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# For Alumni & Friends

## FROM THE CHAIR

with Dr. Jeff Clark



Dear Alumni and Friends,

I am pleased to let you know that we are experiencing an exciting start to the new academic year. Classes are full, teachers are busy and students are engaged. Many of our students have been active in a variety of experiential learning opportunities. This fall the department has continued its partnership with the Amelia T. Wood Health Center and the Peer Health Educator Program and several students in Dr. Jagdish Khubchandani's HSC 444 have been involved in the student health promotion effort Well-O-Ween. Julie Sturek, Health Educator, directs these immersive learning projects. Dr. Denise Seabert and Ms. Sue Paul are co-mentoring a group of students partnering with Parkview Hospital (Ft. Wayne) and the Tin Caps to develop a wellness effort for elementary students in the Ft. Wayne Community School Corporation. Four of our students are completing their internships in community health. Joshua Stidham is providing health education programs with Hamilton County Health Department (Noblesville, IN). Lacey Synder is gaining valuable experience at the Indiana State Department of Health. Avery Hall is completing her experience with the American Health Association in Seattle, WA, and Karly Krouse is working with the Parkview Health System in Ft. Wayne.

Two of our students were selected to participate in the Louis Stokes Alliance for Minority Participation (LSAMP) Program in the Sciences. Emily Sullivan and Crystal Long presented their research at a conference, November 12, 2011. The LSAMP Program is funded by the NSF and seeks to encourage underrepresented individuals to pursue and complete undergraduate degrees in science, math, technology, and engineering fields.

This fall, the department hosted Kevin Jennings, former undersecretary for the U.S. Department of Education, as this year's John P. McGovern Lecturer. If you were unable to attend this event, read more about it on page 2.

Ball State University is preparing for the North Central Association of Colleges and Schools campus visit in 2013 for the purpose of program accreditation. To prepare for the campus visit, the department has implemented a number of different assessment efforts and will likely conduct an alumni survey. If you are contacted, I hope you will provide feedback.

We are looking forward to seeing several alumni join us this spring at our Health Science Professional Development Workshop series or as guests in classes. Whether as a speaker, sharing your real-world professional experience with our current students, or through your financial support, you, our alumni and friends, are truly valued assets. The department office door is always open (M-F, 8-5) for your visits – please stop by to see us when you are in Muncie. With the holidays fast approaching, the faculty and staff of the department wish you and your family a very happy and healthy holiday season.

Best regards,

Jeff

### IN THIS ISSUE

Technology  
 Research—2

LSAMP Award  
 Winner—2

McGovern  
 Lecture—2

Health Education  
 Puppet Shows—3

Well-O-Ween—3

How You Make All  
 the Difference—4



**BALL STATE**  
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# SUCCESS + CHANGE



## New Study of Technology Use in the Classroom

With the support of the Office of Educational Excellence (OEE) and the Office of Academic Assessment and Institutional Research (AAIR), Dr. Jerome Kotecki and five other faculty members from three colleges are participating in a study this fall with the purpose to discover and develop best-practice methods for an integration of pre-lecture capture software and audience response devices (Iclickers) in the classroom environment.

Preliminary results from the study will be available in early spring 2012 with a formal white paper following in late spring/early summer 2012.



## Crystal Long Wins Award at LSAMP Research Competition

The department is pleased to announce health science major Crystal Long won the second prize for poster presentation at the statewide LSAMP-NSF research competition held at Purdue University on November 12, 2011.

Long was sponsored by Dr. Jagdish Khubchandani for the LSAMP-NSF research scholarship in summer 2011 and was mentored by Ms. Terrie Greenwalt and Dr. Khubchandani to study "Bullying in Youth of Argentina."



## McGovern Lecture Series Brings Kevin Jennings to Campus

Since 1984, the McGovern Lecture Series has been made possible through the generosity of internationally-regarded pediatric allergist, Dr. John P. McGovern. Dr. McGovern's friendship with our department's founder, Dr. Warren Schaller, led to a continuing legacy of financial support to the department over the years.

Past recipients of this honor have included: Dr. C. Everett Koop, former Surgeon General; Dr. Henry Heimlich, medical innovator; Mr. Robert Bazell, NBC science correspondent and Graham Kerr, television's "Gallopating Gourmet" to name a few. Without question, this year's award recipient is in extraordinary company...and he belongs there. Physiology and Health Science was honored to present the 2011 McGovern Award to Kevin Jennings.

Jennings is the chief executive officer of Be the Change, a nonprofit that creates national issue-based campaigns on pressing problems in American society such as economic opportunity and public service.

His lecture entitled Bullying: an Education and Health Crisis was attended by over 300 people. For those who were unable to attend, the powerpoint presentation, and a link to the video can be found at: <http://cms.bsu.edu/Academics/CollegesandDepartments/Physiology/Events/McGovern2011.aspx>.

**Technology Study** (From top)—  
Dr. Jerome Kotecki.  
**LSAMP student award winner**  
Crystal Long, center, with Terrie  
Greenwalt and Jagdish Khubchandani  
**McGovern Lecture**  
Kevin Jennings talks with attendees  
following the event.

# WHERE ARE YOU NOW?

We are currently collecting business cards of alumni to display in our department, and we need your help! Showing students the vast array of opportunities in the fields of physiology and health science, your business card will be posted in our department along with those of many other alumni from across the country and around the world. All positions and areas are welcomed and appreciated!

**THANK YOU.**

### MAIL YOUR BUSINESS CARD TO:

Business Card Collection  
Dept. of Physiology & Health Science  
Cooper Science Building, CL 325  
Ball State University  
Muncie, IN 47306

# ACHIEVEMENT + SERVICE

## WELL-WEEN

Students in Jagdish Khubchandani's Health Science 444 class made the Halloween holiday into one of learning and health mindedness. Along with Julie Sturek from the Health Education office they helped present many booths on health topics and educated the Ball State community. Khubchandani's students did a great job with their booths and helping with this event. Topics included skin cancer, eating disorders, breast cancer, Alzheimers, Seasonal Affective Disorder, and more. Some of the student booths are pictured below.



## Health Science Puppet Shows Teach Healthy Habits

By Michelle Jones

The students in Susan Clark's Health Science 350 class, took a turn writing creative scripts to educate elementary students. Each group was given a topic, and had to come up with an objective for the skit. There were six topics in all.

The first topic was My Plate. It focused on teaching students how to recognize if they were eating a balanced meal based upon the make-up of their plate. The My Plate concept replaced the food guide pyramid used previously to help determine balanced meals.

The second topic focused on nutrients. It helped kids understand what nutrients are, what types of foods they are found in, and how much is needed to be healthy.

The third topic focused on caloric balance. The puppet shows for caloric balance had a two tier approach. The first explained the mystery of the calorie, what it is and why you need it. They then went into the importance of daily exercise, and recommended activities that most interested kids.

The fourth topic was food labels. The groups presenting this topic had varied approaches which taught about each part of the label, and how kids

can use this information to make healthy food choices.

The fifth topic was fiber. Many of the groups approached this topic by first explaining what fiber is and how it keeps you healthy. Foods containing fiber were highlighted to help kids understand how to get fiber in their diet.

The sixth topic was balanced meals. Many of the concepts in these shows overlapped the previous ones, by providing nutritional information, and giving many examples of a balanced meal.

