

GET HEALTHY JSU

By Mr. Keith Thomas
Production Coordinator, Television Services



“Get Healthy JSU” is a collaborative project aligning voice/opera students from the Music Department; students from the Department of Health, Physical Education, and Recreation; and students from the Family and Consumer Sciences nutrition program to encourage each other in making and sustaining healthy choices. The project involves a commitment to meet, assess and follow through with nutrition choices, strength, flexibility and physical activity. This unique

project allows students from these varied disciplines to assist each other while meeting course objectives.

TV Services is in the process of visually documenting this process. Hopefully the research and documentation will allow for future exposure of JSU’s success in wellness ideas and open the opportunities for grant funding.

So far, TV Services has produced an introductory video featuring Ashley Cofield, Morgan Cox, and Kevin Ward. These student leaders in their disciplines were videotaped doing a spoof of crime/spy thrillers where a student presses a tape recorder to listen to “You have been selected as peer leaders in the new initiative. Your mission is to

involve students, staff, and faculty to get healthy.”

This introductory video was played before an estimated eighty students involved in this collaboration. All students (from nutrition, opera/voice, and Health, Physical Education and Recreation) met on Friday, September 14, 2012, in the Performance Auditorium at Mason Hall to formally start this event. TV Services visually documented the program.

In addition, Amanda Bonds, director of Student Health Services, appeared as a guest on “JSU Today” to promote the campaign.



CONGRESSMAN MIKE ROGERS APPEARS ON “JSU TODAY”

Congressman Mike Rogers, who represents East Alabama’s Third Congressional District, was a recent guest on “JSU Today.” Host, Mr. Mike Hathcock, director of Television Services, interviewed him concerning the Alumnus of the Year Award that Rogers will be receiving at halftime of the homecoming game on October 27, 2012. This program is set to air the week before Homecoming.



CONGRESSMAN MIKE ROGERS AND MR. MIKE HATHCOCK

TOWNSEL AWARDED PDK GRANT

Kim Holdbrooks Townsel was awarded the Past President Emery Stoops Graduate Scholarship 2012 from PDK International Fellowships for Graduate Programs. The application required letters from supervisors and colleagues, as well as a statement of research goals and proof of a high GPA. For more information, visit <http://www.pdkintl.org/awards/graduate.htm>

Kim's interests in research are centered on preservice teachers and education professional development. As a lover of film, Kim believes that film can be used as a vicarious experience to help teachers develop sensitivity to diversity issues, explore variety in teaching strategies, and examine the emotional and social

issues affecting both teachers and students. Kim conducted a brief survey to find out if a movie has ever increased sensitivity in diversity. An astounding percentage of respondents indicated that movies had, and specific movies were frequently mentioned. She used that information to conduct a small interview set to collect data on how and why movies might help teachers better understand their students. That led to collecting data on how three specific film clips about real-life teachers from the South who were teaching "out of their comfort zone" dealt with issues as perceived by preservice teachers. Kim hopes to turn one of these into a dissertation but will continue with this line of research during her career.



JSU RECEIVES A GRANT THAT INVOLVES THE CEPS' DEPARTMENT OF TECHNOLOGY AND ENGINEERING AND THE JSU IN - SERVICE CENTER

The Alabama Math, Science, and Technology Initiative (AMSTI) at JSU's In - Service Center received \$235,936 from the Mathematics and Science Partnership grant program. The grant award period is from October 1, 2012, to September 30, 2013. The AMSTI initiative is funded through the Alabama State Department of Education. The goals of this project are to:

- Expand math and science professional development opportunities and instructional support services provided within the AMSTI JSU In-Service Region;
- Provide experiences in in-service education that model effective teaching strategies to be used by teachers in Grades K -12, and to promote an awareness of and an interest in current educational research;
- Provide a strong collaboration and instructional involvement between colleges/departments of education and with individuals from the

science, technology, engineering and mathematics (STEM) faculty; in-service activities with teachers of math and science;

- Improve and expand training of math and science teachers, including training such teachers in the effective integration of technology into curricula and instruction
- Mentoring instructors as they begin to use this technology in their lessons.

AMSTI JSU will collaborate with school personnel to determine specific instructional needs and develop a framework for addressing these needs through mentoring, professional learning teams, and/or professional development designed to improve and sustain instructional skills. AMSTI JSU will use videoconferencing to bring STEM faculty and math and science teachers in Grades K-12 together to increase the teachers' subject matter knowledge and improve instructional skills. AMSTI JSU will provide math professional development that provides

experiences in effective teaching strategies and provides opportunities to read and study current research. The math professional development will focus on implementing strategies from Ongoing Assessment Project (OGAP). Math teachers from partnering schools will participate in additive reasoning, multiplicative reasoning, and fractional reasoning or proportional reasoning sessions according to their grade level.

The first year of the partnership will focus on eighth grade students at high needs middle schools and will be open to all schools wanting to participate in a robotics program. The goal of program is to inspire students to pursue careers in engineering, science, technology, and math through participation in a sports-like science- and engineering-based robotics competition. Student interns from JSU's Technology and Engineering Department will be paired with teachers as the eighth grade students learn about building robots.

CO-TEACHING PAIR'S WORKSHOP

By Dr. Nina King

Associate Professor in the Department of Curriculum and Instruction

Jacksonville State University's College of Education and Professional Studies held a Pairs Workshop at the Houston Cole Library on September 27, 2012 as the last phase of training in a new JSU initiative: The Co-Teaching Institute.

Co-teaching as an instructional methodology is not new. It has its roots in Special Education but has recently been receiving recognition as best practice among general educators, as well. Last spring, a group of CEPS instructors, local school faculty, and administrators took part in a two-day training workshop on co-teaching held in Stadium Towers and led by workshop founders Nancy Bacharach and Teresa Washut Heck from St. Cloud State University in St. Cloud, Minnesota.

The JSU CEPS has begun piloting this method of instructional delivery in some practicum placements this semester and will continue into spring internship. In preparation, training has been ongoing for all college faculty as well as participating practicum students and cooperating teachers. The initial phase of instruction shared the theoretical foundations, research findings, and information about each of the seven strategies of the co-teaching model. The second phase, the "Pairs Workshop," is an important element of training because it matches



the intern and cooperating teacher in role-playing and planning for effective collaboration and communication, both essential skills for achieving success in this pedagogical model.

Ninety-six practicum students and cooperating teachers were invited to participate in the Pairs Workshop. Some activities brought laughter while some required quiet discussion, but it was evident that serious work was going on here. These interns and teachers were beginning to form relationships that would clearly pave the road for better understanding and cooperation in teaching together this semester. For both the seasoned classroom teacher and teacher candidate, this is a very good thing.

The CEPS, always on the leading edge of teacher education, continues to find and implement best practices in preparing candidates for the challenges of teaching in the 21st Century.



“ I AM THRILLED TO SEE SO MANY PRACTICING AND PRE-SERVICE TEACHERS WILLINGLY EMBRACE AN ALTERNATIVE TO TRADITIONAL TEACHING. CO-TEACHING ALLOWS OUR PRE-SERVICE TEACHERS A MORE PRACTICAL APPROACH TO ASSUMING THE LEAD TEACHER ROLE THAN THE PREVIOUS SINK-OR-SWIM METHOD OFTEN ASSOCIATED WITH PRACTICUM AND INTERNSHIP. AT ITS VERY CORE, CO-TEACHING FOSTERS A SENSE OF SHARED RESPONSIBILITY FOR STUDENT LEARNING, AND WHILE OUR STUDENTS MAY NOT ALWAYS FIND THEMSELVES IN CLASSROOMS WHERE CO-TEACHING IS AN OPTION DUE TO ISSUES SUCH AS SCHEDULING AND STAFFING, WE HOPE THIS EXPERIENCE WILL ENSURE THAT THEY REALIZE HOW IMPORTANT IT IS TO EMBRACE EVERY OPPORTUNITY TO WORK AS A TEAM TO IMPROVE STUDENT LEARNING. ”

Dr. Jordan Barkley, Associate Dean CEPS

NEW FACULTY IN FCS

By Ms. Robbie B. Boggs

Instructor in the Department of Family and Consumer Sciences

Ms. Jeannie Frazier is certainly not a new face to the Department of Family and Consumer Sciences. In fact, she has served the past five years as a pro-rata faculty member. Her background in FCS is for the most part that of a generalist, consisting of teaching classes from many of the areas of FCS. Her Family Life Education classes (online and on-campus) are full every semester. She served as a food service director in her background of public school teaching which has enabled her to teach some of the courses within the culinary and hospitality area. Many of you probably have seen Ms. Frazier in her role with Wellness Wednesdays. She recently completed her certification in a ServSafe course offered through the Cooperative Extension Service. With a current teaching license, she is also qualified to teach some FCS education courses.

Over the years, Jeannie worried about not having a specialty teaching field. As a generalist position was discussed within the department, she realized that was indeed her specialty. She has a love for each of the six concentrations within FCS. As Jeannie describes, “A person’s life cannot be organized neatly into just one of these areas but it is a synergistic, overlapping series of events that involves each of these areas. We aren’t just ‘what we eat.’ It’s also how we relate and communicate to others, express ourselves through art related to home and dress, and how we manage and organize our lives. These things are all part of the FCS discipline.”

Ms. Frazier brings at least a quarter of a century of educational experience to the department. Before coming to JSU, she taught two years in the St. Clair County School District in Ragland, Alabama, fifteen years in the Enterprise, Mississippi School District, and one year at Bay Springs, Mississippi High School.

She has a Bachelor’s in Home

Economics in Equipment & Business and a Master’s in Home Economics Education with a minor in Family Life Studies from the University of Southern Mississippi. She is currently pursuing a Doctorate in Instructional Leadership from Nova Southeastern and has completed all the coursework (ABD). Her dissertation will assess the attitudes of students in Family and Consumer Sciences toward online learning .

Ms. Frazier currently serves as a board member of the Alabama Association of Family and Consumer Sciences in her role as coordinator for Research in Colleges & Universities.



MS. JEANNIE FRAZIER, INSTRUCTOR FAMILY AND CONSUMER SCIENCES

She is also a member of Kappa Omicron Phi. She has a novel in the editorial phase of publishing and has written numerous FCS related articles which have been published in commercial publications.

In her spare time, she likes to shop for vintage jewelry at yard sales and antique shops. On Saturdays during the summer months, you will likely find her in downtown Jacksonville shopping for fresh fruits and vegetables at the Farmer’s Market.

“We aren’t just ‘what we eat.’ It’s also how we relate and communicate to others, express ourselves through art related to home and dress, and how we manage and organize our lives.”

J.Frazier

Walk into the Harper Child Study Center in Mason Hall and you’ll be greeted with the smile of Mrs. Jill Marsh (Mrs. Jill), the new childcare director and instructor of FCS Child Growth & Development classes. Mrs. Marsh taught food prep classes for the last year in the Department of Family and Consumer Sciences as an adjunct instructor. She worked in the childcare center and taught FCS 352 in the absence of Mrs. Paula Napoli during the May term. These experiences led her to apply for the vacated position.

Jill began her career in Family and Consumer Sciences by receiving both her bachelor’s and master’s degrees in Vocational Home Economics Education from Auburn University. She held leadership positions in professional student organizations while there and took an active role in student recruitment for the department. She received her Educational Specialist degree (EdS) in Collaborative Education Elementary K-6 from JSU in 2009 and holds a current Alabama teaching license in both vocational home economics education and collaborative education K-6.

Mrs. Marsh has had experience working in an instructional capacity with age groups from birth to college age—what she calls “working her way up.” She was employed at a daycare facility during college. She was a substitute special education teacher for grades K-2 in the Oxford School

NEW FACULTY IN FCS CONTINUED



MS. JILL F. MARSH INSTRUCTOR OF CHILD DEVELOPMENT

System and taught sixth through ninth graders in a Georgia middle/junior high school. The culmination was teaching at JSU: three–four year old preschoolers and college students.

Her background is rich in variety. She has volunteered in every grade, served as elementary grades PTO president, served all ages through church leadership positions at Hill Crest Baptist Church in Anniston, led or followed her two children in whatever class or organization they have participated like Cub Scouts, Vacation Bible School, lock-ins, church youth trips, and even served in a coaching capacity for special needs

sports teams. Through the four years of home schooling her oldest son, she was involved in both traditional and non-traditional ways of teaching reading, math, and other life skills. She enjoys researching new, innovative methods of teaching.

In her spare time, Jill loves to cook and relieves stress by baking in her kitchen at home. She enjoys spending time with her family, working with her church youth groups with her husband, scrapbooking, and attending her two sons' sporting events. During the spring season, she and her son participate in Special Olympics activities.

NEW FACULTY IN THE DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

By Ms. Abby Fleetwood

Instructor in the Department of Health, Physical Education, and Recreation

The Department of Health, Physical Education, and Recreation is proud to have new faculty member, Dr. Donnie Andrews join their team. Dr. Andrews hit fall 2012 running with an overloaded course schedule including both undergraduate and graduate courses needed for Physical Education and Exercise Science majors. He is also teaching an Anatomy and Physiology course for the nursing department. Dr. Andrews received his undergraduate degree from University of North Alabama and both his master's and doctoral degrees in health and human performance from the University of Southern Mississippi. He received a second master's degree in biological sciences from Mississippi College. Previously, Dr. Andrews taught at Louisiana Monroe and Jackson State and spent two years teaching at Troy University. Along with being a professor, Dr. Andrews has also worked a number of years in

Cardiac/Pulmonary Rehab for South Central Medical Center in Laurel, MS. Dr. Andrews holds a number of certifications from top organizations and military branches including the

American College of Sports Medicine and the United States Air Force. He is also a proud member of the Phi Epsilon Kappa Honor Society and has already begun the process of establishing a chapter at JSU, bringing the highly esteemed honor society to the Department of Health, Physical Education, and Recreation.

Dr. Andrews and his wife Kayla have been married for twelve years and have a son, Zachary in the first grade at Kitty Stone. They are eagerly awaiting their second child in January. In his spare time, which he does not currently have, Dr. Andrews enjoys working out, hunting, and spending time with his family.

Dr. Andrews' passion for teaching has already made him a favorite among the students and the Department of Health, Physical Education, and Recreation looks forward to many years of collaboration in education.



DR. DONNIE ANDREWS, ASSISTANT PROFESSOR IN THE DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

NEW FACULTY IN JSU IN-SERVICE CENTER

Ms. Shelly Roberts

Ms. Shelley Roberts is the AMSTI seventh-eighth grade science specialist. She received both her BS and MS Education degrees at Jacksonville State University in biology. She has ten years of teaching experience in seventh through twelfth grade. She began her teaching career at Saks High School and later transferred to White Plains Middle School. She has coached volleyball and softball at various times during her tenure. She is currently working on her National Boards Certification in Science – Early Adolescence. Mrs. Roberts has been married to Van Roberts, Jr. for ten years. They have a nine year-old daughter named Reece, a five year-old son named Tyler, and a one and a half year-old son named Case. Ms. Roberts attends Golden Springs Baptist Church. She and her family enjoy traveling and camping.



MS. SHELLY ROBERTS (LEFT) DISCUSSING A PROJECT WITH MS. CHERIE PRICKETT (MIDDLE) AND MS. POLLY CROW (RIGHT) AMSTI SCIENCE SPECIALISTS

Ms. Amber Trantham

Ms. Amber Trantham is an elementary math specialist for AMSTI. While attending Jacksonville State, she was a member of the JSU Show Choir and numerous Drama productions as well as working for the JSU and Jacksonville City Police Departments as a dispatcher. She received both her BS and MS degrees at Jacksonville State University in early childhood education.

Ms. Amber Trantham has ten years of teaching experience in second and third grade. In 2006, she received her National Boards Certification in Early Literacy and now mentors National Board Candidates through the JSU In-Service Center. While teaching for Alexandria Elementary, she created the Alexandria Elementary Broadcast Program and Technology Team. The team has competed in regional and state competitions for the past six years and won numerous awards. She

was selected as the 2009 Calhoun County Teacher of the Year and represented the state as one of the final four candidates.

Ms. Trantham has been joyfully married to Troy Trantham for twelve years. They have a nine-year-old son named Grady and twin two-year-old sons named Royce and Russell. Ms. Trantham is a member at Greenbrier Church of Christ where she and her husband lead children's worship. She regularly competes in 5K and obstacle races and is currently training for a half-marathon.



NEW FACULTY IN CURRICULUM AND INSTRUCTION

Dr. Cynthia Connor

Dr. Cynthia Connor joined the Curriculum and Instruction faculty at Jacksonville State University in January as assistant professor of special education. She instructs JSU students who are in the collaborative teacher education preparation program. Her classes focus on methods of teaching students with severe disabilities, students with mild disabilities, and students with disabilities who are of transition age.

Dr. Connor taught special education for twenty-three years in the P-12 classrooms of New York, Alabama, and Virginia. Originally from Georgia, she attended Tift College and received her MA from Teachers College, Columbia University in New York. While living and teaching in New York, she met her husband and thus relocated to Alabama. Several years later, a move to Virginia with her family enabled Dr. Connor to attend the University of Virginia where she received her Ph D in the area of special education. Dr. Connor held the position of Assistant Professor of Education at Virginia State University prior to returning to Alabama. Her research interests include assistive technology

use in classrooms and development of meaningful transition programs for students with disabilities. While at UVA, Dr. Connor received a grant to help fund her dissertation research on the subject of teachers' use of assistive technology with students who have severe disabilities. An article based on this dissertation was recently published in the *Journal of Technology and Teacher Education*.

A member of several professional organizations, Dr. Connor is the current secretary for the Alabama chapter of the Council of Exceptional Children and Co-Vice President for Programming for the JSU chapter of Phi Delta Kappa. She served as

director of the 2011 Virginia State University Learning Differences Conference and co-presented at the Virginia Reading Association Conference in 2010. Next Spring, Dr. Connor will be co-presenting "Transition University" at the 2013 National Council of Exceptional Children Convention and Expo in San Antonio, Texas.

Dr. Connor most enjoys spending time with her husband, Jim Connor, and their two children, Cathleen and James. She feels blessed to be a part of the JSU faculty and appreciates the way everyone has been supportive and helpful to her over the past year.



Ms. Valerie Gamble



Ms. Valerie Gamble joined the JSU College of Education and Professional Studies faculty in Spring 2012 as a pro-rata instructor. This year she has become a full time instructor.

Ms. Gamble holds a BS degree and an MSE degree in special education from JSU. Her teaching background includes five years in the inclusive classroom. She has also worked as an intervention teacher in the resource setting. She eventually was promoted to specialist positions at the central office level at two different school systems.

As a specialist Ms. Gamble worked with teachers and administrators on Individualized Education Program

creation, Functional Behavior Assessment analysis, Behavioral Intervention plan creation and troubleshooting, service delivery issues, and behavior management strategies for the classroom. She has presented at local and state level conferences on topics including Individualized Education Program writing, behavior planning, and autism. She serves on several state level committees and organizations for autism.

Ms. Gamble is a JSU alumna and resides in the Choccolocco community in Calhoun county with her husband and two children. Her oldest son is currently attending JSU.

iPad Apps, Tech Tips and Tools

By Dr. Nina King

Associate Professor in the Department of Curriculum and Instruction

The purpose of this feature is to provide a variety of information covering iPad and/or Web 2.0 applications. Content may focus on a certain theme or may be more varied in nature.

Five iPad Health-Related Apps

- *Health Tips*- This app provides a nutrition-related health tip each day. While some are probably facts you already know, there are those that are more interesting or surprising. An alarm can be preset to remind you to check your tip the same time every day, but if you miss any, just tap “Archives.” Tips can be shared via e-mail or social networking sites. (Lisa Best, a Board Certified Clinical Nutritionist with a PhD in Holistic Nutrition provides Health Tips.)
- *101 Revolutionary Ways to Be Healthy*- This app provides a succinct suggestion that links to several related articles. For example, #68 is “Slow Down.” When tapped, this suggestion links to articles “The Unplugged Vacation,” “You’ Time,” “The Art of Self-Care,” and “Your Attention, Please.” Even if you don’t have time to read them all, it’s a great resource.
- *iFood Lite*-Ever wonder what vitamins or nutrients are in a certain food? This app provides a large, alphabetically-arranged list of both fresh foods and prepared dishes, each one’s vitamin and nutrient composition, and a colorful pie chart showing the percentage of protein, carbohydrates, and fat in each specific item. Activities and a place to store personal information and health goals are also provided.
- *Everyday First Aid HD*-This app provides information regarding many medical emergencies. Once downloaded, the application does not require Internet access to read. Disclaimer notwithstanding, details are reportedly based on guidelines of the American Red Cross and other health organizations. The full version is recommended.
- *P.L.A.Y.*-(Purposeful Learning for Active Youth)-This app provides physical education games for youth of all ages. The developer’s website (<http://playforjoy.com/organizations/play-app/>) explains that the activities “include all players all the time, increase skill and confidence, and meet National Physical Education Standards.” A great app for teachers or parents wanting to get youngsters moving!



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