



Check it out!
Groundhog Day Luncheon is
chance to meet, greet, eat
see page 6

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a biweekly publication for the Middle Tennessee State University community

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the RECORD

Treadmill study helps participants' mobility

one step at a time

by Tom Tozer
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It is a common assumption that it takes years to realize any measurable benefits from scientific research. It's a marvel, therefore, to see an almost immediate payoff: a dramatic upturn in a person's quality of life.

Following a plane crash, Jim Harris didn't walk for two years. Today, with effort, he is walking. After a terrible fall, Bob Moody could only be on his feet for a couple of minutes. Now he's taking 20-minute walks. As the result of a horrible automobile accident, Janette Rodgers was told she'd never walk again and was nearly taken off life support. Now she's walking and improving her speed.

These recoveries and subsequent improvements have been possible, in no small part, because Sandra Stevens, a physical therapist, put these people through their paces on an underwater treadmill inside a fiberglass tank that holds 270 gallons of water—all part of her doctoral research at MTSU. Her research subjects all have suffered severe spinal-cord trauma.

Previously, graduate students in MTSU's exercise science program utilized the underwater treadmill to help children with cerebral palsy increase their muscle strength and improve mobility. The results were encouraging.

"It's relatively new technology," said Dr. Don Morgan, health and human performance professor, who first brought the treadmill to MTSU several years ago. "It's been used by athletic teams and for older folks with arthritis. But it



WORKING OUT—Health and Human Performance graduate student Sandra Stevens, left, works with client Jim Harris on the underwater treadmill in the basement of the Alumni Memorial Gym as HHP grad student Saori Ishikawa watches. Stevens is studying the effect of exercise on the treadmill on the mobility of adults with spinal-cord injuries.

MTSU Photographic Services photo by Andy Heidt

had never been used with children with CP."

Morgan and his students began their initial work with the underwater treadmill thanks to funding from the National Institutes of Health.

"After watching the kids with cerebral palsy, I thought there were a lot of other populations that could benefit from this kind of therapy," Stevens said.

Stevens worked with Rodgers, Harris, Moody and others for eight weeks during the fall semester, meeting with each two or three times a week.

See 'Treadmill' page 5

President's update outlines ideas for university's future

by Dr. Sidney A. McPhee
 smcphee@mtsu.edu

Welcome back to campus as we begin the 2010 spring semester. This communication is being sent as an update on the progress of our Positioning the University for the Future Initiative. In 2009, I had the opportunity to provide numerous updates to many of our constituency groups, both on- and off-campus, and I have been

extremely pleased with the quality of feedback that I have received so far. Due to the length and complexity of many of the recommendation reports that have been submitted to date, it is not practical for me to discuss the details of each report within this communication. I am providing, however, a brief update on key issues as well as direct links to more detailed reports that you can review at your convenience.

As we work toward the imple-

mentation of each of the outlined recommendations, I want to assure you that the process of positioning MTSU for the future remains a very important one for our university. As I indicated in a memo to faculty members last semester, the fiscal challenges that we continue to face in Tennessee, and throughout higher education, demand that we move forward with the process that we started more than a year and a half ago. While the majority of the recom-

mendations presented in May 2009 were approved as a means of helping the university cut costs, others were accepted as a strategic investment in our future. With these thoughts in mind, I would like to update you on the status of a few critical matters that have garnered the most interest over the past few months.

See 'Update' page 7

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IN BRIEF

NOMINATE HIGH ACHIEVERS

The university is seeking nominations for the 2009-10 MTSU Career Achievement Award. Deadline for nominations is

Monday, Feb. 8. Forms are available at www.mtsu.edu/provost/career_award.shtml and should be sent to The Career Achievement Award, Office of the Executive Vice President and Provost, Attention: Faye Johnson, 111 CAB, Murfreesboro, Tenn., 37132.



www.mtsunews.com

Witnessing shuttle launch certainly a 'WOW!' moment

by Eric D. Jackson
news@mtsu.edu

For most of my life, I've been interested in science fiction and space travel. As a youngster in school, I can remember my teacher interrupting class to watch a launch from the Kennedy Space Center. In later years, I would watch the launches at home on television. Although I was fairly young, I knew exactly where I was when Apollo 11 landed on the moon—at home on the edge of my seat in the family room. Fast-forward to 2009, and I find myself at the place of space exploration, NASA's Kennedy Space Center.

Ever had a WOW! moment? That's what I experienced observing the launch of the Space Shuttle Atlantis/STS-129 in November 2009. I was there with classmates from MTSU to shoot video footage and get interviews for an upcoming documentary to be aired on Nashville Public Television. I must say, it was spectacular. Having seen launches on television many times before couldn't compare to actually being there and seeing this man-made structure lift off into outer space.

Our first day involved finding locations on the property and unloading the MTSU Mobile Production Truck. This included setting up roughly nine cameras and several microphones and checking batteries—pretty much an overall checklist before we went out and started shooting interviews and B-roll, or miscellaneous video footage. Since the property was located near the Everglades, we were able to see manatees, turtles, cranes and even alligators. Later that evening, along with other reporters and camera crews, we were taken as close as allowed to the launch pad to see the space shuttle Atlantis. What an AWESOME site. I figure we were less than a mile or so from the pad; there was a long row of cameras on tripods shooting video and taking still pictures of the site.



ON THE SCENE—MTSU grad student Eric D. Jackson pauses for a quick photo while shooting a documentary near the space-shuttle launch site at NASA's Kennedy Space Center in Florida.

photo submitted

The next day we certainly had a busy schedule, and the MTSU production crew was starting to feel the buzz and excitement at Kennedy Space Center because it was now launch day. One of the highlights of this day was the walk over to the main road to watch the Atlantis crew drive by in the "astrovan" on their way to the launch pad. We all cheered and waved to the astronauts as they headed to board the shuttle.

While all of this was going on, there was a gathering for the launch of about 100 Twitter space fans who won invitations from NASA after signing up online for the first launch "tweet-up." NASA put up a white circus-like tent at the press site of Kennedy Space Center especially for the Twitter crowd.

Around the T-minus five-minute mark, everyone was in place. There were satellite trucks covering the entire property, and the MTSU production crew had specific locations to get the best camera shots.

When the countdown came, I saw the massive structure lift off. The sound it made was pulsating; I stood in awe and amazement. The ground trembled, and I felt the spectacular roar of the lift-off in my body. It was nothing like being at home years ago, watching a launch on television in my family room.

After the shuttle reached a certain altitude, we saw the booster rockets, which provide the main thrust to lift the shuttle off the pad, separate from the craft. To say the least, I was left speechless!

We concluded our trip the next day with a tour of the Vehicle Assembly Building, where the massive shuttle structures are put together and which is considered one of the tallest buildings in the world by volume. We also toured the Kennedy Space Center Visitor's Complex.

A trip to Titusville, Fla., to visit the Kennedy Space Center and experience an actual launch will forever be a lifetime memory—and we have it on video.

Eric D. Jackson, a graduate student in mass communication, works in the Office of News and Public Affairs and is a producer for the monthly video magazine, "MTSU Record." Jackson is editing footage shot by students in EMC 4940 and MRAT 6340 classes during two NASA launches last fall for a documentary to air later this year on Nashville Public Television.

Satellite webcasts reaching K-12 schools across state

from Staff Reports
news@mtsu.edu

"Cedar Glades: Rocking Out with Endemic Plants" will be one of seven live Spring 2010 Programs for K-12 Students presented by the MTSU Satellite and Webcasting Center.

The Tuesday, March 2, Cedar Glades program will be led by Dr. Kim Cleary Sadler from the MTSU Center for Cedar Glades Studies and Department of Biology and by Marrie Lassater of Homer Pittard Campus School.

All of the one-hour student programs will air at 9 a.m. each Tuesday.

Other live student programs will include "Why Would You Want to Be an Engineer?" Feb. 2; "WISE Women Caring for Critters" on Feb. 23; "Heroes: Mortals and Myths in Ancient Greece" March 16; "A Hole in a Box Can Turn the World Upside Down! The Art and Science of Pinhole Photography" on March 23; "The Battle of Stones River" March 30; and "Discovering Primary Sources at the Tennessee State Library and Archives V: A Student's Guide" on April 6.

The prerecorded student programs will include "The Rain Forest" on Jan. 26; "Sanctuary: A Captive Elephant's Only Acceptable Alternative" on Feb. 9; and "Fueling the Future Update: Building Engines that Run on Sun and Water" on Feb. 16.

No student program will air March 9 because of MTSU's spring break.

Eleven one-hour Professional Development Programs for Teachers will air live at 3:30 p.m. each Thursday.

The programs include: "Break the Silence! Reporting Child Abuse" on Jan. 28; "Library of Congress Teaching with Primary Sources: Focus on the Civil Rights Movement in Tennessee" Feb. 4; "Why Would a Student Want to Be an

Engineer: A Teacher's Guide" on Feb. 11; "How to Learn Mathematics on Your Own" Feb. 18; "Excite Your Students About Science" on Feb. 25; "Watersheds and Wetlands Galore" March 4; "Teaching with Primary Sources: Prelude to the Civil War in Tennessee" on March 18; "Vocal Care for Teachers: Strategies to Maintain Optimal Vocal Health" on March 25; "Discovering Primary Sources at the Tennessee State Library and Archives V: A Teacher's Guide" April 1; "A Step-By-Step Guide to Modifying and Adapting Lessons for Inclusive Teaching for General Educators" on April 8; and "Play Symposium III-Diversity: Children's Play and Physical Activity" on April 10.

No teacher program will air March 11 because of MTSU's spring break.

In Murfreesboro and Rutherford County, the programs air on ERC@MT (MTSU Channel 9). School and center sites from Dyersburg and Memphis in West Tennessee to Knoxville and Church Hill in East Tennessee will carry the broadcasts.



Student organization can 'light a spark' for women's studies

by Gina K. Logue
gklogue@mtsu.edu

As students return for the spring semester, a new student group will be trying to capture their attention and their imagination. The Women's Studies Student Organization, or WSSO, welcomes students with any and all majors and minors who are interested in gender issues.

President Courtney Shelton says the fledgling group will focus on academics, not just activism. Panel discussions and intellectual round tables will be among the members' activities, along with fundraising and other charitable endeavors as well as collaborations with other student groups.

The WSSO officers say that women's studies classes have validated what they sensed about society's oppression of women, even though their high-school classes barely touched on women's history, let alone the history of the feminist movement.

"I felt like a mask had been pulled off, and I became aware of issues that I could feel but really hadn't been able to put a name to," says Vice President Kamryn Warren, a junior sociology major from Leiper's Fork.

Shelton, a junior social work minor, cites the Women in Leadership class she took as being especially enlightening.

"That helped a lot to see the whole sphere of women who have power, the obstacles they have to overcome to get in positions of power and how they operate," Shelton says.

Treasurer Lisa L. Walker, a junior sociology major from Dyersburg, says she decided to come to MTSU specifically because it has a women's studies program. She says she could not wait to arrive here after reading feminist books in her senior year of high school.

"You finally are around people that feel the same way, that say things that you can relate to, things that I didn't hear people say in my hometown," Walker says.

Dr. Newtona "Tina" Johnson, English professor and director of the Women's Studies Program, sees great value in the peer-to-peer mentoring the WSSO can provide to students of all geographical areas, educational pursuits and world views.

"It is a way to have students light that spark in other students," Johnson says. "When you have other students pass on this information in this



GETTING ORGANIZED—Officers of the new Women's Studies Student Organization on campus are, from left, Courtney Shelton, junior, president; Kamryn Warren, junior, vice president; and Lisa Walker, junior, treasurer. Joining the group is Dr. Newtona "Tina" Johnson, right, director of MTSU's Women's Studies Program.

photo submitted

atmosphere of collaboration and partnership, then it's easier for students to be drawn into the field."

For more information about the WSSO, contact the Women's Studies Program at 615-898-2910, or send an

e-mail to Shelton at ces3v@mtsu.edu, Walker at ll23b@mtsu.edu, or Warren at kdw3e@mtsu.edu.

Bowled over



WOO-HOO!—Head Coach Rick Stockstill is doused with sports drink by Blue Raider seniors Brandon Perry, left, and Chris McClover, right, and their teammates after defeating the Southern Miss Golden Eagles 42-32 during the R+L Carriers New Orleans Bowl at the Louisiana Superdome Dec. 20. The game, which was MTSU's first Division I bowl win, closed a season that saw the Blue Raiders become the first Sun Belt Conference team to win 10 games. The 10-3 overall season also made the team only the eighth in school history to record double-digit victories. MTSU ended the 2009 football season with its highest ranking ever in both the Associated Press and *USA Today* Coaches Polls—the Blue Raiders tied for 33rd nationally in the *USA Today* poll and came in 37th in the Associated Press poll.

Photo by Chris Graythen/Getty Images

Posters showcase research

by Randy Weiler
jweiler@mtsu.edu

Seven MTSU student researchers will be among more than 50 from six Tennessee Board of Regents and two of the three University of Tennessee system universities participating in the fifth annual Posters at the Capitol on Wednesday, Feb. 3, in Nashville.

The MTSU students, their presentations and faculty mentors include:

- Shannon Murphy, "A Label-Free Method for Detection and Differentiation of *Bacillus* spp. Endospores," with mentor Dr. Stephen Wright (biology);
- Kevin W. Bonds, "Liquid Bismuth-fed Ion Propulsion Engines: Construction Methodology for a New Type of Mass Flow Sensor," with mentor Dr. Tom Cheatham, dean for the College of Basic and Applied Sciences;
- Luke Bolin, "Effects of Oxygenate Additives in Reducing Air Toxics from the Exhaust Emissions of Generators Fueled by Diesel and Gasoline," with Dr. Sing Chong (chemistry);
- Sade Dunn, "Transformation of Tobacco Plants Using Synthetically Replicated Antigenic Regions of *Shigella Flexneri* 2a2457T," with Dr. Bruce Cahoon (biology);
- Bart Morris, "Organosilicate Films Coupled to Puoremic Band Gap Multilayer Materials for Gas Sensing," with Dr. Andrienne Friedli (chemistry);
- Keaten Holley, "Effects of Refrigeration on Elasticity of Human Erythrocytes Under Shear Stress in Human Blood Serum," with Dr. Daniel Erenso (physics and astronomy); and
- Hannah Norris, "Quantum Teleportation of Information with

Two Photon Pairs," with Erenso.

"It's open to all disciplines across each campus," said Cheatham, who serves as statewide coordinator for Posters at the Capitol, which started in 2006. "When the whole state is taken into account, we have many disciplines—it could be music, history, art, the sciences or others—and that's great. Certainly, science is important."

At least 51 students are expected to transport their research projects and posters to the capitol. The students will represent TBR schools East Tennessee State, Tennessee Tech, Austin Peay, Tennessee State, MTSU and the University of Memphis, along with students from UT-Knoxville and UT-Chattanooga.

"This is probably the biggest change," Cheatham said. "This had been a Board of Regents event in the past. We're happy that UT-Knoxville and UT-Chattanooga will participate with us."

Cheatham said students' posters will be placed in the Legislative Plaza hallway, and "they will share their research with anyone who stops by." He added that those who want to meet their state representatives or senators are welcome to do so. Later, a group photo will be taken with Gov. Phil Bredesen.

"I think the students really enjoy it, being at the Capitol, around where the (political) activities are ... the important business that's taking place. The students are invigorated by the experience."

David Gregory, TBR vice chancellor for administration and facility development, and Paula Short, TBR vice chancellor for academic affairs, usually attend the event.

The public is welcome to view the posters and talk to the researchers.

Campus Calendar

Jan. 25-Feb. 7, 2010

Please note:

Event dates, times and locations may change after press time. Please verify specifics when making plans.

TV Schedule



"Middle Tennessee Record"
Cable Channel 9:
Monday-Sunday, 7 a.m., 5 p.m.
NewsChannel 5+:
Sundays, 1:30 p.m.
Visit www.mtsunews.com
for other cable-outlet airtimes
or www.youtube.com/mtsunews
for a complete show archive.

Radio Schedule

"MTSU On the Record"
8 a.m. Sundays,
WMOT 89.5-FM
Podcasts available
anytime at
www.mtsunews.com.



Through Feb. 9

Art Exhibit:
**"Ramblings and Dwellings:
Ken and Libby Rowe"**
8 a.m.-4:30 p.m. Monday-
Friday, Todd Gallery
For information, contact:
615-898-5653.

Jan. 27

Wednesday, Jan. 27
**MT Women's Basketball
vs. New Orleans**
7 p.m., Murphy Center
For information, visit
www.goblueraiders.com.

Jan. 28

Jan. 28-30
MTSU Theatre: "Ladybug"
7:30 p.m., Tucker Theatre
For information, visit
www.mtsu.edu/~theatre
or contact: 615-494-8810.

Thursday, Jan. 28
**MT Men's Basketball
vs. New Orleans
(Mardi Gras Night)**
7 p.m., Murphy Center
For information, visit
www.goblueraiders.com.

Jan. 29

Friday, Jan. 29
**MTSU School of Music
Audition Day No. 1**
For information, visit
www.mtsumusic.com
or contact: 615-898-2493.

Jan. 30

Saturday, Jan. 30
MTSU Flute Festival
For information, visit
www.mtsumusic.com
or contact: 615-898-2493.

**MT Women's Basketball
vs. North Texas**
2 p.m., Murphy Center

**MT Men's Basketball
vs. North Texas**
7 p.m., Murphy Center
For information, visit
www.goblueraiders.com.

Feb. 1

Monday, Feb. 1
Red Cross Blood Drive
10 a.m.-4 p.m., Tennessee
Room, James Union Building
For information, contact:
615-898-2590.

**Learning, Teaching &
Innovative Technologies
Webinar: "Collaborating to
Develop an Open-Source
Platform for the Delivery of
Rich Media for Teaching and
Learning"**
noon-1 p.m., Room 475, Walker
Library
For information, visit
www.mtsu.edu/ltanditc
or e-mail ltanditc@mtsu.edu.

**Spring Honors Lecture Series—
Dr. Karen Petersen, "Problem
Solved? The Political
Implications of Palestinian
Statehood"**
3-3:55 p.m., Room 106, Honors
Amphitheatre
For information, visit
www.mtsu.edu/~honors
or contact: 615-898-2152.

Stones River Chamber Players
7:30 p.m., Hinton Music Hall
For information, visit
www.mtsumusic.com
or contact: 615-898-2493.

Feb. 2

Tuesday, Feb. 2
Groundhog Day Luncheon
benefiting MT Baseball
11:30 a.m., Hale Arena floor,
Murphy Center
Tickets: \$20 per person
For information, contact:
615-898-2103.

**LT&IT Workshop:
"Developing Your Course as
an EXL"**
led by Drs. Jill Austin and
Deana Raffo
11:40 a.m.-1 p.m., Room 100,
JUB
For information, visit
www.mtsu.edu/ltanditc
or e-mail ltanditc@mtsu.edu.

Feb. 3

Wednesday, Feb. 3
**Black History Month:
Unity Luncheon**
11 a.m., Tennessee Room, JUB
Tickets: \$20 adult, \$10 student
For information, visit
www.mtsu.edu/~aahm
or contact: 615-898-2718.

**MT Women's Basketball
vs. Troy**
7 p.m., Murphy Center
For information, visit
www.goblueraiders.com.

Feb. 4

Feb. 4-6
Wind Band Conference
8 p.m. Thursday: Tennessee
Valley Winds Concert
8 p.m. Friday: MTSU Wind
Ensemble Concert
1 p.m. Saturday: Honor Bands
Concert
All events in Hinton Music Hall
For information, visit
www.mtsumusic.com
or contact: 615-898-2493.

Thursday, Feb. 4
**LT&IT Workshop:
"Mobile Learning"**
led by Dr. Steve Jones
11:40 a.m.-1 p.m., JUB 100
For information, visit
www.mtsu.edu/ltanditc
or e-mail ltanditc@mtsu.edu.

Thursday, Feb. 4
MT Men's Basketball vs. Troy
7 p.m., Murphy Center
For information, visit
www.goblueraiders.com.

Feb. 5

Friday, Feb. 5
**MT Women's Tennis
vs. Chattanooga**
1:30 p.m., Nashboro Village
Indoors
For information, visit
www.goblueraiders.com.

First Friday Star Party
6:30-8:30 p.m., Wiser-Patten
Science Hall 102
For information, contact:
615-898-2483.

Feb. 6

Saturday, Feb. 6
**MT Track: Middle Tennessee
Invitational**
Murphy Center
For information, visit
www.goblueraiders.com.

**MT Women's Tennis
vs. UT-Martin**
1:30 p.m., Nashboro Village
Indoors
For information, visit
www.goblueraiders.com.

**MT Women's Basketball
vs. South Alabama**
2 p.m., Murphy Center
For information, visit
www.goblueraiders.com.

Get noticed in *The Record*!

Submit your Campus
Calendar items and
other news tips to
gfann@mtsu.edu by **3 p.m.**
Wednesday, Jan. 27, for the
Feb. 8, 2010, edition of *The
Record* or **3 p.m. Wednesday,
Feb. 10**, for the Feb. 22
Record. Make sure your news
gets noticed in plenty of
time: bookmark *The Record's*
2010 deadline schedule at
[http://frank.mtsu.edu/
~proffice/rec_deadlines.htm](http://frank.mtsu.edu/~proffice/rec_deadlines.htm).

"I looked at leg strength, balance, daily walking behavior, walking speed and endurance," Stevens said. "Some of these folks could only walk for a minute, then they would have to sit. When they started walking in the tank, the minimum time I set was five minutes of walking. They all were able to do that."

Walking in water is ideal for people with spinal-cord injuries because they have a blunted cardiovascular response to any exercise, Stevens explained, adding that the nerves that trigger the heart to beat faster are also the nerves that trigger walking. The low muscle tone in their legs and their inability to increase their heart rate resulted in very poor endurance, creating a repetitive and non-productive cycle. Walking in water produces greater blood flow, which increases cardiovascular activity, she said.

"They experience a real psychological boost," Stevens said. "At first they feel like they're in the

way. After trying initially [to walk], they say, 'What's the point? I won't be able to walk anyway.'"

Toward the end of the study, Stevens said her volunteers were walking up to four trials at eight minutes each. "So they've gone from four or five minutes of walking to 32 or 34 minutes. That's a big improvement."

When Moody started, he was walking at 1.5 miles an hour in the tank. Now he's up to 2.5 miles an hour, which is just about a normal gait pattern, Stevens said.

Harris started at .33 miles an hour, and "he's over a mile per hour now, so he's more than tripled his speed. ... Jim (also) was not able to stand independently at all. Now he can stand alone for almost a minute without holding onto anything," she said.

Rodgers went from a wheelchair to a walker with a seat, "so she can push it or sit down and scoot or have somebody push her," Stevens said.

"She's doing great at walking in the tank. It's pretty exciting."

Stevens said she has given each participant an exercise regimen that they can continue at home.

"I think as they gain confidence, they're changing how they do everything in their daily life. As they challenge themselves everyday, it contributes to their improvement," she said.

In addition to serving as an adjunct instructor in exercise science at MTSU, Stevens is a temporary faculty member at Tennessee State University in the College of Health Science.

She earned her bachelor's degree at the University of Kansas and a Master of Science degree at MTSU. She is continuing her research project this spring and hopes to complete her doctorate in human performance this summer.

Harris: 'Always push a little harder'

by Megan McSwain
news@mtsu.edu

Walking underwater has physically and mentally affected partial paraplegic Jim Harris, a participant in MTSU doctoral student Sandra Stevens' underwater-treadmill therapy program.

In July 2005, Harris, 57, was injured in a plane crash and suffered a spinal burst that severed pieces of his spinal cord. He has some movement in his legs, but his doctors said he would never walk again. The underwater treadmill has helped him defy those doctors.

"Even though the medical professionals at the time said, 'Well you'll never get up and walk again,' every time I get up, I'm reminded, 'Ha ha, proved you wrong,'" Harris said.



Harris

Harris heard about the underwater therapy program when Stevens gave a presentation at Vanderbilt Stallworth Rehabilitation Center, where Harris attends a monthly spinal-cord injury peer-support group.

Harris said he had tried walking only a few times before starting the program in October 2009. Walking was a challenge at first, he said, but now he's more comfortable walking in the tank that contains the underwater treadmill.

"At the beginning, I'd get my feet crossed up frequently, and I don't do that anymore," Harris said. "So there's

been an increase in stability and control. In (the tank), you don't have the fear of falling over and breaking a hip, or doing something that you'd be in a hospital for a long period of time."

Gerry Harris, Jim's wife, said she thinks his increase in mobility helps his mental state, too, and he likes coming to the therapy sessions for more than just exercise.

"He enjoys interacting with other people, talking," Gerry said. "He's a big talker. That's an incentive to come—to be around people."

Harris said his ultimate goal is to be able to fly planes again. A year after his plane crash, he flew with another pilot, and he said it felt good to be back up in the air.

One of his more immediate goals is to be able to feel more comfortable walking with a walker, with which the underwater-treadmill therapy has helped. Stevens said she thinks it's possible for Harris to eventually be able to walk again unassisted, but there is no certainty as to when.

Harris said the physical exercise he gets from walking on the underwater treadmill has helped make him less fearful about doing other tasks.

"You feel good. You feel comfortable. You feel like you can handle whatever it is you've got to deal with. As long as you just have something that you're reaching for, you always push a little harder."

Megan McSwain, a December journalism graduate, was a practicum student in the Office of News and Public Affairs during fall 2009.

Moody: 'Can train on my own'

by Drew Dunlop
news@mtsu.edu

Sometimes appearances can be more than deceiving. They can outright lie.

Watching Bob Moody prepare for his underwater-treadmill treatment, under the direction of MTSU doctoral student Sandra Stevens, might lead one to think that he is a hopelessly broken man.

He struggles to sit down on the bench outside the treatment tank, to adjust his shoes and, occasionally, to draw a breath. He takes overly careful steps to enter the tank.

When the treadmill begins to move, however, the truth about him and the strength of his body become apparent as he pushes himself to walk faster and longer against the resistance of the water.

Moody is a self-made man in the truest sense. When he launched his own window-installation business several years ago, his independent spirit infected the workplace to the point that even today, his employees jokingly tell him to go away, that they'll take care of



Moody

business without him.

Before he was paralyzed after falling in a hotel in Hong Kong two years ago, Moody was extremely active and traveled around the world.

It is his personal philosophy of turning obstacles into opportunities that has enabled his body to respond positively to the underwater-treadmill therapy.

"When I first started the program, I could barely get around when I went shopping," he said. "Now I can go 20 minutes before I need to sit."

In the first 10 weeks of treatment, he has improved his over-ground walking speed by 20 percent and increased his workout walking speed by 50 percent while also bolstering his endurance.

His overall heightened physical activity has improved the mobility of his arms and hands. Only recently, for example, his ability to grip and open jars has returned.

At this point, no one knows the limitations or potential of spinal-cord healing. In Moody's case, no one knows what it would take to make him give up trying to improve his mobility.

"The therapy has made it so that I can go to the recreation-center pool in town and train on my own," Moody added. "I'm strong enough to go it on my own and work out."

Rodgers: 'If you don't keep moving ... it'll quit working'

by Claire Rogers
news@mtsu.edu

Janette Rodgers suffered a broken neck and spinal-cord damage after a car accident in May 2009.

She was rushed to Vanderbilt University Medical Center, diagnosed with a complete spinal-cord injury and told she would never walk again.

"If I were to listen to what they had told me, I'd still be lying in the hospital bed or in a nursing home," Rodgers, 52, said. "With spinal-cord injuries, you're like a child; you have to learn to do everything again. If you

don't keep moving something, it'll quit working."

Six months later, Rodgers is able to walk with aid, and her injury continues to show improvement during her participation in Sandra Stevens' underwater-treadmill study at MTSU.

Rodgers learned about Stevens' research study while at Donnelly Physical Therapy Center.

"One of the ladies there said they



Rodgers

were doing research at MTSU and if I was interested, I should check on it. I called, and we came over to talk with Sandy and look at the tank and then we just started," said Rodgers. "I thought this will help me get better faster."

Rodgers had done pool training as part of her physical therapy but had not seen results as drastic as those in Stevens' study.

"I've noticed more of an improvement in my walking since I've been doing the treadmill underwater than I have anything," she said.

Rodgers said walking in the

water helped her form better steps. She has had to wear a brace on her left leg since the accident to keep her foot in proper walking position.

Despite the hardships she has faced, Rodgers maintains a positive outlook on her future and says the exercise has increased her feeling of well-being. After completing her role in Stevens' research, Rodgers plans to resume her traditional physical-therapy schedule and possibly begin water aerobics at the YMCA.

UT's Peterson is WISE speaker

from Staff Reports
news@mtsu.edu

One of the University of Tennessee's leading researchers will address MTSU's Women in Science and Engineering group and also spend time with faculty and administrators.

Dr. Cynthia Peterson, who is a professor in and head of the Biochemistry and Cellular and Molecular Biology department at UT-Knoxville, will speak to WISE on Wednesday, Feb. 3, at 6 p.m. in the Monahan Hall classroom. The event is open to the public.



Peterson

Peterson's expertise lies in blood clotting and vascular disease, cellular aspects of cancer and protein function and structure, according to the Tennessee Today Web site, which provides news and information for the UT community.

"We're delighted to have Dr. Peterson speak to WISE," said Dr. Judith Iriarte-Gross, professor in the

MTSU Department of Chemistry and faculty adviser for WISE.

"She and I met and talked at a NSF (National Science Foundation) joint annual meeting. She learned about GRITS (Girls Raised in Tennessee Science) and our Women in Science program, and she wants to learn more. We're building a strong network of collaboration for women in science throughout Tennessee."

Peterson is expected to talk to WISE about graduate and professional school opportunities and careers in science, technology, engineering and mathematics, Iriarte-Gross said.

Iriarte-Gross said she's also hopeful that Peterson will address faculty, administrators and undergraduate and graduate students who choose to attend the weekly chemistry seminar at 11:30 a.m. Thursday, Feb. 4, in Room 100 of the Davis Science Building.

Peterson's appearance is being funded by the American Chemical Society national organization, Iriarte-Gross said.

For more information about Peterson's visit, call 615-904-8253 or e-mail jiriarte@mtsu.edu.

Don't hide away! Come join 37th Groundhog Day Luncheon

MT Athletic Communications
www.goblueraiders.com

Monday, Jan. 25, is the deadline to buy tickets for the 37th Annual Groundhog Day Luncheon to benefit Blue Raider baseball.

The event, set for Tuesday, Feb. 2 at 11:30 a.m., will have its traditional menu of ham hocks, white beans, tomato salad, green onions, corn bread, chocolate cake and ice cream.

For the third straight year, the Groundhog Day Luncheon will take place in the Murphy Center on the Monte Hale Arena floor on the MTSU campus. The luncheon is hosted by the Blue Raider baseball team and the Blue Raider

Athletic Association as an opening pitch to the 2010 season.

All tickets for this year's event are \$20 per person, or you can reserve a table for 10 for \$250.

Reservations may be made for the

Groundhog Day

Luncheon by calling the Middle Tennessee ticket office at 615-898-2103 or 888-YES-MTSU (888-937-6878) or the BRAA office at 615-898-2210.

2010 baseball season

tickets are now on sale through the ticket office at Floyd Stadium. Fans can buy

a Season Family Bleacher Pass for \$60 and/or a Season Single Bleacher Pass for \$45.

For questions about chairback seating at Reese Smith Field, contact the BRAA at 615-898-2210.



Home page redesign readying for Feb. 1 launch date

by Randy Weiler
jweiler@mtsu.edu

MTSU is "counting down to the new look" for its Internet presence, university officials said, noting that the change will be a new look for the first time in three years.

University officials are hopeful the new design at www.mtsu.edu will be unveiled Monday, Feb. 1, Tonjanita L. Johnson and Barbara Draude said.

"By mid-January, we hope everything's on track (for the Feb. 1 unveiling)," said Draude, assistant vice president for academic and instructional technologies, adding that a "T-minus X days and counting" countdown has been in place on the Web site since Jan. 4.

"We're pretty much on schedule," said Johnson, associate vice president for the Office of Marketing and

Communications and a member of the redesign committee. "Through January, people will be able to see the new look through the blog."

The blog can be found at www.mtsu.edu/newdesignblog. Students, faculty, alumni, university friends and literally anyone in the world can view the blog there, Draude said.

"The blog is open to the world for viewing, and comments can be submitted to newdesign@mtsu.edu," she said. "We've received several postings about what's gone on with this."

The committee still is seeking input from people, Draude and Johnson said.

An improved search mechanism will be one of the many features of the redesign.

"The search mechanism will be licensed through Google and offer better search capabilities," Johnson said.

Draude said the "I'm One" aspect of the current home page and a two-year MTSU marketing campaign "will still be a component of the new site, but not as prominent. And we'll be able to expand to other areas on campus. We feature five students (and students who became alumni) now." The redesign "will feature one person, but it can spotlight more than just students."

Maine-based CampusTours Inc., an interactive media and software company that created the virtual tour unveiled in August, is working again with the committee on the redesign of the MTSU home page.



NSF workshop offers tips on writing successful grants

by Megan McSwain
news@mtsu.edu

The National Science Foundation held a workshop at MTSU for researchers and educators on Dec. 18 to educate attendees about NSF and writing grant proposals.

Dr. Michael Allen, MTSU vice provost for research and dean of the College of Graduate Studies, said MTSU is focusing more on developing and improving its research department.

"During weak economic times, it is very important to get additional research funds for science, engineering and education, because (NSF) funds a lot of educational programs now," Allen said. "It's very important for faculty and for the students to have the funds to be able to conduct research."

George Wilson, NSF's legislative specialist in the Office of Legislative and Public Affairs, was one

of the presenters at the workshop. NSF held a similar workshop at MTSU in 2003, Wilson said, but it wasn't as large as this one.

Dr. Rebecca Moore from Tennessee State University said being awarded funding for research helps meet the academic and social needs of students and faculty. She said the workshop was informational and a way for her to make connections with other people.

Wilson said that nearly half of the proposals NSF receives are good enough to be funded, but because of NSF's budget, only one out of five is actually awarded funding. Wilson offered tips to attendees on how to better prepare their proposals.

"The biggest problem, really, with (the proposals) is the quality of the writing," Wilson said.

"Mistakes in the writing ... or give reviewers the idea that maybe you're not as meticulous as they want you to be."

Another thing Wilson said NSF looks for in proposals is a well-developed, cutting-edge idea. Proposals also should be a persuasive document, not a scientific paper, he said.

The best advice Wilson said he thinks NSF gives is for researchers and educators to contact their program officers before they start writing a proposal to find out if their ideas will fit a certain program. He added that only a handful of proposals are funded the first time they are submitted, but he said that shouldn't stop you from resubmitting.

"If you take your reviews, look at your reviews and resubmit it, taking into account what people have suggested to you, your chances of getting funded actually go up to 50 percent," Wilson said. "You have to be persistent. If you just get your first denial and say, 'Oh, I'll go someplace else,' you'll never get funded. You have to keep pushing it."

Reorganization of college structure

The reorganization of the MTSU college structure has generated a considerable amount of conversation and debate among our faculty and academic administrators. I am well aware that some faculty members are concerned about the purpose of this restructuring and what we hope to accomplish as a university as a result of making adjustments in this area. In order to address many of these concerns, Interim Executive Vice President and Provost Dr. Diane Miller has responded in writing to many of the questions related to restructuring that have been posed by faculty, staff and students.

As you know, we initially planned for academic officials to submit an appropriate model for this restructuring by the beginning of December, but after receiving requests from faculty for additional time to discuss this matter, I decided to extend the deadline for the provost to submit a viable restructuring model for my consideration until the end of this academic year. This will allow the academic leadership and faculty more time to address critical concerns and explore a variety of models. I encourage those of you who are interested in this issue to continue to share your constructive feedback with the appropriate academic administrators so that we may have as much input as possible before making any final decisions about the best model for MTSU.

Stimulus funding

Another issue that continues to spark a great deal of discussion has been that of stimulus funding. MTSU recently was featured in a *Daily News Journal* article on this topic, which has generated a considerable amount of spirited faculty commentary. The university has been active in its efforts to address the resulting inaccurate perceptions related to MTSU faculty salaries and responsi-

bilities as well as what the anticipated loss of stimulus funds will mean to our faculty's workload, the quality of academics and our institutional operations. Without the temporary stimulus funding, MTSU would have suffered irreparable damage to our operations. Prior to being informed of the availability of stimulus funds, we were exploring options related to dealing with immediate and drastic cuts in personnel, significant reductions in our day-to-day operations and what we knew would be the resulting inability of the university to maintain a number of critical programs and services for our students and our community. The stimulus funds have provided a much-needed window of opportunity for us to strategically make the required reductions in our budget with the least amount of disruption to our students and personnel. But make no mistake about it—the loss of stimulus funds will have an impact on every facet of our university, and we are working diligently to ensure that we are prepared for a significantly reduced state budget in 2011, which will not be supported by stimulus dollars.

The university is working toward implementing those recommendations, which will help us to meet a significant portion of our anticipated budget reduction by the end of this fiscal year. This will help us remain on track for reducing our budget by the full \$25 million by July 1, 2011. In addition, the Tennessee Higher Education Commission recently informed the university that the governor and the Legislature are considering an additional \$6 million reduction from MTSU's budget, which, if approved, would be set for July 1, 2010, and would bring the total budget cuts to \$31 million. We are committed to making these reductions in a calculated, strategic manner, but as I have said time and time again, this process will not come without pain and sacrifice. Everyone will be affected in one way or another, but I am confident that we will emerge from this period of crisis with positive results.

Voluntary Buy-Out Program

Since we began this process, our primary concern has been how these cuts would affect our personnel. As indicated in previous updates, the normal process of attrition and the success of the university's recommended Voluntary Buy-Out Program are still critical factors relating to the pending budget cuts might affect university employees. The MTSU Office of Human Resource Services accepted applications through Jan. 15 from eligible employees who were interested in signing up for the VBP. It is important to keep in mind that additional reductions in personnel may be required if we do not experience the level of participation in the VBP that would result in our savings goal of \$4.7 million. Without a doubt, the loss of personnel, whether through the Voluntary Buy-Out Program, a reduction in force or attrition, will have an impact on many of our administrative operations and academic programs. Each division is working to minimize the amount of negative impact that such losses would have on their departments and the university as a whole.

Divisional recommendations

As I share with you links to the latest status reports from units all across the campus, I would like to thank everyone who has worked so diligently to keep us on time and on task as it relates to the recommendations presented in my May 21, 2009, report. As you will see from each of the updates, a considerable amount of work and thought have gone into helping us to work through the fine details of many of these recommendations. You will also see that there is yet a lot more work to be done.

For your convenience, you may go to www.mtsu.edu/strategic/division_updates.shtml, the Positioning the University for the Future Web site, to find updates to recommendations from each of our five divisions—Academic Affairs, Business and Finance, Student Affairs and Enrollment Services, Development and University Relations, and Information Technology. As you read through the updates, I encourage you to share your feedback with the appropriate divisional leaders so that your ideas and suggestions may be considered as our planning efforts continue.

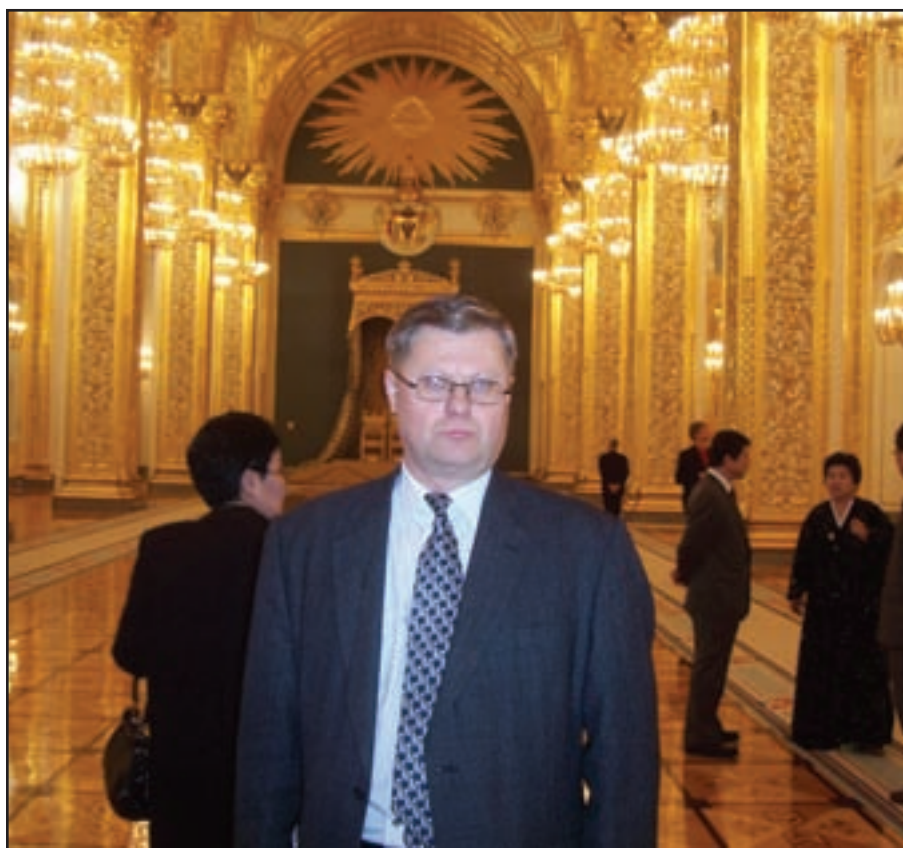
Conclusion

Please know that as president of MTSU, I take seriously the charge of providing visionary leadership for this outstanding institution, especially during these very difficult economic times. I remain committed to furthering the mission of the university and maintaining the kind of dynamic academic environment that supports the goals and objectives of our long-term academic master plan. Furthermore, I firmly believe that the investment of time and resources that we have and will put into our efforts to position MTSU for the future will not only help us in addressing the significant budget cuts that we are facing but also provide us with a strategic advantage over our competitors in providing quality programs and services that meet the needs of today's students.

Despite the difficulty of the task before us, with your active involvement and support, we will continue Middle Tennessee State University's long-standing tradition of offering our students outstanding academic programs in the kind of nurturing environment that addresses their needs on an individual basis. While it is not likely that we will all agree on every minute detail related to how we implement each of these recommendations, it is my hope that we will strive to share a single focus: making sound decisions that will enhance our university and the quality of education for our students for generations to come.

This is a reprint of recent e-mail communications from Dr. McPhee to the university community.

In the Kremlin



FROM RUSSIA WITH EXPERTISE—Dr. Andrei Korobkov, MTSU professor of political science, pauses in the czar's throne room in the Kremlin during a recent trip to Moscow. Korobkov was a panelist at the Nov. 3-4 international assembly conducted by the Global Institute for Support and Development of Russian Language and Culture, a nonprofit foundation. Korobkov delivered a presentation on "Russian Brain Drain—Myth and Reality" at the institute on Nov. 4.

photo submitted

Faculty from page 8

the dinner keynote speaker for the Ontario Nurses' Association on Oct. 5, presenting a discussion on "Self Care and Stress Management for Nurses" in Fort Frances, Ontario, Canada.

Publications

Drs. Mark Anshel (health and human performance) and **Jwa Kim** (psychology) published their study, "Reconceptualizing indicants of sport perfectionism as a function of gender," in the December 2009 *Journal of Sport Behavior*, pp. 395-418.

Dr. Jid Lee (English) has pub-

lished her memoir, *To Kill A Tiger* (The Overlook Press, New York), which is the story of her childhood in South Korea and five generations of Korean history.

Get noticed in *The Record*!

Submit your Faculty/Staff Update items, Campus Calendar contributions and other news tips to gfann@mtsu.edu by **3 p.m. Wednesday, Jan. 27**, for the Feb. 8, 2010, edition of *The Record* or **3 p.m. Wednesday, Feb. 10**, for the Feb. 22 *Record*.

Recording industry professor's work garners Grammy nod

by Gina K. Logue
gklogue@mtsu.edu

The Grammy Awards for classical recordings usually are not included in the pop-oriented television presentation ceremony. Perhaps that's a good thing, if only to keep Kanye West from popping up onstage and arguing that Beyonce was better than Beethoven.

However, it means you will have to listen closely to the CBS telecast on Sunday night, Jan. 31, for any fleeting mention of the winner for Best Classical Album. MTSU recording industry professor John Hill will be listening closely; he was an engineer on one of the nominated CDs.

Hill worked on "L'Enfant et les sortilèges" ("The Child and the Spells") and "Sheherazade," both compositions by Maurice Ravel, by the Nashville Symphony Orchestra under the direction of Alistair Willis. Also featured in

the recording on the Naxos label are the Chattanooga Boys Choir, the Chicago Symphony Chorus, the Nashville Symphony Chorus and eight operatic soloists.

Recorded in late 2006 and 2007 and released in 2009, "Ravel: L'Enfant et les sortilèges" was one of the first recordings ever made in the Schermerhorn Symphony Center in Nashville. The album is up against some heavy-weight internationally renowned competition, including Michael Tilson Thomas directing the San Francisco Symphony and James Levine directing the Boston Symphony.



Hill

"Of course, the source material is the orchestra, molded by whoever is conducting them," Hill says. "But it also takes a solid technical team to put together a recording that's going to be good."

Hill's responsibility was the so-called acquisition phase of the process, positioning more than 30 state-of-the-art microphones in just the right places and funneling the sound into a multitrack recorder. Typically, for a symphonic recording, the primary pair of mikes is placed behind the conductor, and spot mikes are scattered in various areas of the orchestra.

The technique of creating the mix in real time, as the orchestra is performing, is quite old school in an age when artists don't even have to be in the same country, let alone the same studio, to lay down tracks. However, the real-time mix is standard procedure for recording classical music.



"It helps if it's not your first rodeo," says Hill, who rearranged the mikes for recording purposes following three live performances of the same material. Of course, it wasn't Hill's first "rodeo." He has been the Nashville Symphony's recording engineer since 2000. In addition to a master's degree in sound recording from McGill University in Montreal, he has a bachelor's degree in music from Wilfrid Laurier University in Waterloo, Ontario. No mere functionary, Hill considers his technical skills AS an extension of his artistic appreciation of the material being performed.

"I really consider myself a musician who has a set of technical skills to draw on," Hill explains. "For this type of work, you would definitely not want to have somebody who is just fiddling with knobs. ... One really has to have some type of working knowledge of music."

To hear brief excerpts from the CD and an interview with Hill that aired on WMOT-FM's "MTSU on the Record," go to <http://frank.mtsu.edu/~proffice/podcast2010.html> and click on "January 10, 2010."

the RECORD

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UR055-0110

Faculty/Staff Update

Elections

Dr. Marisa Richmond (history) was elected as an at-large director of the Davidson County Democratic Women's Organization board for 2010.

Honors

Coach Steve Peterson (baseball) received the South Central Region Coach of the Year award Jan. 8 from the American Baseball Coaches Association. Peterson was honored for his team's 44-18 overall record in 2009.

Passages

Dr. Mary Ethel Freida Williams Martin (education), 83, passed away Dec. 24. A native of St. Louis, Mo., Dr. Martin was the daughter of the late Edward and Bertha Louise Gerberding Williams and was preceded in death by her husband, Chester Robin Martin, and her siblings Cissy, Lee, Roy, Edna, Louise and Bill. Dr. Martin is survived by her daughters, Mary Barone Martin of Murfreesboro and Cheslynn Ann Martin of Winston Salem, N.C.; a brother, Edward Williams of Phoenix, Ariz.; and grandchildren Kristin, Jessica, Joy, Andrew and Kate Martin. Dr. Martin was an active member of First Presbyterian

Church, which she loved. An alumna of Ohio State University who earned her master's degree at the University of Memphis and a doctorate in education from the University of Tennessee at Knoxville, Dr. Martin joined the MTSU family in September 1968 and was a professor in the College of Education for 13 years at MTSU and dean of the university's Graduate School before retiring in October 1994. Memorials honoring the former MTSU Teacher of the Year may be made to the American Heart Association or to the Chester R. and Mary E. Martin Graduate Scholarship at MTSU.

Dr. William R. Wolfe (English), 75, passed away Jan. 6. Dr. Wolfe was the son of the late Roland Corrington and Mary Agnes McConnell Wolfe and is survived by his younger brother, Donald Thomas Wolfe of Murfreesboro. He was preceded in death by two older brothers, Roland C. Wolfe Jr. of Nashville and John McConnell Wolfe of Chattanooga. Dr. Wolfe attended the Overbrook School and Father Ryan High School in Nashville. He attended Vanderbilt University, where he was a member of the Sigma Chi Fraternity, and held degrees from Saint Ambrose College, Marquette University and the University of Virginia. He was a veteran of the U.S. Army and was employed by MTSU from September

1969 until his retirement in July 1996. In lieu of flowers, the family asks that you consider contributing to your favorite charity.

Personnel Changes

Travis Tipton (admissions) became the adviser for the College of Basic and Applied Sciences Jan. 11. The MTSU alumnus (B.S. '06, M.Ed. '09) had worked as a counselor in the Office of Admissions since 2006.

Presentations

Dr. Wandi Ding (mathematical sciences) presented "Control for a Tick Disease Model Using Hybrid ODE Systems" at the Second International Conference on Mathematical Modeling and Analysis of Populations in Biological Systems in Huntsville, Ala., Oct. 9-11.

Dr. Debra Rose Wilson (nursing) presented "Stress Management for Nurses: Remembering Self Care," a juried national presentation, at a conference at the Mayo Clinic in Rochester, Minn. The Oct. 1-4 conference, "Forging the Future through Continuing Education," was sponsored by the Mayo Clinic in cooperation with the Professional Nurse Educators Group. Wilson also was

See 'Faculty' page 7