



BALL STATE
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PHYSIOLOGY AND HEALTH SCIENCE NEWSLETTER

FOR ALUMNI AND FRIENDS

Fall 2006

A Letter from the Department Chair

by *Diana Godish, Department Chair*

Dear alumni and friends,

Opportunities for students in the Department have been increasing since last spring. We have a new multimedia laboratory designed to provide all our majors with more opportunities to use and expand their technology-based communication skills (p. 2). Several students are participating in a year-long cooperative Business Fellows partnership with Smokefree Indiana (p. 2).

We are pleased to share with you the news that the outstanding teaching of Catherine Sherwood-Puzzello (MA, '89) has been recognized by Indiana University, where she is a faculty member (p. 4). Congratulations, Catherine!

Please become vicariously acquainted with

our newest full-time faculty member, Mr. Jim Welsh (below).

The Fall Phone-a-thon (p. 3) has become an annual event in the College of Sciences and Humanities. As always, it provides a wonderful opportunity for faculty members to connect with our alumni. I enjoyed being able to visit with more of you by phone this year than ever before. The reminiscing and "catching up" provided me with a healthy "upper" at the end of the day, and I look forward to visiting with many of you again next year. Your generous support of Department programs, especially as we strive to provide current graduates with more opportunities to network with professionals, share research findings, and use their skills to benefit the greater community through projects in the multimedia lab, is very much appreciated.

Focus on Faculty: Jim Welsh



Mr. Jim Welsh is a full-time contract faculty member we all hope you never meet in his classroom! While this may seem an unusual wish, all of Jim's classrooms are in Indiana's correctional facilities. It is here that he has been teaching a variety of our health science courses since fall, 2004. Jim brought with him over twenty years of experience as a teacher and administrator in public schools and 2½ years as a teacher and administrator at the Plainfield, Indiana Juvenile Correction Facility. He earned an MS in Secondary Education, majoring in Health and Physical Education, from

Indiana State University, Terre Haute. Jim's areas of special interest are drug and alcohol education; as a middle school teacher, he was honored for his outstanding and creative work in the classroom as an I-STAR (Indiana Students Taught Awareness and Resistance) Teacher of the Year. We are very pleased to have Jim Welsh as a member of our faculty.

Business Fellows *by Nicole Cummins, HSC 396*



Smokefree Indiana Business Fellows

The Career Center kicked off the year by launching the third year of the Business Fellows Program in which students are encouraged to apply and work on a semester- or year-long project with community partners. One group in particular, headed by Jeff and Susan Clark, is the Smokefree Indiana Project. The team is run by eleven elite graduate and undergraduate students from Ball State University. They have a diverse educational background,

with majors including health science, finance, legal studies, marketing, and public relations. Each individual has expertise in their field of study, which will help the team run smoothly and efficiently through the course of the 2006-2007 school year. In keeping with Smokefree Indiana's mission to improve the quality of life in Indiana by promoting tobacco-free, healthy lifestyles, the students are exploring smoking policies of the surrounding areas including New Castle, Anderson, and Muncie. They will select and assist two community partners in the development of smoking policies in the workplace. A smoke-free campus at Ball State University is also a major goal. The team will develop a workable policy for Ball State by synthesizing the policies of other smoke-free schools throughout the country and are currently in the processes of creating a coalition and developing support for the policy. Although this goal will take a lot of hard work to accomplish, through great determination and self-efficacy these students are confident of successful results.

Multimedia Laboratory

To help our graduates meet the needs of the 21st century, the Department has begun to focus more heavily on health communication skills. Thanks to the tireless efforts of Dr. Dave Marini during the summer and early fall, health science and school health education majors are now able to take advantage of our newly-completed multimedia workroom. Equipped with state-of-the-art equipment, it allows our students to work on a variety of health communication projects outside the classroom and hone their communication technology skills. Among other communication-related activities, students can edit video projects, create DVD materials, produce narrated self-running health information kiosks, prepare podcasts, develop and post website materials, and create a variety of health promotion print media. Plans are underway to utilize these skills to develop and provide materials to be used for patient education in Muncie and the wider community. The workroom also has a video conferencing system with the capability to bring health resources from around the globe to the Department.



Kristin Bogue, Graduate Assistant

2006 Phone-a-thon

On October 16, faculty members again had the pleasure of visiting with several alumni by phone during the annual Phone-a-thon. During a few short hours, generous alumni pledged more than one thousand dollars to support Department programs. One of the primary uses of this support for the past few years has been helping more of our students participate in state and national conferences. For example, this semester six future school health educators attended the national conference of the American School Health Assoc. in St. Louis and two students had the opportunity to attend a one-day course on “Presenting Data and Information” in Indianapolis. Four other students, working with Dr. Denise Seabert, helped prepare and deliver two presentations at the Indiana CATCH (Communities Aligned Toward Children’s Health) conference in Indianapolis. Last year a student presented his research at the meeting of the International Society for Neuroscience in Washington, D.C. Each year, several students attend the annual conference of the Indiana Society of Public Health Education. This and much more (see Multimedia Laboratory, p.2) are made possible through your much-appreciated support.

Your contribution to the Department can make a difference.

Even the smallest contribution can increase the amount the Department has to give in student scholarship and research support. If you would like to give to any of the funds that support the Department of Physiology and Health Science, you may do so online, over the phone, or through the mail. To donate online, visit www.alumniconnections.com/donate/ball_state. You can donate through the mail by contacting the **Ball State University Foundation, P.O. Box 672, Muncie, IN 47306** or donate over the phone by calling **(765) 285-8312**. In all cases, please include the name and account number of the fund you wish your contribution to support. A list of the Foundation Fund Accounts for the Department appears below. If you are interested in establishing a new fund, please contact the Office of University Development at (765) 285-8261.

General Fund (6901)

Public Health Entomology Laboratory Research Fund (6904)

Health Science Faculty Scholarship Award For Academic Excellence (6952)

Physiology and Health Science Research (6916)

Physiology and Health Science General Scholarship (6950)

Charles R. Carroll Health Education Scholarship (6955)

Raymond E. Henzlik Physiology and Anatomy Research Award (6917)

Wilma Bartels Henzlik Physiology Scholarship (6957)

Herb Jones Health Education Scholarship (6956)

McKenzie-Walkup Scholarships (6958)

Elizabeth A. Neilson and George H. Neilson Scholarship (6953)

Homer D. Paschall Outstanding Anatomy and/or Physiology Graduate Assistant Award (6954)

Warren E. Schaller Scholarship (6960)

Russell E. Siverly Research Memorial Award (6951)

Zeberl Family Health Education Scholarship (6959)

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
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Alumnus Receives Trustees Teaching Award



Dr. Catherine Sherwood-Puzzello, HSD, MPH, Clinical Assistant Professor in the Department of Applied Health Science at Indiana University, was selected as the recipient of the Trustees Teaching Award in 2004 and 2006. This award is given to a faculty member in the School of Health, Physical Education, and Recreation at Indiana University in recognition of academic rigor and excellence in the classroom. Catherine graduated from Ball State University in 1989 with an MA in Health Science and a major in School Health Education. She has been a clinical faculty member at Indiana University since 2002. Most recently, Catherine has collaborated with community organizations and public schools studying topics related

to tobacco prevention education, childhood obesity, sexuality education, health education in child care settings, and HIV/AIDS education training for teachers. Her areas of interest are cancer prevention and education, sexual health education, and community-based participatory research.

 * The faculty and staff join me in wishing you and your family a 
* very happy and healthy holiday season and new year. 