students, faculty and members of the print media industry. Craft discussed the impact of social media networking on the future of catalog production. That social influence marketing has become prevalent as more people are using blog sites or "catablogs" for sharing opinions and obtaining information about products. One of the most popular social networking sites is Facebook, with over 350 million active users. Craft's study examined how vendors will make use of social networking sites to make contact with consumers by offering a more personalized catalog of products based on personal interest obtained through profiles that are voluntary.



Dean Gilbert

Gilbert's presentation, the culmination of a long-term research project, was titled, "Performance Enhancing Cylinders versus Conventional Plate Cylinders: A Comparative Analysis of Flexographic Print Quality." This research evaluated print characteristics of a radically different flexographic plate cylinder design, which is manufactured by NuTech Coatings Inc., of Johnson City, Tenn. When compared to conventional printing cylinders the NuTech product showed strong evidence of reduced banding and improved quality. Gilbert's research project and Taiwan presentation is also the subject of a featured article in the February issue of FLEXO Magazine.

Both Craft and Gilbert had the opportunity to present to undergraduate and graduate students at the National Taiwan University about the educational opportunities available in the United States and specifically at Appalachian State University. They also met with CEOs and key managers of Taiwan's print media industry.

Technology Support

e-Mail Etiquette

Tony Grant & Josh Hodges
Computer Consultants

WHO IS INCLUDED

Think about your audience. What type of involvement would you like them to have? The TO field in your e-mail is for direct conversation. The CC (Carbon Copy) group gets to hear/see what is going on but isn't necessarily part of the conversation. If you want someone to know what is going on, without the other groups knowing, put them in the BCC (Blind Carbon Copy) group.

Picture this: Joan is having a one-on-one conversation with Peter (TO). Jesse and Pat are standing in the same circle listening, but not participating (CC). Joan is wearing a wiretap device to allow Susan to hear what is being discussed (BCC).

If you want to have your say - Again, remember your audience. Do they all need to hear your reply (Reply All) or do you want to keep it private (Reply)?

MASS MESSAGING

When sending to large groups who are not members of a listserv you should always put the e-mail addresses in the BCC field. This prevents unauthorized replying to the group.

THE SUBJECT LINE

The Subject field in your message should always pertain to the contents of your message body. If you want to change the topic, start a new conversation. In other words, send a new e-mail with a proper subject.

PREFIX

Note the prefixes that are attached to some subject lines. They explain where the message has been. RE: means that someone is replying to your previous message or adding you into a conversation to which he is replying. FWD: means someone has forwarded you an e-mail that was sent to him.

Remember to stick to the subject when replying to or forwarding any message.

THE SPEED OF COMMUNICATION

Typically, your paper mail ser-

vice delivers once a day but not on Sundays. E-mail is always moving. You should check it as often as possible. Checking e-mail once a day is not enough. The electronic messaging culture brings with it a need for instant results.

BE SENSITIVE TO THE CASE

We cannot see facial expressions nor can we hear someone's tone of voice in a written document. The reliance on linguistic skills governs our perception of the written message.

Capital letters usually signify a raised tone or anger. Always leaving the caps lock on is very inappropriate.

Emoticons are acceptable in unofficial documents and in small amounts. Here are some examples:

- o :) or :-) is a smiley face
- o :(or :-(is a frown
- o :o or :-o means surprised
- o ;) or ;-) is a wink
- o There are many more.

SYNTAX AND COMPOSITION

When speaking of a website or page make sure you use a proper Uniform Resource Locator (URL). Check to make sure it works before sending it to someone. A proper URL looks something like this: <http://faa.appstate.edu/>.

A wise man once spoke about the dangers of sending a poorly thought out message:

"Don't write anything in an e-mail you wouldn't want to see posted on a bill-



board."

-Max Kanagy

Do not let your emotions get the best of you. Once you hit Send there is no going back. Check and recheck your message. Are you getting your message across in your desired tone? Do not assume your audience knows what you are thinking - tell them.

Are you attaching a file to your message? Tell the recipient you meant to do this. Otherwise he might think it is a virus.

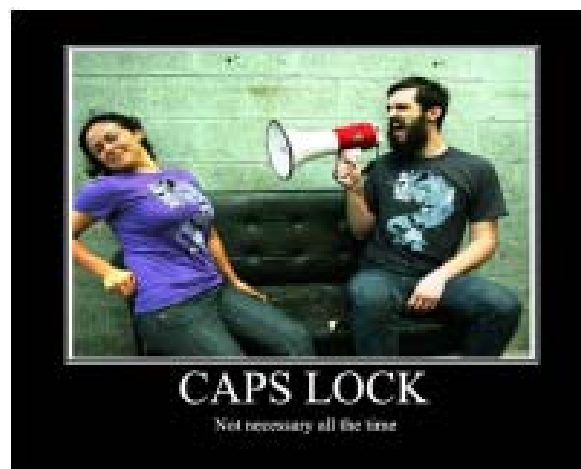
INFORMATION IS KEY

It can be difficult to recall a verbal conversation just as it can be difficult to recall a written one. When replying to an e-mail conversation you should always reference the original text. The Reply-To function does this by default. You should not turn off this feature.

People like to know with whom they are dealing, and more than just their first name. Every e-mail application has the option to add an automatic signature to each message. Once you set up this option you only need to change it if your contact information changes.

Some e-mail programs give you the ability to attach a Vcard to every message. A vcard is a virtual

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Nursing chair serves on medical mission team in Costa Rica

Courtesy of the University News Bureau

Developing an awareness of cultural differences is an important aspect of the nursing curriculum at Appalachian State University.

Dr. Wanda Stutts, chair of the university's Department of Nursing, recently enhanced her cross-cultural experiences while serving on a medical mission team in Costa Rica.

Stutts and other health care providers spent four days in the outskirts of San Jose, Costa Rica, providing medical care for Nicaraguan refugees working in the country's sugar cane fields and coffee plantations.

Wanda Stutts, center, works with an interpreter as she provides health care to a Nicaraguan refugee now living in Costa Rica. Stutts, chair of the Department of Nursing at Appalachian State University, was part of a medical team that spent four days in Costa Rica providing medical aid. While the interpreters were fluent in Spanish, they relied on dictionaries to properly translate some medical terms. (Photo courtesy of Wanda Stutts)

One area the physicians, nurses and pharmacists visited was Los Guido with a population of 38,000. Eighty-five percent of the residents are Nicaraguan refugees whose parents fled to Costa Rica during the Sandanista Wars. "There is no welfare system in Costa Rica to help with food or medicine for these people; however, they do receive emergency care when needed," Stutts said.

The health care workers traveled about two and a half hours each day to community centers, churches and other areas where they could find a building large enough to serve as an impromptu clinic.

"We saw 700-800 patients during the four days there," Stutts said. "It was a good trip. We saw some people who were pretty sick." The medical team treated people with asthma, urinary tract infections and upper respiratory infections.

"I was glad to be a part of the team," Stutts said. "I like to keep my nursing skills current and one way to do that is through projects like this. It's also important to integrate cultural awareness into all of our nursing courses at Appalachian – to go out and actually see other areas of world and how cultures differ in regard to health care and their lifestyles and share that experience in the classroom."



Wanda Stutts, center, works with an interpreter as she provides health care to a Nicaraguan refugee now living in Costa Rica. Stutts, chair of the Department of Nursing at Appalachian State University, was part of a medical team that spent four days in Costa Rica providing medical aid. While the interpreters were fluent in Spanish, they relied on dictionaries to properly translate some medical terms. (Photo courtesy of Wanda Stutts)

E-mail Etiquette cont'd

business card. It contains the information normally put on a paper business card. Think of it as the next generation of e-mail signatures. Vcards make it easy for someone to add all your information to their address book with minimal clicking.

If you have the option for both a signature and a Vcard you should use both.

SIZE MATTERS

E-mail messages take up very little storage space, unless they have an attached file. Most e-mail service providers allot a maximum storage capacity measured in either megabytes (MB) or gigabytes (GB). Basic e-mail messages, without an attachment, take up around 10 kilobytes (KB). Get ready for some math.

The typical storage capacity of today's e-mail account averages at around 3.0

GB. That means you can have 3221225472 bytes of data or over 320,000 e-mail messages without attachments. On the other hand, once you put some photo attachments in there things change drastically. A 5.0 megapixel digital camera, at a maximum quality setting, will yield a photo file around 4 MB in size. That means that you can have about 800 photos in your e-mail before you stop receiving messages.

Yes, that is what happens when you reach your quote - you stop getting messages until you clean some out. Just deleting messages isn't enough. You should be aware that all your e-mail folders count towards your quota, including your trash/recycle/deleted folder. You need to empty your discard folder(s) periodically.

SPEAKING OF ORGANIZATION

There are several things wrong with having 14,000 messages in your inbox. First of all it will dramatically slow down your e-mail software. Secondly, it makes it hard to give attention to the messages that really matter.

Separate your e-mails by category. Create yourself a folder structure.

Create some filters to help automatically sort your messages. These can be set to run automatically or at will.

Use color tags to sort by importance, work-related, personal, and so on.

THE GOLDEN RULE

Do to others what you would like to be done to you. This applies even to e-mail. Learn from others' mistakes. If you see something you like in an e-mail, you get incorporate it into your style. Find something you dislike...do not repeat the mistake.

Testing Minter, sons at NCRC Campus

Courtesy of the Salisbury Post

Former Carolina Panther Mike Minter has partnered with the N.C. Research Campus to make state-of-the-art fitness testing available to hundreds of Charlotte-area youth.

About 300 student athletes enrolled in Minter's nonprofit youth program will undergo fitness testing this summer at the \$1.5 billion Research Campus.

Minter, who lives in Kannapolis and played for the Panthers for 10 years before retiring in 2007, underwent the testing this week with his sons at the Appalachian State University Human Performance Lab in Kannapolis. ASU is one of eight universities studying nutrition and health at the biotechnology complex.

Older son Michael beat his dad in several tests, adjusted for age and weight.

Younger son Isaiah wasn't far behind.

The lab, directed by renowned exercise scientist Dr. David Nieman, will provide a battery of high-tech tests worth \$500 to student athletes for \$50, according to a letter of intent Nieman wrote to Mike Minter Enterprises.

Minter, who turned to business development and philanthropy after he left the NFL, launched a youth organization in January dubbed "I Am A Foot Soldier."

The project relies on public school systems to recommend youth participants. The student athletes attend for free. Their school system pays half of the \$1,000 tuition and Minter raises the rest through private donations and corporate gifts.

The one-year program incorporates athletic training with mentoring, life skills classes and even entrepreneurship. The goal is to help every student attend college.

The program impressed Nieman.

"To me, he's going down the right road here, and we want to go down that road with him," Nieman said. "We very much respect what he's doing."

Nieman and other ASU researchers and lab technicians spent two and a half hours Wednesday testing Minter and his sons.

Minter said he wanted to go through the testing before sending his student

athletes to the Research Campus.

Scientists use four tests in the lab to measure body composition, lower body strength, anaerobic power and aerobic capacity. They also counsel subjects about test results and how to improve their fitness.

Minter, a former all-pro safety who started 141 games for the Panthers and held the team record for most tackles with 953, admitted Wednesday that he's lost some fitness since retiring.

"I haven't run hard in three years," said Minter, whose bad knees forced him to retire.

"I'm 36, but these knees are more like 76," he said.

The owner of a variety of businesses including Minter Properties and Minter Consulting, Minter said he's often too busy to work out.

"No excuses," Michael told his dad.

One after another, Minter and his sons climbed on bikes and treadmills and inside a Bod Pod, performing tests like the Wingate, which measures peak and sustained anaerobic power, and the VO2 max, which determines aerobic capacity.

Nieman recently added the Wingate test to his lab's arsenal when he partnered with NASCAR pit crews from Hendrick Motorsports.

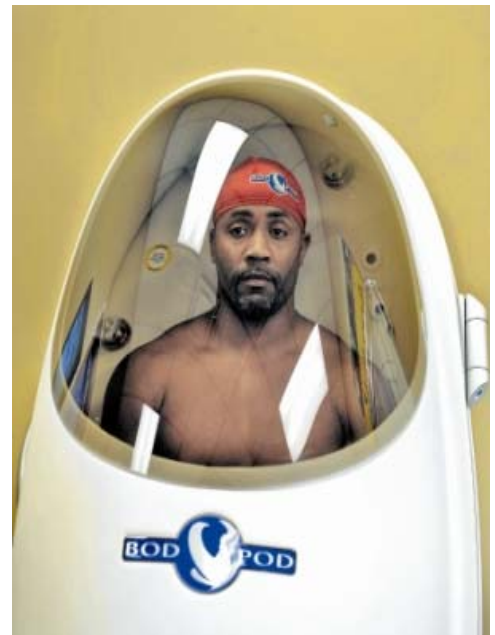
Subjects ride a stationary bike for 30 seconds against tremendous resistance. Dr. Andrew Shanelly, ASU assistant professor of exercise science in Kannapolis, compared it to "running with a parachute on."

During the VO2 max, subjects run on a treadmill at increasing speed and incline while wearing a mask to measure oxygen consumption.

Minter said taking the VO2 max test was the "hardest thing I've done since college," where he started for the University of Nebraska Cornhuskers.

Already a humble man, Minter shook his head and smiled when Michael, who turns 15 next month, beat him.

"He's amazing," Nieman said about Michael. "He's got a lot of power and



Former NFL player, Mike Minter sits in the "Bod Pod" in the Appalachian State University lab on the NC Research Campus in Kannapolis. The "Bod Pod" is used to determine the body mass. Photo by Wayne Hinshaw, for the Salisbury Post.

endurance on top of it, and he's very lean. His future potential is very high."

Isaiah, 12, who Minter calls "Zeke" after former NBA star Isiah Thomas, also "has great endurance," Nieman said.

The boys have "the whole fitness package," he said.

While Minter's power and strength results were "off the charts," Nieman said, his heart and lung fitness were average.

That's typical for an athlete who excels at short bursts of speed and power, like a professional football player or a pit crewman, Nieman said.

But even those athletes need to increase their cardiovascular fitness to improve their overall health, he said.

Minter once ran the 40-yard dash in 4.2 seconds, weighed 190 pounds and had 7 percent body fat when he played for the Panthers.

Now, he weighs 204 pounds and has 23 percent body fat.

For the rest of the story and additional photos, visit:

<http://www.salisburypost.com/NCRC/030610-ncrc-Mike-Minter-partners-with-NC-Research-Campus>.

Scholarship recipients, donors to be recognized

The College of Fine and Applied Arts will hold its annual Scholarship Reception to recognize the student scholarship recipients and scholarship donors and donor representatives Thursday, April 22, in Helen Powers South at the Broyhill Inn and Conference Center.

The scholarship program will begin at 3 p.m. with a social and photos to follow. Department chairs and scholarship coordinators are invited to attend and are asked to encourage their student scholarship recipients to attend as well.

Department chairs and scholarship coordinators should RSVP to Regina Presnell at 262-8038 or presnellrt@appstate.edu. Students should contact Garner Dewey, associate dean, at 262-7337 or deweygg@appstate.edu.

Commencement cont'd

Rose has directed, choreographed, designed, and/or written over 135 productions at Barter Theatre including last year's smash hit *Driving Miss Daisy* and *Wooden Snowflakes* - among other favorites are *To Kill a Mockingbird*, *Keep on the Sunny Side*, *Fiddler on the Roof*, *Déjà vu*, *Wit*, *My Fair Lady*, *The Hunchback of Notre Dame*, *Camelot*, *Sundown*, *Patient A* and *Death of a Salesman*. His original adaptations of plays have been extremely successful with Barter audience including *It's a Wonderful Life*, *A Modern Christmas Carol*, *Dracula!*, *Wuthering Heights*, *The Hound of the Baskervilles*, and, acknowledge as one of the best new regional theatre plays of the year, *Frankenstein*.

Rose currently serves on the Board of the Northeast Tennessee Tourism Association, The Tourism Committee and the

Executive Committee of The Virginia Chamber of Commerce, The Southwest Virginia Economic Development Group, as President of Southern Highlands Attractions and is a Paul Harris Fellow from the Abingdon Rotary Club where he has previously been a board member. Rose has served on the Washington County United Way and has previously served as Chair of their annual campaign.

Rose holds a Master of Fine Arts in Theatre Directing and Design from the University of California at Davis and a Bachelor of Arts from St. Norbert College, DePere, Wis., where he was honored with a "distinguished achievement award in Humanities." Rick has done post-graduate work at New York University and worked for the prestigious Juilliard School in New York City.

DATES AND DEADLINES

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

April 22	College of Fine and Applied Arts Scholarship Reception
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 9	College of Fine and Applied Arts Commencement ceremony

PERSPECTIVES is published twice each fall and spring semester by the Dean's Office of the College of Fine and Applied Arts for its faculty and staff.

2010-11
publication dates are:
Sept. 15, Nov. 17
Feb. 9, April 20

Submissions for the newsletter are due one week prior to publication.

Items should be submitted via email to hartleyjl@appstate.edu.

Perspectives focuses on faculty and staff achievements and news of interest to faculty staff. It does not publish student or alumni news.

PERSPECTIVES Contributing Writers & Editors

Dr. Glenda Treadaway
Dean
treadwaygj@appstate.edu

Jodi Hartley
Communication Director
hartleyjl@appstate.edu

Tony Grant
Computer Consultant
grantab@appstate.edu

Call us at: 262-7129

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