

Distance education pioneer earns Rawlings Award

Online and Distance Education has named Terry Wiedmer, associate professor of curriculum at Ball State University, as its winner of the 2008 Rawlings Outstanding Distance Education Teaching Award.

The award, established in 2002, honors a full-time professor who has proven to be the most dedicated to teaching students at off-campus sites.

For more than a decade, Wiedmer has served in a leadership role at Ball State for the expansion of courses taught through Distance Education. As an early adopter of this method of teaching, she co-taught the first Teachers College distance-education course in 1993 and was also the first instructor in the Department of Educational Leadership to use a television delivery method of her classes.

"Terry has always had a tremendous vision for advancing the utilization of distance education in higher education," said Frank Sabatine, dean of the School of Extended Education. "The contributions she has made to this field are outstanding, and the number of students who have been impacted by her efforts are countless."

The award was named after Joseph S. Rawlings, dean emeritus of the School of Extended Education. Rawlings worked nearly 20 years to create and develop the university's distance learning program.

Ball State president to moderate one of three upcoming gubernatorial debates

Ball State President Jo Ann M. Gora will join a veteran Indiana broadcaster and a public television host as one of three moderators for the upcoming gubernatorial debates. According to the Indiana Debate Commission, public television host Dan Lowery will moderate the Sept. 16 debate in Merrillville; Gora, the Sept. 23 debate in Jasper; and former Indianapolis newscaster Tom Cochrun, the Oct. 15 debate in Bloomington.

Gora, who has led Ball State since 2004, said she looks forward to the occasion with the candidates: Republican incumbent Mitch Daniels, Democrat Jill Long Thompson and Libertarian Andrew Horning.

"I'm very appreciative of this opportunity to represent Ball State, higher education and the citizens of Indiana in this important forum," Gora said. "At Ball State, we are always interestd in expanding educational opportunities, promoting local communities,

improving government services and boosting the Hoosier economy. I look forward to addressing many of these issues and others with our candidates for governor."

Lowery hosts a public affairs program on Lakeshore Public Television in Merrillville and formerly directed the Northwest Indiana Quality of Life Council. Cochrun is former news director at CBS affiliate and a former anchor for NBC affiliate WTHR-TV Channel 13.

Dennis Ryerson, vice president of the debate commission and editor of The Indianapolis Star, said that commission members wanted moderators who had no political affiliations and were not currently linked to any one media outlet. The debate commission is accepting questions from the public online at www.indianadebatecommission.com and by mail at 3909 N. Meridian St., Indianapolis, IN, 46208.

New institute helps build better communities

Indiana Lt. Gov. Becky Skillman on Sept. 5 announced the launch of the Indiana Communities Institute with Ball State University's President Jo Ann M. Gora. The Indiana Communities Institute will provide programs and services statewide to Indiana communities. The institute is supported by the state's Office of Community and Rural Affairs (OCRA).

OCRA is providing a \$598,678 grant for two years toward the funding of the Indiana Communities Institute. The institute will focus on leadership development, community and economic development and community capacity building. The programs and services will help promote and strengthen Indiana's towns and communities.

"The governor and I continue to find new ways and partnerships to help Indiana's communities become stronger. The Indiana Communities Institute with Ball State University will do just that," said Lt. Gov. Skillman. "Ball State's reputation is renowned for community and economic development through its Building Better Communities initiative. Local elected officials and community leaders will benefit from the great resources placed at their fingertips by the new institute and the leadership provided by the university."

The Indiana Communities Institute will be readily accessible to communities throughout the state. Traditional style programming on Ball State's campus will be available, but also single topic workshops by request will be offered to communities across the state. Online resources will also be accessible to communities.

"Through our Building Better Communities initiative, Ball State has a strong track record of working with local officials and businesses to solve problems, identify community development goals, and achieve those goals," said President Gora. "This grant will allow Ball State to broaden our impact with economic development leaders across Indiana."

The state has several joint initiatives with Ball State University to help strengthen Indiana communities that include the Hometown Competitiveness (HTC) program with OCRA, a

community development planning assistance program, and an annual Indiana Economic Development Course, supported by the Indiana Economic Development Corp. (IEDC).

Building Better Communities is a Ball State University initiative designed to spur economic development and quality-of-life advancement in Indiana by extending the university's strengths in applied research and hands-on learning to community projects across the state. Building Better Communities works to match the university's expertise and resources to the varied needs of Indiana communities. To learn more, log on to www.bsu.edu/bbc.

Career in apartment management nets national award for Ball State professor

A Ball State University professor has earned national recognition for his career achievements with an award from the National Apartment Association Education Institute (NAAEI).

Howard Campbell, who teaches courses related to apartment management and housing issues in the Department of Family and Consumer Sciences, received the Apartment Career and Education award at the NAAEI's June 27 national conference in Orlando.

"It is indeed a high honor to be recognized for this award by peers and colleagues in the apartment industry where I spent more than 30 years before joining the Ball State faculty in 2004," Campbell said.

NAAEI is the education arm of the National Apartment Association, a federation of almost 200 affiliates comprised of 51,000 multifamily housing companies in the U.S. and Canada.

Campbell helped found the residential property management advisory board at Ball State, served as state president for the Indiana Apartment Association and was NAA regional vice president of the national association.

News conference to feature conversation from Iraq via satellite

Ball State's telecommunications department's 13th annual Fall News Roundup will feature a live satellite conversation with a military photojournalist serving in Iraq on Friday, Sept. 19. Conference registration is free.

From Balad, north of Baghdad, Sgt. Aaron Strader will offer video storytelling tips and personal insights as part of the conference session: "Bringing the War Home: Paying Attention to Iraq and Afghanistan When The Public Has Tuned Out."

In civilian life, Strader covers the news for Fox 59 in Indianapolis. This year, he is documenting the work of his fellow Indiana National Guard members on active duty in Iraq. Strader is serving with Indiana National Guard's 76th Infantry Brigade Combat Team.

As part of the panel, Ball State student Omer Salih Mahdi, an Iraqi physician turned filmmaker, and Pam Elliot, reporter at WISH-TV Indianapolis, will be on campus for the conference to present their personal experiences covering the war.

Phil Bremen, assistant professor of telecommunications and a former NBC News correspondent, will moderate the session. Bremen covered the war between Iraq and Iran between 1980 and 1988. He organized the Fall News Roundup.

Another session, "Bringing the Campaign Home: Behind the Scenes as Indiana Suddenly Counts in Presidential Politics," will discuss Indiana's unusually prominent role in the upcoming presidential election.

Speakers will include: Kevin Finch, president of the Indiana Debate Commission and news director of WISH-TV, Indianapolis; Theresa Ditton, director of planning and politics, WTHR-TV, Indianapolis (and Ball State alumna); Jennifer Wagner, former communications director for the Indiana Democratic Party, now a blogger; and Erin Reece, press secretary for the Indiana Senate Republicans (and recent Ball State alumna).

John Strauss, Ball State journalism instructor and adviser to The Ball State Daily News, will moderate the campaign session. Strauss is former editor of the Indianapolis Star's online edition and weekend city editor. He continues to host a Sunday morning talk show on WIBC-FM.

The conference is geared to students of electronic and print journalism, Bremen said.

"But it's relevant to all of us in this election year," he added. "Students of history, political science and military science might find it particularly engaging."

Also at the conference, students from Indiana and neighboring states will get career tips from television news directors. Students may also have their tapes critiqued.

The conference begins at 9 a.m. Sept. 19 in the Ball Communication Building. Lunch will be sponsored by the Indiana Associated Press Broadcasters Association. For free registration, e-mail fallnewsroundup@gmail.com. Contact Bremen for more information about the event.

Study finds America's aging boomers need to add muscle mass before it's too late

A new Ball State University study finds that people are able to build up their muscles through resistance training — and fight off debilitating effects of old age — until they reach 80.

An examination of six men in their 80s found that while the group did get somewhat stronger, whole muscle size and fiber size, including both fast- and slow-twitch muscle fibers, did not grow during a 12-week period of strength training, said Scott Trappe, director of Ball State's Human Performance Laboratory.

"Losing fast-twitch muscle fibers reduces our ability to produce explosive movements that allow us to move our feet or adjust our arms in order to keep from falling," he said. "Once these fast-twitch fibers are gone or reduced in size, it is harder to balance and, therefore, maintain an independent life.

"What is more alarming is that loss of muscle fiber was not confined to just fast-twitch muscle groups, but the slow-twitch muscles as well. These types of muscles are large muscles found in the legs, thigh, trunk, back and hips and are used for holding posture."

Instead of allowing the body to slowly lose its muscle mass and strength, Trappe urges people to "pack on the muscle" while they still have time.

"We know that there is accelerated muscle loss as we get older," he said. "The best way to keep our muscles from shrinking is through resistance training, which allows our body to maintain muscle size and strength as we go through our 60s and 70s."

Trappe believes his research, sponsored by a grant from the National Institutes of Health, may lead to a line of defense in helping America's senior citizens live more productive lives.

Projections from the 2000 census predict that by the year 2020 there will be more than 54 million Americans over the age of 65 and 7 million over the age of 85. This represents a 54 percent increase in the U.S. population over 65 and a 70 percent increase in individuals over 85.

Recent estimates for U.S. health care costs directly attributed to sarcopenia, which is the degenerative loss of skeletal muscle mass and strength, are in excess of \$26 billion. Indirectly, the debilitating effects of sarcopenia have contributed to a doubling of home health care and nursing home expenditures, reaching \$132 billion annually.

The economic impact on society and strain on resources resulting from sarcopenia-related issues are substantial, Trappe said.

HPL researchers have been examining the positive impact of exercise has on the aging process for the past two decades, ranging from resistance training among senior citizens to tracking the running habits of America's top master athletes who compete in distance competitions.

Trappe believes his study is just the beginning of an in-depth examination of how "very old" people suffer from sarcopenia and what can be done to slow down or reverse the process.

"At this point, I would advise people to actively engage in some sort of resistance training once they hit their 60s," he said. "From our study, once you hit the threshold of 80, that may not be possible."

ON CAMPUS

University encourages cyclists to register bikes to avoid theft

The popularity of riding bicycles on campus has made stealing easier. Ball State is urging faculty, staff and students to register bikes because of increased theft. Students can register bicycles through the University Police Department for a \$1 fee.

Registered bikes are less likely to be stolen, and if stolen and recovered, are more likely to be returned, university officials said. The bicycle registration is stored in a police department database of bike information, including the owner's identification and the brand, model, serial number and color of the bike. The registration sticker will be placed on the bike.

To register a bike, stop by the University Police Department between 8:30 a.m. and 8:00 p.m. Bring the bike or present a bill of sale that contains the serial number, brand, model and color.

For more information, contact the crime prevention coordinator, Cpl. Mike Baker at 765-285-2009 or visit www.bsu.edu/police.

Computer network information now available online

Ball State's Network Operations Center (NOC) connects the university's communication and information together using copper, Ethernet, fiber optics, Wi-Fi and WiMAX technologies. This is a convergence of miles of cables, switches, routers and radios. The network supports the university's payroll, e-mail system, and everything from games to grades. A new Web site can help answer questions Ball State employees and students may have about their Ball State network connections. Information Technology and University Computing Services have made available all of the network statistics for server performance, router resources, network bandwidth, Internet bandwidth, and video conferencing activity at www.bsu.edu/network.

All Ball State University employees and students can check the status of network operations to find more information about wired, wireless, and off-campus connectivity or learn more about the network's design. Would you like to know your computer's address or where you are on the network? Maybe you would like to check your connection speed - is it slow or robust? Test the download and upload speed of your computer's connection to the server, or monitor the network by locations and traffic type - Web, streaming, gaming and instant messaging.

IN THE NEWS

Susan Albrecht, assistant professor of special education

Albrecht was featured in a Sept. 3 article in Education Week, "Behavior disorders in teens are focus of new R&D effort: The numbers tell a grim story." The article states that

by the time students with behavioral or emotional problems get to high school, they may be so alienated from adults or disruptive they simply drop out. Albrecht said teachers lack the tools to address behavioral or emotional problems. "People are inclined to try and stop behavior, because that's the immediate need. They don't necessarily have the time or experience or the techniques to try and change behavior," she said. Albrecht also said new practices exist, but more data is needed. With such information, the most successful practices could be included in teacher training programs.

Ball State Bold: Investing in the Future

Various media outlets across the state published articles Sept. 5 about the launch of Ball State Bold: Investing in the Future. The capital campaign is the largest in Ball State's history, and the university plans to raise \$200 million. "I firmly believe that Ball State's future looks bright," said Oz Nelson, the national campaign chairman. "As someone who has seen many, many strategic plans over my lifetime, I can assure you that this one is a top-notch blueprint for the future of this university, a clear vision for what Ball State will be five years, even 10 years from now." The story was published by The Indianapolis Star and the Indianapolis Business Journal and distributed by the Associated Press. Other media covering the campaign included the Lafayette Journal & Courier, WANE-TV (Fort Wayne), Anderson Herald-Bulletin, WLFI-TV (Lafayette), Fox 28 (South Bend), WTHI-TV (Terre Haute), Northwest Indiana Times and WISH-TV (Indianapolis).

President Jo Ann M. Gora

Jo Ann M. Gora was quoted by WTHR-TV in a Sept. 8 segment titled "More Indiana college students dropping out." The piece covered Ball State's effort to improve its graduation rate by focusing more attention on freshmen. Ball State has a retention rate of 78 percent, rivaling select public universities and private colleges. "If you can get them to be sophomores, they are generally going to graduate," Gora said.

Michael Hicks, director of Bureau of Business Research

Hicks was quoted in a Sept. 1 article published by the Lansing (Mich.) State Journal, "Smaller retailers see boost as shoppers stay closer to home." He said more shoppers are staying close to home than traveling to large cities. Rising gas prices have caused prices to slump more in large cities than rural shopping centers. "Rural retail centers are likely to see a lot more traffic as consumers are not willing to make the long commute to the big city," Hicks said.

Wes Janz, associate professor of architecture

Janz was featured in a Sept. 4 article published by the Lexington (Ky.) Herald-Leader, "Finalist announced for \$100,000 U [of] K design prize." Janz was one of five finalists for the Curry Stone Design Prize. The prize is awarded to breakthrough projects that have the "power and potential to improve our lives and the world we live in." He constructed shelters from materials such as mud and rubble from demolished buildings.

Brandon Waite, instructor of political science

In a Sept. 7 article, "This election, it's 'word of mouse' for voters," Waite was quoted by the Greensboro (N.C.) News and Record. He said political news is spreading wildly through the Internet. "It's not word of mouth, it's word of mouse," Waite said. The best ideas rise to the top, he said. Something hatched on one blog might be linked to others and reposted until the idea spreads far enough for a mainstream media outlet to notice and pick it up for a story. "We're talking about terms and concepts as classic as politics. There are people who emerge in societies as opinion leaders," Waite said. Facebook members might seek perspectives from their friends online just as someone grabs a friend to talk politics over lunch, he said. "Those people naturally emerge as the discussion leaders in politics, and they emerge online."

SPOTLIGHT

Publications

Manoj Athavale, Department of Finance and Insurance, and **Shaheen Borna**, Department of Marketing and Management, "Some Issues for Insurers on the Use of Data Recorders," *Journal of Insurance Issues*, Vol. 31, No. 1, 2008.

Tyniqua Birdsong, Kevin Brauner, Stephen Crowe, Gregory Harmon, Tara Johnson, Aaron Lucas, Caleb Mercer, James Nyce, Rebekah Richardson, Autumn Sexton, Matthew Sharp, Anna Smitherman, Kyle Stevens, and Steven Viall, Department of Anthropology, "A Theater of Self and Family: Mobile Devices, Cultural Idioms, and Appropriation," *International Journal of Mobile Marketing*, Vol. 3, No. 1, 41-44, 2008.

James Nyce, Department of Anthropology, and **Per-Arne Persson**, assistant professor, Sweden, "The Design of Appropriate Tools and Resources for the Intelligence Community," *Journal of the Australian Institute of Professional Intelligence Officers*, Vol. 15, No. 3, 3-18, 2008.

Heather Platt, School of Music,

- "Brahms, Wolf, and the Girls," *Musicologica Austriaca*, Vol. 26.
- "Brahms's Lieder Bouquets," *The American Brahms Society Newsletter*, No. 26.

Recognition

James Nyce, Department of Anthropology,

- 2008 recipient of Sweden's Bronze Medal for curriculum efforts related to the Swedish National Defence College.

- Featured as the cover story in the Swedish magazine, Chief Security Officer, summer 2008.

Creative Endeavors

Elizabeth Dalton, Department of English, completed a yearlong project for the Ball State Museum of Art. She researched, recorded and wrote an audio tour of 12 works in the collection and compiled them into a Web site where the tour can be downloaded. Featured work includes art dating from the Romanesque to the Rococo periods. The tour is designed especially for honors humanities faculty and students.

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