



JACKSONVILLE STATE UNIVERSITY

COLLEGE OF

# EDUCATION & PROFESSIONAL STUDIES

SEPTEMBER 2009

## THE SECOND COMMUNITY WELLNESS WALK

JSU Wellness-Anniston hosted its second annual Calhoun County Community Wellness Walk on September 12, 2009. Members from the walkers club, community partners, and participating JSU departments came together for a very successful event.

The day started with a one mile walk throughout the community followed by an awards ceremony.

During the September 12 walk, the walking teams achieved a great milestone. In one year the teams logged a combined total of 55,908.07 miles (equivalent to walking two complete times around the entire earth) and a total of 515 pounds lost. The walking club teams have grown from eight initial teams to sixteen involving over 300 people.

The JSU Wellness-Anniston Walkers Club was recognized with a commendation from Governor Bob Riley's office for the great collective accomplishment of the walking teams. The presentation was made by Representative Randy Wood.

In April of 2009, Alabama selected five local communities to receive Balancing InTake and Expenditure (BITE) grants through a competitive process. JSU Wellness-Anniston Wellness Walker's Club, Junior



THE INSPIRATION AWARD WINNERS: MR. JAN BETHEA, MS. CONT'ERSA COLLINS, MS. PAMELA DUNN, MS. PRISCILLA BOYKINS (STANDING IN FOR HER GRANDSON, MR. JOSHUA GREENE), MS. BEATRICE HARDY WITH MR. FRED SMITH, DIRECTOR OF JSU ANNISTON-WELLNESS

Wellness Walkers, Budget Friendly Meals and Silver Nutrition programs were selected for the grant. Ms. Miriam Gaines, a state officer of the Alabama Department of Public Health, attended the walk representing the BITE grant program.

The awards ceremony acknowledged the accomplishments of the community walking teams and announced the winners of this year's walking challenge. The Mount Calvary- Calvarylite Workout Team won this year's team competition walking a total of 15,471.79 miles. The first JSU Wellness-Anniston Inspiration Award was given at the awards ceremony. This award is presented to a walking club in recognition of its members' inspirational stories and how they have benefited from being a part of JSU Wellness-Anniston. The first Inspiration Award was given to six members of the JSU Wellness-Anniston Walkers Club. The walkers' testimonies were played during the

awards ceremony. Thanks goes to the JSU Television Services, who filmed and created the videos. JSU Wellness-Anniston hosted a food drive during this year's Community Wellness Walk. With the participation of the community,

and participating departments at JSU, this event was able to collect over three hundred and eighty pounds of food that was donated to the Community Enabler Feeding Program.



MR. FRED SMITH, DIRECTOR OF JSU ANNISTON WELLNESS AND MS. MIRIAM GAINES, ALABAMA PUBLIC HEALTH





DR. ISREAL EADY, "IS-REAL"

Dr. Isreal Eady, Assistant Professor of Educational Administration, and Dr. Larry Beard, Associate Professor in the Department of Curriculum and Instruction, lived their dreams this summer. While Dr. Eady performed and recorded his first CD, Dr. Beard represented the United States in the 11th annual World Masterathlete Judo Championships.

"Is-real" by Isreal Eady was recorded in the FAME Recording Studio, Muscle Shoals, Alabama. In this top-rated studio, Dr. Eady was able to creatively put his own singing style to popular songs such as "One in a Million," and "Unforgettable." To Dr. Eady singing and recording in the

## REALIZATION OF DREAMS

FAME Studio was meaningful. "What a great day it was making my music in the same studio where Aretha Franklin, Alabama, and Lou Rawls recorded," he said.

Dr. Beard, a 6th Degree black belt with the United States Judo Association, went to World Masterathlete Championships in Atlanta, Georgia. The competition drew approximately 1,500 competitors from more than fifty countries. Dr. Beard's Judo division contained representatives from five different countries, including Russia, Brazil and India. Dr. Beard's first match was against the Russian delegate. After trading attacks, Beard wound up being thrown on his shoulder and was pinned, giving the match to his opponent who was the eventual bronze medalist. "It felt as if my feet scraped the ceiling of the Georgia International Convention Center," he recalled.

In the third round, Dr. Beard faced a fellow American. With an injured right shoulder and a numb right

hand from the previous match, Dr. Beard was unable to fight off the onslaught of attacks of his opponent. He succumbed to a beautiful right shoulder throw, which gave Dr. Beard a tie for 7th place at this global competition. You can see the bouts at <http://www.martialartsusa.com/2009worldchampionships.html>. Dr. Beard shares his expertise in martial arts by teaching PE 106, Introduction to Judo.



DR. LARRY BEARD, IN DARK UNIFORM

## DR. DEBRA WEINGARTH, NEW CEPS FACULTY

Dr. Debra Weingarth is a new Assistant Professor of Elementary Education in the Department of Curriculum and Instruction. "I have a passion to pass on the experience and knowledge of an educator, who has been in the profession since 1975," said Dr. Weingarth.

Dr. Weingarth has a wide range of experience having taught children pre-school through sixth grade in public, private and parochial schools. She has taught in inner city and suburban, Chicago, Detroit, and St. Louis. Her experience includes teaching adults through the state department in Missouri and teaching at the University of Missouri, where she specialized in literacy studies.

Dr. Weingarth expressed her feelings that teachers need to work together

to lift-up the profession of teaching. She said that through purposeful collaboration, and relying on best practice research all teachers can have success in the classroom.

"All teachers must also be lifelong learners," said Dr. Weingarth.

Her latest adventure in life is being a cattle rancher. Interestingly to Dr. Weingarth, cattle ranching and teaching have parallels. She explained that each cow has its own personality and, like children, each has special needs. She finds that paperwork in ranching is also a challenge. She raises Angus cattle and keeping records on a cow's lineage, shots, feed, growth, and breeding becomes as complex as assessment in education.



DR. DEBRA WEINGARTH, ASSISTANT PROFESSOR OF ELEMENTARY EDUCATION

## DR. ROBEN TAYLOR, NEW CEPS FACULTY

Dr. Roben Taylor is an Assistant Professor of Special Education in the Department of Curriculum and Instruction.

“My goal has always been to learn more about working with children academically,” said Dr. Taylor. “I started my professional work as an elementary education teacher. I saw a need to be better at working with children that faced challenges. I continued my education and expanded my area of expertise by earning a Master’s in Counseling. After graduation, I chose not to return to teaching immediately and I worked at a hospice. I had many great personal experiences as a counselor to the dying and their families, but I was not comfortable working in an end of life program. I ended that career after working with a patient who was close to my age and had children that were my own child’s age. That experience touched me deeply.”

“Luckily, I had a former professor that encouraged me to work on my doctorate in special education. My education was enhanced as I worked

with Dr. Mary Beirne-Smith, whose book on mental retardation with Dr. James R. Patton is in its seventh edition. While her style differed from mine, I was able to better my skills in working with mentally challenged children. My own research focused on deviant behavior in adolescents and the links to a violent childhood.”

After completing her doctorate, Dr. Taylor began teaching in higher education. She taught instructional management courses for a college. This experience served her well, as shortly she returned to public education. This teaching assignment involved a school that had ability grouping. Dr. Taylor found that she was given the challenge of working with the lowest track of students.

“I did not have any significant behavior problems and these children experienced success. I treated the students with respect and they responded in kind,” said Dr. Taylor. “I had students that were in the class gain two reading levels.”

Dr. Taylor returned to higher education in a research focused



DR. ROBYN TAYLOR, ASSISTANT PROFESSOR OF  
SPECIAL EDUCATION

university. She gained experience in conducting quantitative research and managing large grants, but she was not happy. When Dr. Teresa Gardner told me of the chance to work full time at JSU, she was thrilled. “The emphasis at JSU on teaching is a good match for my personality,” she said. Currently Dr. Taylor is interested in teacher quality measures and best practices in multicultural classes.

## STUDENT PROFILE: MR. GREG GREEN

This summer, JSU Wellness-Anniston hosted the senior aerobics class at the Carver Community Center senior citizen program. The class has grown both in levels of participation and in weekly attendance. The class is taught by JSU Wellness-Anniston graduate assistant Mr. Greg Green.

Mr. Green, a member of the 2003-2004 JSU OVC championship football team, played defensive end until his graduation in 2006. He received a Bachelor’s degree in Exercise Science and Wellness.

Mr. Green’s inspirational role models are his mother and father. He is proud of the happy home life they provided him and his siblings. His parents life served as an example

of the right way to live and to parent. Their love for teaching influenced him into choosing the teaching profession. He is currently in the fifth year alternative program seeking a master’s degree in physical education.

Mr. Green works at JSU Wellness-Anniston as a graduate assistant. His assignment is aerobics instructor and instructor in fitness education. Mr. Green’s educational philosophy is to teach with passion so his students can understand him and really feel where he’s coming from. He loves being a teacher and hopes to be a positive role model within the community. Mr. Green says that if he’s able to help one person improve physically or morally, then he has done his job.



MR. GREG GREEN, GRADUATE ASSISTANT AT JSU  
WELLNESS-ANNISTON



## MS. KIM TOWNSEL, NEW CEPS FACULTY

“It is great to be here at JSU,” says Ms. Kim Townsel. “It’s home to me.” Ms. Townsel is an Instructor of Family and Consumer Sciences in the Department of Family and Consumer Sciences. “Both my mother and I are graduates of JSU’s Department of Family and Consumer Sciences. Last year, I worked at JSU pro-rata, and I am thrilled to be here full time.”

It did not start out that way for Ms. Townsel. “When I first went to college, I wanted to pursue something other than education, but events showed me my heart and mind were that of a teacher,” said Ms. Townsel. “I began my professional career at Sardis High School, and then took some time to be a stay-at-home mom. I returned to teaching at Litchfield High School. When my family moved to California, I taught at Burbank High School, which had over 2,400 students. With thirty-six students in each class, I quickly honed my organizational skills. At the school, sixty-six languages were

spoken, and we were the hub for the Deaf and Hard of Hearing students. To help learners, I was trained to communicate using body language. I still use gestures and a lot of props when teaching. In California, I also learned cultural awareness through a combination of experience and my UCLA coursework.”

“Learning should be fun for the teacher and the students,” she said. Recently she submitted a paper on “Study Strategies” for *Techniques*, the journal of the Association for Career and Technical Education, and has been asked by the editor to submit an article on teacher training.

Ms. Townsel’s favorite area of study is resource management. This involves such varied topics as efficiently using time, money, and skills. “I enjoy helping people set goals, as well as make and implement plans,” said Ms. Townsel.

Ms. Townsel’s main area of teaching at JSU is preparing students to certify



MS. KIM TOWNSEL, INSTRUCTOR OF FAMILY AND CONSUMER SCIENCES

in Career Technical Education. She prepares CTE students who are seeking certification in four different areas: Family and Consumer Sciences Education, Business Marketing Education, Technical Education, and Career Technologies Education.

## STUDENT PROFILE: MR. CHRISTOPHER LANGLEY

One of the interesting things about offering an on-line degree is having a class roster with students from a variety of locations, working in many interesting fields. Currently, Christopher Langley is the student who resides the farthest from Jacksonville in the Manufacturing Systems Technology graduate program. Living and working in San Diego, California, Mr. Langley is a product support engineer for Illumina, a biotechnology company that creates products and tools for DNA sequencing and analysis.

Mr. Langley finds the technical aspects of the Manufacturing Systems Technology degree very applicable to his career. “I don’t work directly in manufacturing. However, in my role as a product support engineer

I do work very closely with our manufacturing departments. By understanding the constraints and flexibility of various manufacturing systems I feel like I am better equipped to facilitate these transfers.”

Mr. Langley, who makes business trips to foreign locales such as Singapore and Japan, he values the flexibility of the on-line program format. “I really like the convenience of the classes. As a full-time worker it is rather difficult to accommodate scheduled meeting times. By being able to work on the classes at the hours and locations that I choose I feel like I have plenty of time in my day to fit in the readings, discussions, and assignments.”

Mr. Langley would like to continue to take on additional responsibility

within his company and transition to a staff or managerial position once he has completed his Master’s degree.



MR. CHRISTOPHER LANGLEY, PRODUCT SUPPORT ENGINEER ILLUMINA, WITH HIS NIECES AT THE ZOO

## 2009 ALSCA PRESIDENT NANCY FOX ACCEPTS ASCA AWARD

The Alabama School Counselor Association (ALSCA) was recognized with a special award from the American School Counselor Association (ASCA) at its annual conference held in June in Dallas, Texas. The award caught the leaders of ALSCA by complete surprise! It seems that 2008-2009 President, Dr. Nancy Fox, Assistant Professor of Counselor Education at JSU, had set a goal for increasing ASCA membership among Alabama school counselors. Dr. Fox, along with primary 2008-2009 ALSCA

executive board members, emphasized the benefits of ASCA membership in a variety of ways throughout the year. The ALSCA website was also used to encourage membership in the national association. However, at the end of the term the feeling was that ASCA membership should remain a goal for the 2009-2010 ALSCA board. Imagine the surprise at the announcement of the Alabama School Counselor Association for the ASCA award given to the state with the "greatest percentage increase

of ASCA Membership" at the 2008-2009 awards presentation. It was a very special presentation for Dr. Fox, as she accepted the award on behalf of ALSCA from ASCA President, Dr. Jim Bierma, who had served as her team leader for 2007-2008 ASCA Leadership Training.

The Alabama School Counselor Association is the largest division of the Alabama Counseling Association (ALCA) with approximately 1,000 members.

## DR. SHEILA ANNE WEBB, MASTER GARDENER

Dr. Sheila Anne Webb, Professor, Department of Secondary Education, engaged in over 100 hours of instruction to become a Master Gardener. Coursework, which was taught by faculty from Auburn University and members of the Calhoun County Extension Office, focused on agronomy, horticulture,

landscaping, plant diseases and wellness. Student knowledge was tested by fourteen tests and a two-hour final. Passage of coursework yielded the designation intern which required the completion of fifty volunteer hours. Dr. Webb completed those through such as activities as judge for both state and regional 4-H,

instructor "Oh, Deer" for a hundred and twenty 5<sup>th</sup> grade students at Camp Hamilton, judge for Heflin's monthly beautification projects, and involvement in horticulture projects for Calhoun County. In August she presented and demonstrated the art of bonsai to the Master Gardeners of Calhoun County Association.

## QUIZ OF THE MONTH

We humans are uniquely and wonderfully made. According to the Nursing Assistant Central we can learn a great deal about ourselves by reading their 100 fascinating facts about the brain. Did you know your brain stopped growing when you were 18 years old? That juggling changes the brain in as little as seven days. Learning responsibilities at a new job causes changes faster than that! Check out the site and when you are finished try the brain quiz.  
<http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-n>.

You may then want to visit this site for 47 suggestions that may help your brain <http://www.dumblittleman.com/2009/09/47-ways-to-fine-tune-your-brain.html>.



DR. JOHN HAMMETT (STAR) AND MRS. GINGER MARSH (DANCER), WILL BE DANCING IN THE ANNISTON MORNING ROTARY'S "DANCING WITH OUR STARS" FOR MORE INFORMATION AND TO VOTE FOR JOHN AND GINGER PLEASE SEE [HTTP://WWW.ANNISTONMORNINGROTARY.ORG/](http://www.annistonmorningrotary.org/)

## DEPARTMENT PROFILE: COMMUNICATION

The Department of Communication is proud of its success in securing initial accreditation by the Accrediting Council on Education in Journalism and Mass Communications (ACEJMC). Not only did the department meet the accreditation requirements, it did so on its first attempt. The Department of Communication was found to have all accrediting standards in compliance. There were only five schools—out of the twenty-one that were evaluated for accreditation or re-accreditation in 2007-2008 academic year—that achieved 100% compliance. The Department of Communication considers the communication program of studies at Jacksonville State University privileged to rank among the strongest in the nation.

The Department of Communication wants our students, their parents, and our alumni to know that they have a good reason to, respectively, choose JSU as a place to obtain their communication training, to send their children, and to be proud of having JSU as their Alma mater.

It is important to note that JSU is one of only three universities



MR. CHRIS WADDLE, AYERS CHAIR OF COMMUNICATION

in the state to hold full ACEJMC accreditation. For students, this means a communication degree from JSU meets the same standards as programs at The University of Alabama and Auburn University.

A student completing the Communication Degree at JSU can work in many diverse fields. The only limit is that student's creative ability. JSU's communication alumni are currently working in radio, television, magazine and other print media, public relations, and several other areas of communication. Students are aware that the Internet has affected communication by being both a new medium for communication majors and a killer of some older forms of media. The department has been and continues to revise its curriculum and practices to meet this evolving communication revolution.

Dr. Harbor, head of the Department of Communication, believes that the department was so successful because of a combination of factors, and one of them was a cohesive faculty and staff unit.

"I have a personal guiding principle that anything worth doing is worth doing well, and that was the spirit behind everything our department

did," Dr. Harbor said.

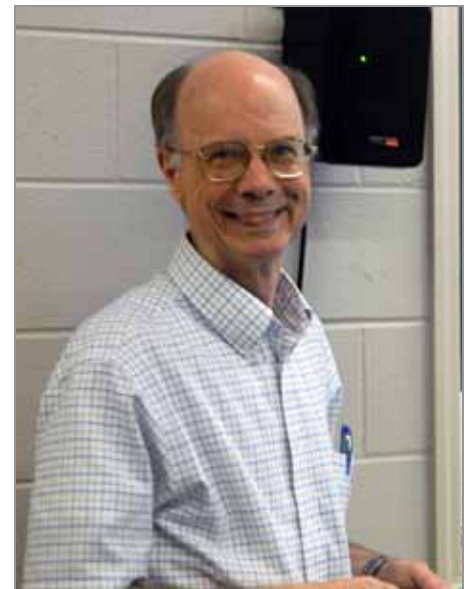
The department provided the team evidence in support of the strength of its programs far in excess of what the team expected. One member of the ACEJMC visiting team was so fastidious that he would take pictures and climb places—touching every piece of equipment he examined—just to make sure that nothing was overlooked. At the end of the visit he too agreed that the evidence was exceptional. In fact, the attachments and evidence appendixes were so bulky that the team was unable to travel with them, but

instead requested that we provide a duplicate of those materials upon the team's arrival. As team members acknowledged, during their campus visit, they were especially impressed with the fact that what it read in the self study evidence documentation showed no embellishment of the reality that existed in the Department of Communication.

Another important factor that contributed to the department's success was the extensive support and cooperation that the department



DR. AUGUSTINE IHATOR, PROFESSOR OF COMMUNICATION



MR. JERRY CHANDLER, ASSISTANT PROFESSOR OF COMMUNICATION





**MR. MIKE STEDHAM, MANAGER OF STUDENT MEDIA,  
INSTRUCTOR OF COMMUNICATION AND ENGLISH**

received from both college administrators and various support units in the College of Education and Professional Studies, as well as from the JSU higher administration. Everyone was on board to get the department accredited.

The Department of Communication has a diverse, experienced faculty. Mr. Chris Waddle is Ayers Chair of Communication. He is president of the Ayers Family Institute for Community Journalism and coordinator of the Knight Community Journalism Fellows, a graduate program of the University of Alabama. The Birmingham-Southern College graduate has a journalism master's from Columbia University. His long career in media includes two Pulitzer Prize awards to the Kansas City newsroom he managed. He joined *The Anniston Star* in 1982, traveled on a Fulbright professorship in 2001 and won a Nieman Fellowship at Harvard University in 2005.

Dr. Augustine Ihator, has provided PR service to national and international organizations.



**DR. JEFFERY B. HEDRICK, ASSISTANT PROFESSOR OF  
COMMUNICATION**

He has served as Public Affairs Adviser, United States Department of the Army and PR consultant for the World Bank in Washington, D.C. With a project funded by the U.S. Congress and administered by the USAID, he participated in the training of foreign journalists. Dr. Ihator has had his research work published in professional and scholarly journals in the United States and Europe. He was fellow of the American Society of Newspaper



**DR. J. PATRICK MCGRAIL, ASSISTANT PROFESSOR OF  
COMMUNICATION**

Editors' Institute of Journalism, American Press Institute, C-Span, Dow Jones Newspaper Fund, and Poynter Institute for Media Studies. Dr. Ihator has also worked as reporter, feature writer, and copy editor for the *Jackson Sun*, Tennessee.

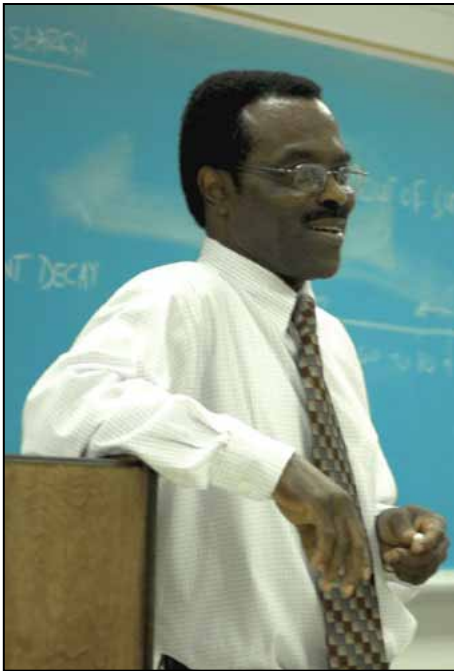
Jerry G. Chandler is a twenty-two year veteran of JSU's Communication Department. A working journalist, the assistant professor specializes in investigative aviation writing. Mr. Chandler is a two-time winner in the Best Maintenance Submission category at the Aerospace Journalist of the Year competition. He's the recipient of sixteen Associate Press Broadcast Journalism Awards and is a passionate believer in the premise that the more students read, the better writers they are. Most of all, Mr. Chandler is a true-believer in students-their views, their ambitions, and their abilities.

Dr. Jeffrey Hedrick is now beginning his fourth year in the JSU Communication Department. Dr. Hedrick's first career involved quality assurance in the electronics industry. He received a B.A. in Public Relations from California State University Dominguez Hills, a Master of Journalism degree from Temple University, and a Ph.D. from Bowling Green State University. His scholarly interests range from constitutional and media law to Internet web design, and he enjoys addressing cultural diversity issues within education and technology. Dr. Hedrick uses his PR background to actively work with the Calhoun County Hispanic American Association and design skills to serve as a department webmaster. His eclectic taste in music has led to his accumulation of over several hundred classic rock and R&B/soul CDs, a wide range primarily from the 60s and 70s. His love of music prompted him to serve as a volunteer DJ at the campus radio station, WLJS-92J, hosting a weekly soul music show on Sundays.

Dr. J. Patrick McGrail has been a critic, scholar and practitioner of media. He has produced a film that was the feature selection at the 2000 Boston Underground Film Festival and is currently working on a documentary about mine fires in Pennsylvania. In the 2004 election, he was a regular reportorial source to national media (*USA Today*, *LA Times*, *Philadelphia Inquirer*) on issues in politics, television and the press. In 1995, Dr. McGrail worked for Voice of America directing a radio drama about journalists. Currently, McGrail



**MS. TAMMY MIZE, DEPARTMENTAL SECRETARY**



DR. KINGSLEY O. HARBOR, PROFESSOR OF COMMUNICATION AND HEAD OF THE DEPARTMENT OF COMMUNICATION

is writing his fourth scholarly paper on copyright reform.

Mr. Mike Stedham is Manager of Student Media for JSU, serving as faculty adviser for *The Chanticleer*

(the campus newspaper), WLJS-FM (the campus radio station) and *The Mimosa* (the university yearbook). During his time at the university, JSU campus media have won several top awards from the Southeastern Journalism Conference's annual radio and newspaper competition. He also teaches several journalism courses within the Communication Department. Mr. Stedham is a veteran journalist with more than twenty-five years of experience writing for newspapers, radio stations, television stations and magazines. He is a founding member of Community Actors Studio Theater in Anniston, and he has written and produced four dinner theater productions for local charities.

Ms. Tammy Mize came to JSU in the fall, 1998 where she joined the College of Education & Professional Studies as a clerical assistant. In February 2001, she transferred to the Department of Communication as their departmental secretary. Ms.

Mize has been married to her husband Mike for twenty-one years and they have three boys, Jarred, Corey, and Tanner.

Dr. Kingsley O. Harbor, head of the department, is also a communication generalist with backgrounds in both print and broadcast journalism. He teaches mass communication research, media ethics, and communication theory. He brings to the department nearly fifteen years of administrative experience. Before coming to JSU, Dr. Harbor served as the founding chairman of a department of communication at another university. He has received numerous teaching and research awards, and has been cited in numerous Who's Whos – Who's Who in the South and the Southwest, Who's Who in America, Who's Who in American Education, and Who's Who in the World. Dr. Harbor says, "I am excited about the future of the Communication Department at JSU: we like where we are going."

## SUMMER PUBLICATIONS AND PRESENTATIONS

Eady, Isreal. "Collaborative Supervision of Reading Programs: A Case Study," in Henson, K. T. (2010). *Supervision: A collaborative approach to instructional improvement*. Long Grove, IL: Waveland Press, Inc.

Eady, Charlotte, "Using LiveText to Help Teachers Improve Their Observational Skills," in Henson, K. T. (2010). *Supervision: A collaborative approach to instructional improvement*. Long Grove, IL: Waveland Press, Inc.

Notar, C.; Riley, G.; Thornburg, R.; Owens, L.; Harper, C. "Disciplinary Action Committee (DAC)", *Education*, Vol. 130, No. 1, Fall 2009, 129.

Nelson, J. Gordon and Foster, Stephen. "University Teaching Improvement and the Bologna Accords: Consistency versus Quality" presentation at the 34<sup>th</sup> Annual Conference of Improving University Teaching (IUT), Vancouver, British Columbia, Canada, July, 2009.

Zenanko, Marsha, "Bullying and Harassment in Higher Education: The Absence of Law, Policy, and Procedure for Faculty" at the International Conference on Globalization, Shared Governance, and Academic Freedom held in conjunction with the Annual Meeting of the American Association of University Professors, Washington, D.C., June 11-13, 2009.

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