



# Healthy Pursuits

Nursing students who go abroad gain valuable perspectives while providing much-needed health care



Two local children.



The clinic.

Eleven MTSU nursing students who traveled to Guatemala and opened a health clinic there in 2013 had one focus—serving the health care needs of rural Guatemalans in one of the poorest regions of the country. Mission accomplished.

Those students and a nursing faculty led by Dr. Paul Williamson served over 325 patients at four different locations in the highlands outside Guatemala City. Along with colleagues from Utah-based Humanitize Expeditions, the students were able to bring some comfort, caring, and happiness to a very self-sufficient and industrious group of people whose health care needs were both critical and unmet.

Support for the trip came from various entities, including Dr. David Schmidt and his team in the office of the vice provost for International Affairs; the Education Abroad Office; St. Thomas Rutherford Hospital, which donated \$5,000 plus \$5,000 worth of medical supplies; Textbook Brokers, which donated \$1,000; Xi Alpha (\$1,000); and the local chapter of Sigma Theta Tau International Nursing Society. A silent auction raised just over \$1,000. The Student Nurses Association provided additional support.

Stories from the trip abound. One nursing student said that when she thinks about complaining that something has gone wrong in her life, she simply remembers the Guatemala trip and immediately shifts her thinking to being thankful that she has “clean water without leaving her house” and that she was able to attend school past the 6th grade “without having to pay.” Another student remembers the emotion that came pouring out of a Guatemalan mother when the student ambassadors were able to provide her with eyeglasses.

The following photo essay shows moments from the trip selected by students.



Local children, with girls in traditional Mayan dress.



Most of the care was provided to mothers and their babies and children.



After playing games with the local children who came to Casa De Sion every day after school.



A typical Los Robles home.



Students doing dishes following a meal.

(Editor's Note: Williamson is planning to take two student groups to Guatemala in May.)

## DOWN AND DISTANCE



Dean Terry  
Whiteside

*Dean Terry Whiteside has established a strong leadership and academic foundation for the College of Behavioral and Health Sciences (CBHS), MTSU's newest college. Now comes the challenge of messaging, marketing, and building the kind of public and financial support that will advance academic excellence, establish next practices, increase thought leadership, and have a positive impact on some of society's most intractable issues.*

### **What is your approach to building the kind of support that will have a noticeable and lasting impact on the college?**

The six academic disciplines in CBHS consist of several anchor programs that have long been part of MTSU's remarkable community impact. These programs prepare the professionals who are essential to ensuring that communities thrive. We must start by reminding our key stakeholders and alerting future stakeholders as to who we are, what we do, and the value that we bring in service to our citizens and the communities where we all live, work, and play.

### **What should excite stakeholders and others about the college?**

What excites the majority of us is something that makes a difference. For instance, the impact of the work that happens in Health and Human Performance has high appeal because of media focus on graduates like Ken Wright, whose organization turned the world of professional cycling on its head (see page 6). The public is gaining awareness of our impact on cutting-edge issues like obesity because of our Center for Physical Activity and Health in Youth and on improving mobility with nerve therapy using the underwater treadmill (see page 16).

It's just as easy to see the effect of CBHS's other departments—Criminal Justice, Human Sciences, Nursing, Psychology, and Social Work—on daily life and shaping possibilities for the future. Throughout the college, we can point to big successes in study, research, and thought that prospective students want to be a part of, industry wants access to, and community leaders see value in as a way to improve quality of life among our citizens.

### **How has your time spent hosting Alumni Focus Group Sessions helped you?**

Our graduates are doing amazing things, even beyond their original fields of study (see page 19). They are a testament to how great we can be as a college when our focus remains on preparing students for success.

Information they provided can positively affect recruitment and retention, expansion of degree offerings, expanded press coverage, and corporate and foundation support. Our alums are proud of their association with MTSU, but they also want to see us continually connecting both locally and globally. This first issue of our new CBHS magazine speaks to the pride they can take in their University and the vision they can help us achieve for a True Blue future. o

# MIDDLE TENNESSEE

STATE UNIVERSITY.

## COLLEGE OF BEHAVIORAL AND HEALTH SCIENCES

# OUTCOMES

Spring  
2014

### **Dean**

Terry Whiteside

### **Development Officer**

Bea Perdue

### **University Editor**

Drew Ruble

### **Designers**

Brian Evans, Kara Hooper, Amanda Hooten,  
Blaine Huffman, Micah Loyed, Susan Phillips

### **Art Director**

Kara Hooper

### **University Photographers**

J. Intintoli, Andy Heidt, Darby Campbell

### **Contributing Editors**

Michael Burgin, Bill Fisher

### **Contributing Writers**

Suma Clark, Leslie LaChance, Bill Lewis,  
Gina K. Logue, Candie Moonshower,  
Jen Stone, Patsy Weiler

### **University President**

Sidney A. McPhee

### **Vice President for Marketing and Communications**

Andrew Oppmann

0913-0192 / Middle Tennessee State University is an AA/EEO employer and does not discriminate on the basis of race, color, national origin, sex, disability, or age in its program and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Executive Director of Institutional Equity and Compliance, 1301 E. Main Street, CAB 220, Murfreesboro, TN, 37132; 615-898-2185; Barbara.Patton@mtsu.edu.

MTSU is a Tennessee Board of Regents Institution.

3,000 copies printed at Courier Printing, Smyrna, Tenn.

Designed by Middle Tennessee State University Creative and Visual Services

Cover photo by J. Intintoli

Psychology professor Cyrille Magne's reading disorders research is just one example of CBHS collaborations producing positive outcomes in the "real world."

# TABLE *of* CONTENTS

2

## Healthy Pursuits

Nursing students gain valuable perspective in Guatemala

6

## Performance Issues

Alum Ken Wright keeps a positive perspective on PEDs and athletics

4

## Down and Distance

with Dean Terry Whiteside

8

## Making It Better

From Home Ec to Human Sciences

10

## The Power of Partnership

Partnerships between CBHS and the local and global community provide better outcomes for all

16

## Your Move

MTSU's underwater treadmill research provides the next step for many

19

## Unexpected Outcomes

CBHS alumni prove there are many paths to a life well lived after graduation

23

## The Noble Nurse

One alumna seeks to give back to the profession she loved

24

## A Piece of their Mind

Dean Terry Whiteside discovers what college stakeholders expect from their alma mater

26

## Better by Design

An MTSU alumna wins the grand prize in season two of the Diet Coke Young Designer Challenge

27

## In Memoriam

Jon Scarlett

The students and graduates of MTSU's College of Behavioral and Health Sciences (CBHS) are change agents. That's because CBHS—the University's newest college—helps provide the next generation of nurses, social workers, criminal justice and correction workers, psychology counselors, and human service and health-related professionals who form the foundation

for preserving and caring for humanity. This is the college that provides the leadership these individuals need to produce new and better outcomes addressing some of our oldest and most intractable issues . . . improving the health and well-being of people and the communities in which they live, work, and play.

# PERFORMANCE



Ken Wright keeps a positive perspective on PEDs and athletics despite having seen it all

by Bill Lewis

**K**EN WRIGHT ('84) COULD BE EXCUSED FOR being pessimistic about the prevalence of doping in sports. After all, the MTSU alumnus is a leader of the U.S. Anti-Doping Agency (USADA), the organization whose investigation led to Lance Armstrong's loss of his seven Tour de France titles.

Doping was in the news again last summer when Major League Baseball (MLB) suspended superstar Alex Rodriguez for 211 games (appeal pending). Twelve other players accepted 50 game suspensions following MLB's investigation of Biogenesis, a shuttered anti-aging clinic in Florida that is accused of distributing banned performance-enhancing drugs (PEDs).

During the investigation, USADA shared research with MLB and helped track shipments.

It may seem counterintuitive, but more than two decades of involvement in anti-doping efforts have turned Wright into

an optimist. Some 200 million Americans have relationships with sports as participants, coaches, parents, or volunteers. The majority of them would never consider cheating and risking their health and safety by using or promoting PEDs. But those aren't the people who make headlines.

"My view is that we should be thankful that people are taking time to incorporate integrity and honesty in sport," Wright says. "They don't get the attention the bad guys get."

Wright, who is a member of the USADA's board of directors, earned his Ph.D. at MTSU. He is a professor and director of the sports management program at the University of Alabama.

Wright was involved in three Olympic Games—London, Vancouver, and Salt Lake City—as a doping control officer. He has also worked with the U.S. Olympic Committee as an athletic trainer, educator, and presenter at meetings in China, Japan, the

# CE ISSUES

United Kingdom, Canada, and the United States. He helped craft Olympic doping controls so that athletes around the world are held to the same standard.

“These athletes are heroes to our young people,” Wright says. “We’ve got to make it right.”

Exposing and punishing offenders is only part of the solution. Wright would rather prevent doping before it occurs and protect the right of athletes to compete healthy and clean and achieve their personal bests.



Today, he is pinning his hopes on the USADA’s True Sport program, which is nothing less than an effort to change the win-at-any-cost culture that can make young athletes vulnerable to the

temptation of doping or even the seemingly innocent use of energy drinks that, while perfectly legal, contain unhealthy and potentially dangerous stimulants.

Winning should depend on motivation and skill, but the message kids hear from athletes who use PEDs and from advertising is that success can be found in a drug or a drink.

“In America, we’re in a quick-fix society,” Wright says. “We’ve got to break the cycle.”

True Sport ([www.usada.org](http://www.usada.org)) reaches out to young athletes and provides resources for K–12 educators, coaches, and parents who want to teach young athletes to value ethics, integrity, and personal achievement, not just the final score.

Last October, Wright returned to campus during Homecoming weekend, taking time while in Murfreesboro to introduce the True Sport program to Hobgood Elementary School students.

“It’s not just about winning. It’s about participating,” Wright says. “Tell the truth, and live by the principles of the sport.”<sup>o</sup>



Colby Jubenville speaking at the inaugural Leadership Series

## On the Leader Board

Dr. Wright is a prime example of an MTSU graduate who is impacting outcomes on a global scale. With doping in sports being such a hot-button issue in society today, Dr. Wright spoke during a new speaker’s series developed by Dean Terry Whiteside and the College of Behavioral and Health Sciences. The Dean’s Leadership Series is branded as “A Focus on New and Better Outcomes.” Upcoming speakers include Pat Harris, Chief Global Diversity Officer for McDonald’s, during the 2014 LGBTQ Student Conference April 12–14.

MTSU professor Colby Jubenville (above) kicked off the series this past August. Jubenville is professor in the graduate Leisure and Sport Management program in the Department of Health and Human Performance at MTSU and co-author of the recently published book, *Zebbras and Cheetahs: Look Different and Stay Agile to Survive the Business Jungle* (Wiley). Attendees at Jubenville’s presentation included: Murfreesboro mayor Tommy Bragg; Murfreesboro City Schools director Linda Gilbert; professional sports advisor Michael Lawson; Charles Dewitt, dean of social and life sciences at Nashville State Community College; Jan Hibdon, chief quality officer at Heritage Medical Center; James Manning, executive director of Oaklands Historic House Museum; Joey Peay, CEO of Murfreesboro Medical Clinic; Melinda Rigsby, magistrate, Davidson County Juvenile Court; Josh Rigsby, president of MT Lambda at MTSU; Amy Campbell-Pittz, attorney with the Department of Children’s Services; Kenneth Moore, Jason Delgado, and Ann Eaden representing Beaman Automotive; Angela Farmer, former VP of human resources at MedSolutions; Jim Holland, CEO of HG Staffing; Nada Latto, VP of human resources at BMI; Lisa Mitchell, executive director of Read to Succeed; and Mia Vickers, deputy director of the Governor’s Highway Safety Office, among others. <sup>o</sup>

by Candie Moonshower

# Making It Better

From Home Ec to Human Sciences: The lessons to be learned remain the same

While “home economics” has long been synonymous with cooking and sewing and considered solely the province of girls and women, the history of home economics—and the current flourishing state of the department that houses it at MTSU—tells a completely different story. Born at MTSU in 1916 as the Department of Home Economics, the Department of Human Sciences encompasses Family and Consumer Studies; Interior Design; Nutrition and Food Science; and Textiles, Merchandising, and Design. Bachelor of science degrees are offered in six different programs of study.

What we now know as Human Sciences developed not out of the realm of domestic duties, but out of scientific inquiry. Ellen Swallow Richards, after graduating from Vassar, was the first woman in America to be accepted at a scientific school, and she graduated with a B.S. from the Massachusetts Institute of Technology. She then established a Women’s Laboratory at MIT, where she worked without pay prior to being appointed as an instructor at the nation’s first laboratory of sanitary chemistry at MIT in 1884. In 1887, at the request of the state of Massachusetts, Richards and her assistants at the lab began to survey the condition of the inland waters there, leading to the first state water quality standards in the nation. Richards went on to apply her knowledge of scientific principles to domestic topics and endeavors, and the field of home economics took shape as a science that studies humans and their needs in the areas of food, shelter, clothing, and relationships.


One of the pioneers of home economics and human sciences at MTSU was Lyndall “Lyn” McMillian, who attended MTSU and received her degree in home economics. A native of New York, as a teacher McMillian worked with students at Castle Heights Military Academy, military wives, Wilson County school system students, and finally in the Home Economics Department at MTSU. Retired Health and Human Sciences professor Sondra Wilcox first heard of Lyn McMillian while sitting at a lunch counter in a drugstore in Jackson Heights shopping center.

“Two young women were talking, and one commented that they might as well stay—they were already late and would not be able to get into their class because Mrs. McMillian locked the door when class began,” says Wilcox. Wilcox was later invited to a dinner by a student in a nutrition class of McMillian’s. “It was a formal dinner with students serving as hostesses, and formal etiquette was required. While it may seem outdated now, students were learning things—including manners—that would help them professionally,” Wilcox says. As fellow faculty members at MTSU, the two were soon acquainted. “I took home economics in high school and college, but it didn’t really ‘take,’” Wilcox



Helary Turner Walker





says. “But opposites attract, and we became good friends.” McMillian passed away at age 101 on August 1, 2013. “Lyn McMillian was so professional—an alumna and a faculty member to be proud of,” Wilcox says.

Hilary Turner Walker, a 2010 graduate of the department with a B.S. in interior design, represents the new face of home economics and human sciences. “I had always been interested in home decor, design, and interiors,” she says. “I loved doll houses as a child and was constantly decorating, redecorating, and changing the furniture around in the houses.” Walker was minoring in dance but was unsure of her major until she heard that there was an interior design program at MTSU that offered a degree. She researched the program and, while intimidated, she thought it would be fun. “And it was fun,” she says, “but rigorous. People do not realize what a serious degree program it is—one that combines technical, conceptual, and theoretical skills and knowledge and all within a wide range of industries.” Walker explains that what used to be considered just sewing, cooking, and childcare is so much more. “It is fashion and fashion merchandising, interior design, nutrition, and early childhood development,” she says. “What used to be done primarily in the home has been ‘outsourced’ to meet the needs of this new world we’re living in.”

Walker’s career trajectory illustrates the wide variety of paths a B.S. from the department might encompass—from an early job in furniture sales, Walker transitioned into managing social media for a company that produces high-end lighting and accessories. After making connections, she went into freelancing and assisting other interior designers with their projects, which gave her a broad perspective on how different designers work. She began working exclusively for Pulp Design Studios in Dallas and became interested in publishing in the design industry. Now she blogs and writes for *D Home* magazine and is a freelance writer for other companies.

“These days, we aren’t able to be home 24/7,” Walker says. “A lot of younger women aren’t learning the same skills as a generation ago.” She is happy that there is a revival of sorts going on in the field of

human sciences as illustrated by TV shows about design and food; fashion, home design, and cooking blogs; and the use of social media such as Facebook and Pinterest to share ideas about subjects previously considered as “home economics” and the province of mostly women.

From its early years as the Department of Home Economics, the goals of the department have always reflected its roots in the physical, biological, behavioral, and social sciences. In 1990, in order to more clearly represent the breadth of the programs in the department and improve the marketing of the programs to recruit quality faculty and students, the faculty passed a motion to change the name to the Department of Human Sciences. In January 1991, the name change was formally adopted, and Ernestine Reeder, department chair, reminded the community in a press release that Ellen Swallow Richards, the founder of home economics, had described the field “as the application of sciences to the betterment of the human condition.”

Current department chair Deborah Belcher wholeheartedly agrees. “Human sciences is about basic survival,” she says. “It is a science that studies humans, and all our professional degrees deal with the human condition from early childhood through adolescence and adulthood and into old age.”

Each year, the department offers its approximately 700 students opportunities such as internships and experiential learning and programs such as “Farm to Fork” and composting. It also supports community initiatives including the War on Hunger and Bras for a Cause. And Lyn McMillian would be proud to know that there is still an etiquette seminar available. (Ellen Swallow Richard’s alma mater, MIT, also offers courses and workshops in etiquette.) After all, social graces can play an important role in improving the human condition. ◦



# The Power of PARTNERSHIP

Forging ties between the **ivory tower** and the **real world**

**C**BHS STUDENTS AND FACULTY MEMBERS are always looking for ways to produce new and better outcomes for some of society's oldest and most intractable issues, improving the health and well-being of people and the communities in which they work, play, and live.

One way to achieve that aim is through partnerships that truly change communities. The intellectual capital and experience that CBHS brings to partnerships with local, regional, national, and global entities helps ease many social, educational, health, and business concerns.

Here's a look at nine partnerships between CBHS and "real-world" organizations that result in better quality of life.

## A Second Chance

Traumatic events in childhood can affect stress levels so much that they make physiological changes to the brain and immune system. Doctors have found links between poor self-esteem and cancer and trauma and autoimmune diseases such as fibromyalgia. If someone suffered sexual abuse as a child, the effect is even more intense.

However, educators like Dr. Debra Rose Wilson are making great strides in helping sexual abuse survivors overcome their stress and improve their health.

Through community service, Wilson discovered that offering self-care training to women who had been sexually abused as children helped them have a more positive outlook. She expanded that into a study to see how a four-week stress management program might help survivors cope better.

Wilson's background in holistic nursing, clinical hypnotherapy, and complementary alternative therapies helped her create a list of stress-management techniques. An MTSU Public Service Grant allows her to offer a four-week program (meeting once a week) to a group of women who survived childhood sexual abuse.

Wilson checks immunoglobulin A levels in participants' saliva at the start and end of the program. The antibody helps prevent disease, but under stress that protection is reduced. Chronic stress increases susceptibility to autoimmune diseases, where the body attacks itself.



Professor Debra Wilson provides tools to help childhood abuse victims address the stress they experience as adults.

"We found that their immune systems improved pretty much across the board," Wilson says. "Not only did their immune functions improve but what we consider to be adaptive coping was much improved as well."

Wilson regularly offers the stress management program at the Sexual Abuse Center in Nashville. She also teaches a guided imagery certification program to nursing students from MTSU, Austin Peay, and, starting in spring 2014, at Tennessee State.

—by Jen Stone

## A Difference Maker

"My mother's a nurse—it was always my plan to be a nurse," remembers Jennifer Austin. A sophomore in the Nursing program in 2006, she was pursuing that dream when the world she knew ended in a grinding car crash, leaving her paralyzed from the mid-chest down. Her injuries were so severe that doctors gave her family little hope that she would survive,

Jennifer not only survived—she became a force to help others. Returning to MTSU in 2009, she found a "new home in the Human Sciences Department" in Child Development

*(continued on page 12)*



MTSU student Jennifer Austin makes a difference in the fight against childhood hunger.

*(continued from page 11)*

and Family Studies. Through a Family Centered Community Building class, Jennifer became involved in a program that fills backpacks before weekends and holidays with nonperishable, child-friendly, nutritious food for at-risk children. She entered an internship with Universities Fighting World Hunger and organized a campaign—Feed a Child, Feed a Dream—netting more than \$1,300. She showed herself and others that “regardless of the situation, you can make a difference.” And she continues to do that. Now president of the MTSU chapter, she frequently speaks to groups about childhood hunger.

Graduating in 2012, she immediately entered graduate school in health. She’s interning with People First of Tennessee, an advocacy organization run by and for those with disabilities. Her dream is to tie her two degrees together and help families navigate the uncertain path of having a child with disabilities.

Jennifer’s message—what she calls the theme of her life—is simple: “Never give up!”

—by *Suma Clark*

## Assuming Control

It takes more than excellent piloting to get an airplane safely from one destination to another. On the ground, highly trained professionals track flights, juggle weather-delayed itineraries, schedule maintenance, inventory parts, and address the many other logistical and technical matters it takes to move aircraft around the country and the world. Their work ensures safe travel for millions of people.



The work is dynamic and intense and also intensely collaborative. MTSU’s NASA-Flight Operations Center Unified Simulation, or FOCUS lab seeks to prepare students for aerospace professions—but not just in terms of technical know-how.

In collaboration with the psychology faculty, the aerospace program also teaches cross-disciplinary communications skills and understanding vital to the field.

Traditionally, students leave college and enter the aviation industry with independent silos of training. This does not provide a realistic simulation of how flight operations run in the field. MTSU’s more collaborative approach prepares the next generation of aviation professionals in a real-world environment that enables employees to perform better on the job right off the bat.

By receiving cross-disciplinary instruction in high-fidelity simulations, students “develop a better awareness that team members of a flight operations center have shared goals. They increase their understanding of how other aviation professionals depend on one’s work, become more focused in their communication, and improve their performance as a team,” says professor Rick Moffett, a specialist in organizational psychology.

The cross-disciplinary approach is already having an impact on how and what aerospace students learn.

“Our findings suggest that highly realistic simulations requiring coordination between various specializations help prepare students for the interdependent work they will perform,” says psychology professor Glenn Littlepage, who teaches psychology of social behavior and group dynamics.

—by *Leslie LaChance*

## Memory Matters

Need some help locating where you put your car keys every now and then? Ever come home from the grocery store without the milk you went to buy?

These kinds of memory glitches happen to many of us, but they are not necessarily signs of degenerative memory loss. Still, for those concerned about possible memory loss, psychology professor Paul Foster and his graduate students in neuropsychology can help.

Through a partnership with Murfreesboro Medical Clinic, Foster and his students offer free screenings to determine whether a patient could be experiencing serious memory problems. While the service is not a full-scale diagnostic workup, the 30–45 minute screening is quite thorough,

Students practice in MTSU's NASA-Flight Operations Center Unified Simulation.

says Foster, and it can help patients decide whether to pursue further diagnostic analysis. The screening involves a series of tests dealing with attention, recall, speed in processing information, and other cognitive functions.

“Many patients will perform well, and the recommendation is that they might come back the following year for a subsequent screening to monitor their memory functioning,” Foster says. “Other patients, though, exhibit deficits or impaired performance on some tests, and the recommendation is for them to have a complete neuropsychological evaluation conducted to determine the source for the memory and cognitive problems.”

Psychology graduate student Ransom Campbell appreciated the opportunity to work with Foster this past year and to earn credit toward a required practicum.

“The entire experience has provided a good foundation for me as a potential future clinical practitioner,” he says. “The insights gained will be invaluable in any doctoral training I might have, as well as any professional experiences.”

—by *Leslie LaChance*

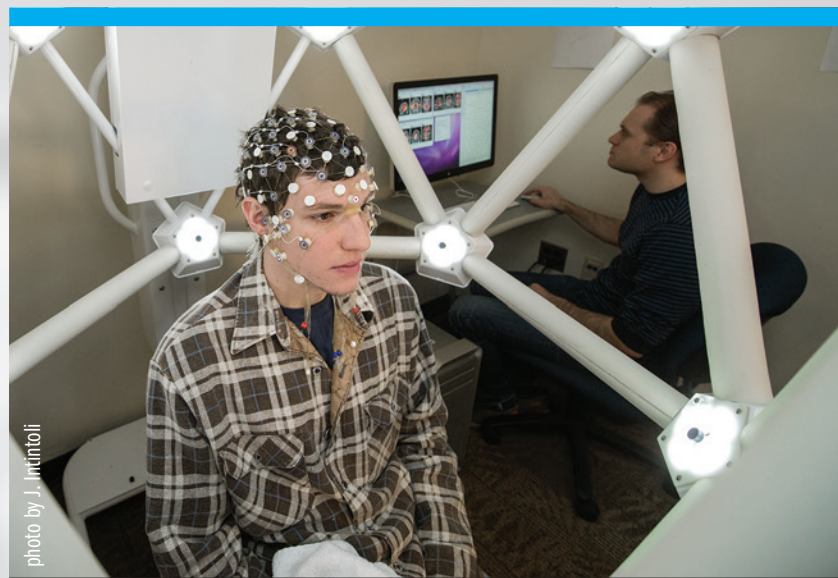


photo by J. Intintoli

Dr. Cyrille Magne's research investigates the relationship between speech rhythm perception and literacy.

In a new study funded by the National Science Foundation (NSF), MTSU psychology professor Cyrille Magne will explore one such neurological aspect of reading. The NSF study “will consider how speech rhythm affects the processing of both form and content of written sentences in English,” he says.

Recent research has indicated that reading disorders such as developmental dyslexia may be linked to disruptions in speech rhythm perception. The ability to effectively process speech rhythm is an important part of language acquisition, and it may likely affect the ability to read silently.

Magne hopes his study will aid in the discovery of new methods to identify and treat reading disorders and thus help struggling readers around the world.

“In fact, I am already working on extending my current line of research in this direction in collaboration with the Center for the Study and Treatment of Dyslexia here at MTSU,” Magne says.

—by *Leslie LaChance*

## Rhythm and Reading

Nearly 15 percent of adults in the United States struggle with illiteracy, according to the National Center for Education Statistics. While the causes of reading difficulties are varied, some literacy problems have their origins in neurological issues.

## Reading the Label

As government leaders and nutrition experts fight rising obesity rates in America, there are a few expert dietitians leading the charge in training the next recruits in the nutrition army. One of those is dietetic professor Ginny Bogle (M.S., R.D., L.D.N.).

(continued on page 14)

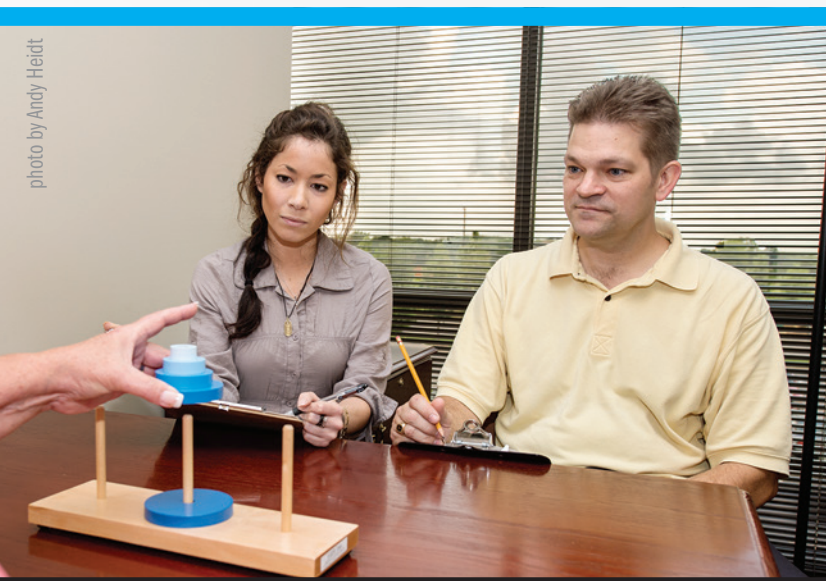


photo by Andy Heitt

Dr. Paul Foster and MTSU graduate student Kaylei Branch administer a memory screening at Murfreesboro Medical Clinic.



Recent MTSU dietetic graduates Kerstyn Motter (left) and MarLea Teeple (center) with Dr. Ginny Bogle (right) in the Health Sciences kitchen at MTSU.

Through her Nutrition Coaching and Counseling Skills course, Bogle is teaching the next generation of dietitians how to help people make healthy choices. The semester-long course is three hours a week for senior dietetic students who already have a strong foundation in nutrition. The course offers training in how to use nutritional knowledge in the real world by giving students the opportunity to meet real clients.

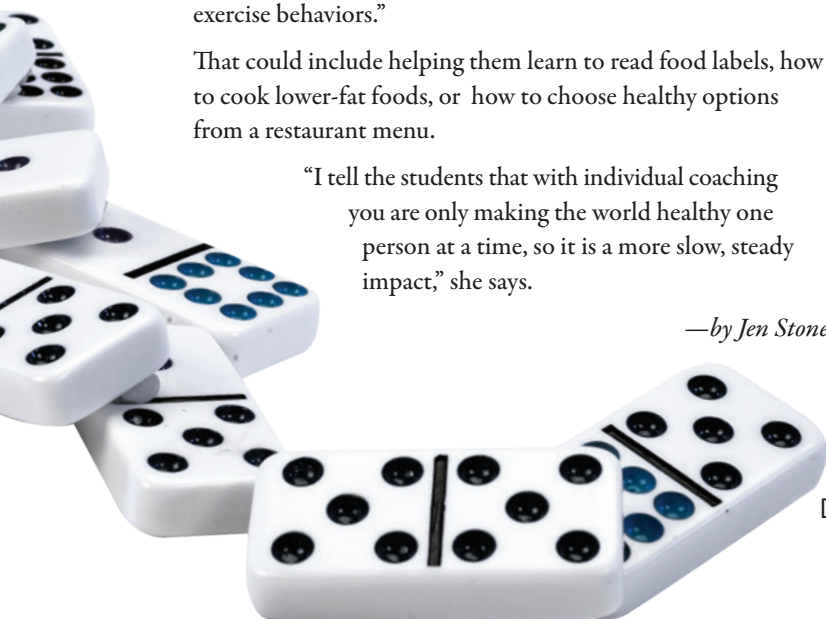
First, though, they get solid training in communication skills and counseling.

“The general desire of the students when we reach out to the community is for them to help individuals eat healthy and exercise more,” Bogle says. “The students educate clients based on the client’s desire and ability to change nutrition and exercise behaviors.”

That could include helping them learn to read food labels, how to cook lower-fat foods, or how to choose healthy options from a restaurant menu.

“I tell the students that with individual coaching you are only making the world healthy one person at a time, so it is a more slow, steady impact,” she says.

—by Jen Stone



## Read to Succeed

Many of us take reading for granted, but for people with low literacy, it’s a struggle every day to comprehend information regarding things as important as their health.

Thankfully, Dr. Stuart Bernstein and Dr. Cathy Crooks of MTSU’s psychology department are making big strides in addressing literacy issues, especially where health is concerned. Both got involved with local literacy organization Read to Succeed—Bernstein on the adult literacy council and Crooks when she attended a community health and literacy forum.

That’s where Crooks first learned what a huge issue health literacy really is. Nationwide, 14 percent of adults scored below basic proficiency on the 2003 National Assessment of Adult Literacy. In Rutherford County, that works out to more than 20,000 people who struggle to read and understand information about giving children vaccines, taking prescription medication, or determining ingredient interactions in over-the-counter drugs.

With the help of students, Bernstein and Crooks approached Read to Succeed with a plan: first, they would do a needs assessment with health-care providers, and then perform a needs assessment with low-literacy clients.

Those assessments highlighted the need for more health literacy in the area. Many participants said they sign medical forms without understanding them. Nearly all health-care providers said they regularly encounter patients with low literacy and don’t know how to meet their needs. Most expressed interest in additional training to help improve communication and support.



Drs. Stuart Bernstein and Cathy Crooks and MTSU psychology students Katelynn Usetlon (back right) and Erica Sill at a Health Literacy Fair at Barfield Elementary School.

*CBHS and Murfreesboro City Schools have announced a partnership effort focused on Collaborative Learning and Leadership. . . . Look for details in Fall 2014.*

Read to Succeed recently named Bernstein and Crooks community volunteers of the year, and they say they are still working with the organization on several projects.

—by Jen Stone

## Social Enterprise

“I believe that social workers are the ultimate change agents,” says Michael Miller, a Social Work senior who graduated in December. But it’s not his nature to wait to be a force for



MTSU social work students during a visit to Thistle Farms, the social enterprise run by the women of Magdalene, a residential program for women who have survived life on the streets.

change in the community; he and dozens of other students start early putting what they’re learning into practice. Miller is president of The Forum, a student service group that reaches out to make a difference. Last year, 15 or so members traveled to Nashville’s Thistle Farms, a social enterprise that supports the work of Magdalene House, a unique program helping women recover from addiction and prostitution.

The students’ service day began with morning meditation, during which the women shared their stories. Miller says this was both moving and instructive, reminding him of the importance of accepting people as they are. The day continued with opportunities to learn about the natural bath and body products the women make, to help cut up T-shirts for making paper, and to recognize the need for advocacy. One student wrote on The Forum blog: “You can’t look away any more. You can’t pretend to be unaware . . .”

Working in the community is part of the social work program for both undergraduate and graduate students. Yvette White

(M.S.W. 2013) completed a 500-hour internship at Magdalene House that included one-on-one counseling and conducting group meetings. “The experience changed my views,” she says, praising the comprehensive two-year program that includes counseling, treatment, and employment, all at no cost to the residents.

—by Suma Clark

## Justice for All

Thanks to a new partnership between MTSU and Nashville State Community College (NSCC), more students in middle Tennessee will have better access to law enforcement education. Consequently, the region can look forward to having more well-trained law enforcement personnel keeping the streets safe.

Beginning last year, a new transfer agreement between the two institutions allowed NSCC students with associate degrees in criminal justice–related majors to make a seamless transition into MTSU bachelor’s degree programs in criminal justice administration or liberal studies. With concentrations available in law enforcement, homeland security, and organizational management, these future graduates will have the sought-after skills to meet an expanding professional need.

To make the four-year degree even more accessible, MTSU will begin offering criminal justice courses online and at the NSCC Southeast satellite campus at The Crossings. o

—by Leslie LaChance



MTSU University College Dean Mike Boyle at the announcement of the agreement between MTSU and Nashville State regarding criminal justice degrees.

# Your Move

## MTSU's underwater treadmills provide the next step for many suffering severe mobility impairment

by Gina K. Logue

THEY COME FROM HOME AND FROM WORK, from Murfreesboro, Nashville, and points beyond to MTSU's Alumni Memorial Gym (AMG) to spend a few minutes walking in water.

As ordinary a task as it seems, it's really quite extraordinary since most of them can't walk at all.

People who the insurance industry asserts are incapable of making any physical progress for the rest of their lives are making progress on MTSU's underwater treadmills.

The two machines themselves, located in separate rooms, are not so unusual. Many universities and athletic facilities have underwater treadmills.

However, they are used most commonly for the rehabilitation of able-bodied athletes who have sustained injuries, mere temporary setbacks on the way to their next gold medals or touchdowns.

Richard Locke was a fullback for Memphis State University, now the University of Memphis, from 1977 to 1980. He amassed a total of 1,630 all-pur-

pose (rushing and receiving combined) yards and scored eight touchdowns in his collegiate career.

Today he is trying to raise his left leg high enough not to drag it against the treadmill as he walks at a steady pace through the 90-degree water, holding to the steel-enclosed glass sides for balance.

The lead custodian at Murfreesboro's Blackman High School is determined to recover from a stroke that affected the left side of his body last year.

"I can bend my knees a lot better with the water resistance," Locke says. "It feels like it gives me some stability, and it feels safer than a regular treadmill."

Any time Locke's left leg starts to shuffle, his wife, Debbie, positioned behind the treadmill, says, "Pick up that left leg!"

Dr. Sandy Stevens, who fills the tank and guides clients through their workouts, says people have been coming to the unpretentious cinder-block environs of the AMG basement for the past two years to regain lost mobility.

Back in Motion: top—Richard Locke from his playing days at Memphis State University (photo courtesy of University of Memphis athletics); middle—Locke during a physical therapy session in the underwater treadmill lab on the campus of MTSU; bottom—Trent Swarthout (left), also performing therapy in the underwater treadmill.



“Insurance doesn’t cover this type of exercise because the companies say these people can’t make functional improvements,” Stevens says.

Whether full recovery is possible or not, there is value in improving one’s physical, mental, and emotional quality of life. That’s what Stevens wants to emphasize.

“If you put these underwater treadmills in YMCAs, in senior citizen centers, in community centers, people would use them on their own with minimal supervision,” Stevens says.

Stevens is a postdoctoral research fellow with a tenure-track teaching position in the Department of Health and Human Performance’s exercise science program.

She knows from her past research with children with cerebral palsy that using the underwater treadmill to stimulate the pathways from the nerves to the brain produces results.

She also knows from interactions with academic colleagues at conferences that no major university in the United States is conducting this type of research.

That’s why Trent Swarthout and his parents traveled from Wisconsin to Murfreesboro.

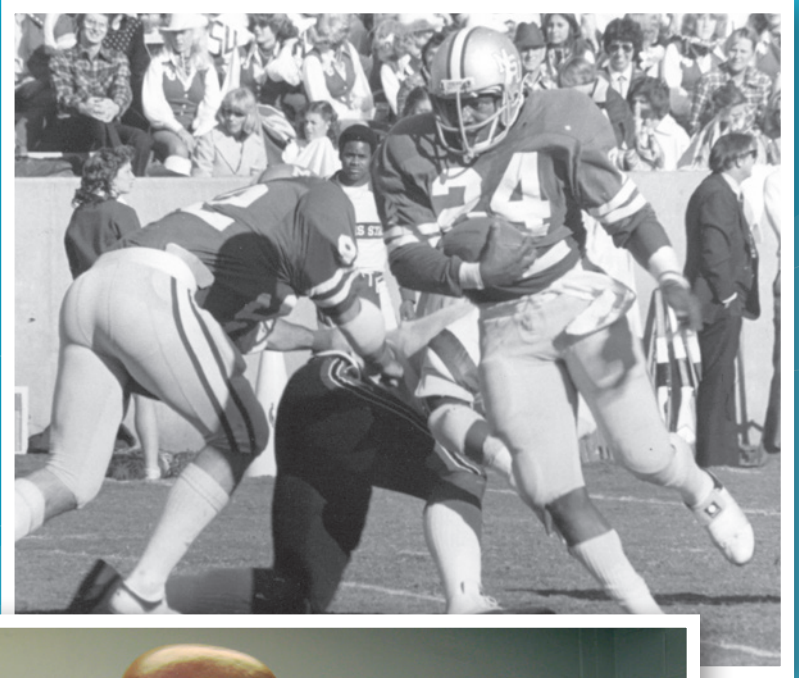
Swarthout, a handsome 23-year-old, was paralyzed from the neck down in a February 2012 skiing accident. Following his accident, the Swarthouts found the lack of therapy opportunities and research frustrating. Then they learned of MTSU’s underwater treadmill therapy from a cousin who lives in the Nashville area.

“Initially, I was really tight,” Swarthout says. “I would have spasms and involuntary movements. But, eventually, I loosened up and got a fluid walking movement going.”

With an assistant behind him to move his feet, Swarthout graduated from three five-minute sessions a day to three 20-minute sessions a day over three months. He took a total of more than 50 steps, 20 favoring his nondominant left side.

“I really didn’t know what to expect,” Swarthout says. “By the end, I was very much surprised at how much I had done.”

Swarthout is back home in Wisconsin, where he does regular treadmill work wearing a harness to prevent him from falling.



*continued on page 18*

## Your Move *continued from page 17*



His father, David, says his son has improved mentally and physically and that Trent has increased his bone density and muscle mass.

“It’s just amazing,” David says. “You would think they would do this everywhere.”

Carmen Thompson of Nashville had been married only two years when her honeymoon-like bliss ended abruptly on a summer day in 2007.

She was mowing the lawn on her husband’s family farm in New Orleans when the mower struck a chain hidden in the grass. The chain was wrapped around a two-ton A-frame structure, which crashed down on her, pinning her to the ground for 20 minutes before her husband arrived home and rescued her.

Two back surgeries later, Thompson remained confined to a wheelchair. Meanwhile, a friend sent her a newspaper article about MTSU’s treadmill program.

“The article sat on my desk for several months as I was a complete paraplegic and did not see how it applied to me,” Thompson says. “But one day, I just decided to call Sandy and see what it was all about.”

On Aug. 1, 2011, Thompson became the first fully paralyzed person to try the underwater treadmill as a study subject.

“Before I started the study, I was swimming laps in the Olympic-sized pool at the YMCA twice a week, but it was not the same,” Thompson says. “The water was really cold, and it was like drudgery.”

By contrast, Thompson describes swishing through the warm water of the treadmill as “exhilarating.”

“I walk for 10 minutes at a time with a three-minute break in between,” Thompson says. “It is relaxing to me.”

Thompson is further bolstered by her therapy companion, Tink, a Pomeranian who looks like an oversized powder puff.

A present from Thompson’s husband, Tink is a constant companion, either sitting in Thompson’s lap as she self propels her wheelchair or trotting beneath the chair, her four tiny legs a collective blur as she keeps pace.

Today, Thompson can walk on solid ground with braces attached to her legs, but she says she gives all the glory to God.

“I have been able to take my leg braces with me to wear to church and on vacation,” Thompson says. “I can stand up and sing praises to God with the congregation whenever I want. Amazing after sitting for four years without the option to stand!”

Even Thompson doesn’t use the word “miracle,” but she and other MTSU treadmill clients are quick to acknowledge the personal revolution in their lives.

“I am still paralyzed,” Thompson says. “That has not changed. But the opportunity to stand, walk, move, and see the wonderful people at the lab three times a week has been life-changing!” ◦



*Not So Run of the Mill: top—Carmen Thompson performing therapy in the underwater treadmill lab on the campus of MTSU; middle—Thompson walking in the lab; bottom—Thompson and her dog, Tink, outside the Alumni Memorial Gym, location of the underwater treadmill lab.*



photo by J. Intintoli



# UNEXPECTED OUTCOMES

CBHS alumni prove there are many paths to a life well lived after graduation

by Patsy Weiler

ON GRADUATION DAY, MOST STUDENTS HAVE TWO THINGS IN mind—making it across the stage without tripping and finding a good job. A lot of hard work goes into earning a college diploma, and it is an achievement to be proud of.

Sometimes, though, the envisioned road to success takes an unplanned turn that leads to new challenges and fresh opportunities. The positive outcomes that result from meeting these head on are noticed and appreciated in the “real world.” In fact, a recent report published by the Association of American Colleges and Universities entitled “It Takes More Than a Major,” found that 93% of business and nonprofit leaders

nationwide believe a “demonstrated capacity to think critically, communicate clearly, and solve complex problems” is “more important” than a job candidate’s undergraduate major.

Daring to reach for the brass ring and live life to its fullest, a group of MTSU alumni from the CBHS recently shared their stories with us. We discovered, without exception, the individuals all had in common the True Blue traits of never giving up and a desire to contribute to the betterment of those around them. Diverse, innovative, and talented, these alumni are living examples of how an MTSU education can help one achieve unexpected outcomes.

# DANCING TO HIS OWN BEAT

**Rossi Turner** - M.S., Health and Human Performance, 1999

“My prescription (for success) is being a lifelong learner . . . my dreams and aspirations have always been like my life—a work in progress.”

Even as a child, Rossi Turner had big dreams. As an 8-year-old boy living in the Preston Taylor Homes, a low-income housing development in Nashville, he told his mother he wanted to be president of the United States some day. While he doesn't live in the White House, the nationally recognized dancer, choreographer, coach,

▶ **What would you like engraved on your tombstone?**  
A L.I.F.E. (Living in Freedom Enthusiastically) Without Borders

and teacher is commander-in-chief of a life that has educated, entertained, and inspired those who cross his path.

In 2010, he embarked on a journey that crisscrossed four continents and 25 countries. His motivation was to learn first-hand about the lives of his global neighbors. The knowledge and artifacts he collected are being spun into a traveling art exhibit called Rossi on Safari. He hand-built the display cases himself; carpentry is another one of his many skills.

From the classroom to the stage, his credits include working with Amy Grant and the Dove Awards and performing in *The Wiz*, *Dream Girls*, and more. Yet, he keeps a humble attitude and enthusiastically tells those around him that education is the best way to prepare you to be a star on your own stage.



# LIFE-CHANGING JOURNEY

**Pamela J. Wright** - B.S., Psychology, 1973

“I encourage others to take risks and discover their passion. You have to discover your passion to have the drive, motivation, and energy to invest what is required for success.”

Businesswoman Pam Wright has put together a string of accomplishments and awards almost as long as the list of places she has visited around the world.



Following graduation, the Lebanon, Tenn., native worked as a juvenile probation counselor with young offenders, encouraging them to seek new directions for their lives. In 1981, she followed her own advice, opened Wright Travel, and embarked on a journey that would change her life forever. Her first small office in Nashville has grown to nearly 20 full-service branches in nine states and has been recognized by *Travel Weekly* as one of the top 50 agencies in the nation.

Wright is a fervent ally for those who share her passion to lead rather than follow. As someone who charted her own course, she believes it is important to learn from failure as well as celebrate success. Putting that philosophy into practice, she is involved in Junior Achievement and in 2007 committed \$1.25 million to endow the Wright Chair of Entrepreneurship at MTSU to ensure that future business leaders get the tools they need to build their dreams.

Wright also serves as chair of the University's Centennial Campaign, the largest capital giving program in the school's history.

▶ **What would you like engraved on your tombstone?**  
Tenacious or Relentless

# HELPING OTHERS EVERY DAY

**Nada Latto** - B.S., Consumer Sciences, 1986

“The tenacity required to get a college degree will serve anyone well in the workplace and often give them the competitive advantage.”



The kindness shown to Nada Latto when she was an MTSU student continues to resonate with her today. An advisor helped Latto, a newlywed who at the time had more talent than money, land a job at a local grocery store's new Meat Information Center, where she performed cooking demonstrations for shoppers, shared recipes, and provided nutrition information.

As vice president of human resources for Broadcast Music Inc. (BMI), a global music rights management company, the Kentucky native's profession has changed but not her purpose. Helping people prepare for success is her main responsibility.

The mother of two has great compassion for children. Latto supports the Second Harvest Food Bank's Kids Café program, which provides free meals and snacks to low-income youngsters and hosts an annual Christmas party for those in the program at the Renaissance Hotel in Nashville.

During a 20-plus-year career, Latto has had to be a lifelong learner, a project manager and long-term planner—all skills she learned in the kitchen and at MTSU.

▶ **What would you like engraved on your tombstone?**  
Thoughtful of others

# PRESERVING A LEGACY

**Leigh Funderburk** - B.S., Psychology, 1982  
 "It is important to get a college degree to help open doors for opportunities. . . . It is a much faster and easier road to success."

A power lunch these days for Leigh Funderburk arrives straight from her garden. She and her husband, Olin, own Stoney Creek Farm in Franklin, Tenn. There, the couple provides



consumers the opportunity to visit the farm's pick-your-own garden in the summer or have their own rental plot, buy fresh eggs, and attend seminars on topics such as canning, juicing, and herbs.

Developing this new dream has taken place gradually following their purchase of the 15-acre property in 2005. However, interest has grown to the point that Funderburk

**What would you like engraved on your tombstone?**

Two words—Faith and Legacy

took early retirement in February 2013 following solid business careers in management and sales for companies such as Kroger and Xerox.

In both the corporate world and the cornfield, Funderburk, who minored in biology, says she has drawn on the education she received at MTSU.

Embracing the growing farm-to-table movement of people wanting to eat healthier and know the source of their food, the Funderburks not only want to provide farm-fresh goodness but also want to leave a legacy of teaching others how to live a sustainable lifestyle.

# ORDINARY PEOPLE CAN DO EXTRAORDINARY THINGS

2013

**Rochelle Bridges-Johnson** - B.S., Sociology (Social Work Emphasis), 1977  
 "I am motivated by looking back on my past, whence I came, knowing anything you want to achieve in life is possible if you have faith and believe in yourself."



Rochelle Bridges-Johnson is a person who looks up. Her faith, hard work, and the desire to help others are the personal guideposts that point her in that direction.

Not easily discouraged, Bridges-Johnson was the first person in her immediate family to earn a college degree. Straight out of college, the Nashville native worked two jobs at a furniture store and fast food restaurant before being hired by the state of Tennessee and eventually, in 1983, by the state of Georgia as a social services employee.

A marathon walker, she took a new path in 1986 by moving to the Allstate Insurance Company in

Atlanta as a claims adjuster trainee. Today, she is an award-winning field sales leader (2011 Field Sales Leader of the Year). In her job, Bridges-Johnson consults with agency owners to help them increase revenue and recruits new ones to broaden the Allstate footprint using the people and self-management skills she learned at MTSU.

She still has a heart for helping people and volunteers with Hosea Feed the Homeless in Atlanta on Christmas Day, when more than 6,000 guests are fed with food and hope.

**What would you like engraved on your tombstone?**  
 Hope

# LIFE'S A STAGE

**Kris Thomas** - B.S., Psychology, 2008  
 "Never a failure. Always a lesson."



Memphis native Kris Thomas never dreamed cramming for college exams one day would help him prepare to sing before an audience of millions. As a finalist on the fourth season of *The Voice*, a nationally televised vocal competition on NBC, he often found himself having only a 24- to 48-hour window of time to quickly learn a new song in preparation for the next round.

Making it into the top 10 out of the more than 50,000 people who auditioned was quite an experience. It thrust him into an intense media spotlight and a demanding schedule and interaction with the other contestants, judges, and countless new faces.

Rather than being overwhelmed, Thomas embraced the opportunity. He remained focused by drawing on his faith and the ability to multitask and kept a positive attitude, prioritizing skills he developed at MTSU while juggling classes, Kappa Alpha Psi activities, and working full time.

Thomas is using the experience as a springboard to the next step in his music career. His single, "Balloons," is on iTunes, and he is writing material for an independent recording project. The talented artist returned to his alma mater to sing the national anthem before the Blue Raider football game against the University of Memphis.

**What would you like engraved on your tombstone?**

He lived, he learned, and he laughed his way through the journey.

# THE RISK TAKER

**Jim Holland** - B.S., Psychology, 1972

"An organization of any type must decide if it wishes to maintain the status quo, or if it wishes to empower, motivate, challenge, reward, and ultimately profit from a culture that encourages 'out-of-the-box' thinkers."



Jim Holland enjoys coloring outside the lines. Although he grew up on a farm in Macon County, Tenn., Holland knew from an early age it wasn't the future he wanted.

After graduating from MTSU, he was commissioned as an officer in the U.S. Army, married, and attended graduate school. Nearly 20 years later, with a strong list of successes on his résumé, he felt caught in a small corporate box.

In 1991, he opened the Holland Group employment agency. When the company was sold in 2007, it had expanded from a single office in Murfreesboro to more than 50 locations in 10 states.

Holland remains a staunch supporter of college education but views getting an education as a means to an end. He encourages students to plan for their end game following graduation so that their investment pays dividends. He also believes one should not fear taking risks.

For himself, when boredom came knocking, Holland launched another business, HG Staffing. Holland is active in his church and is a past president of the MTSU Foundation Board of Trustees and former chair of the MTSU College of Business Advisory Board.

▶ **What would you like engraved on your tombstone?**  
Blessed

# FOCUS ON THE POSITIVE

**Bobbie Johnson** - B.S., Social Work, 1988

"Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy."

▶ **What would you like engraved on your tombstone?**  
Live life to the fullest

# IT'S ALL ABOUT RELATIONSHIPS

**Ann Eaden** - B.S., Home Economics, 1959

"Recognizing the value of relationships is key to being successful. Never accept second best in anything."

A bright smile and an adventurous spirit come as standard equipment in the life of Ann Eaden. The energetic 70-something is vice president of customer and employee relations at Beaman Automotive Group in Nashville.

Without hesitation, Eaden will tell you the most important training she received during her student days at MTSU was the ability to build relationships with all kinds of people. It is a tool she has used well.

From her first job working in the Martha White kitchens (which led to her cooking expertise being featured in the black-and-white television shows of bluegrass legends Lester Flatt and Earl Scruggs), to a stint as the director of consumer affairs for the state of Tennessee, to the nearly 30 years spent in her current job, the one constant has been interacting with the public.

Eaden's energy translates into her work with the Nashville Wine Auction organization, which raises funds for the fight against cancer, the Metropolitan Historical Commission, and her alma mater. She was presented with a Distinguished Alumni award in 1980 and served as Alumni Board president in 1991.



▶ **What would you like engraved on your tombstone?**  
Adventuresome



Bobbie Johnson enjoys investing time in people. During her stellar career in banking, she has interacted with a melting pot of customers with one goal in mind—treating them with dignity and respect.

The Hickman County native knows personally why that is so important. Following graduation, she experienced what happens when finding the job of your dreams fades into the reality of having to meet daily needs.

Determined, Johnson worked hard and in 1994 found employment as a bank teller. Her genuine empathy for people and being a good listener moved her forward into management. Her accomplishments were recognized when *Murfreesboro Magazine* honored her as one of its 2013 Women in Business.

Johnson is an active member of Lillard Chapel United Methodist Church and Rutherford CABLE and volunteers with the American Red Cross and other organizations.

She tells young adults that a college degree is a must because it sets the bar on working toward achieving goals for the rest of their lives. ◦



# The NOBLE NURSE

by Drew Ruble

One alumna seeks to give back to the profession that she loved by establishing a scholarship

MARGARET HALL IS NOT ONE TO DAWDLE. AFTER GRADUATING with a degree in biology from MTSU in 1972 and the nuclear medicine program at Vanderbilt University the following year, Hall went straight to work for HCA-owned Coliseum Medical Center in Macon, Georgia.

“I graduated on a Friday, moved on a Sunday, and started work the following Monday,” says Hall, who worked as a nurse and supervisor for the next 28 years at that same facility.

Hall retired in 2002 and moved back to middle Tennessee. Her career was highlighted by monumental changes in nuclear medicine and radiology services.

“When I started out, the images we made were on Polaroid film,” she says. “There were no CTs, MRIs, or PETs that have occurred since. So going computerized was a first big change.”

Continuing education paired with devotion to the profession and genuine concern for patients helped Hall navigate the myriad changes in her chosen field, which included nuclear medicine’s emergence in the area of cardiac care. Education is important to Hall, and she believes firmly in helping prospective nurses get a good start in an industry likely to transform as significantly over the next 30 years. That’s why Hall, a widow with no children,

recently established a scholarship for a nursing student at MTSU.

“My mother just passed away,” Hall says, becoming emotional at the mention of the passing, “and she was in my will, so I had to make changes. My attorney asked me if I had ever thought about MTSU and possibly creating a scholarship for some student graduating from the high school in Eagleville where I’m from and where I now live. And I thought, that’s good, I like that. So I decided to establish a scholarship at MTSU in honor of my mother and father, Jacob and Lorene Rigsby.”

“I just want to help some kids,” Hall said. “With the economy like it is, kids need help to get through school.”

Hall, who says she knew from an early age she wanted to be involved in medicine, describes nursing as a profession of integrity.

She says she’d still be working as a nurse if it wasn’t for the debilitating arthritis that hastened her retirement.

“I told the employees in my department at the hospital that I’d be coming out of there with my toes turned up,” Hall says. “That’s what I was hoping for. But it didn’t quite work out like that.”

Her condition also ended her involvement in her other passion—softball—which she played avidly for 22 years. So how does Hall fill the void left by retirement from the job and the game she loved? She stays busy doing volunteer work in Eagleville, ranging from helping with local elections to serving as a leader in her church’s youth ministry.

She concedes, however, there is one thing she likes about retirement: “I do not miss being on call.” ◦

*Here are a few examples of other recent gifts to the college.*

**The Bertha Clark Fund.** Professor Clark was on medical leave during the inaugural 2013 CBHS faculty/staff campaign, in which five of the six departments had 100% participation. Clark’s colleagues in the speech, language, and hearing clinic made a contribution to the fund in Clark’s name.

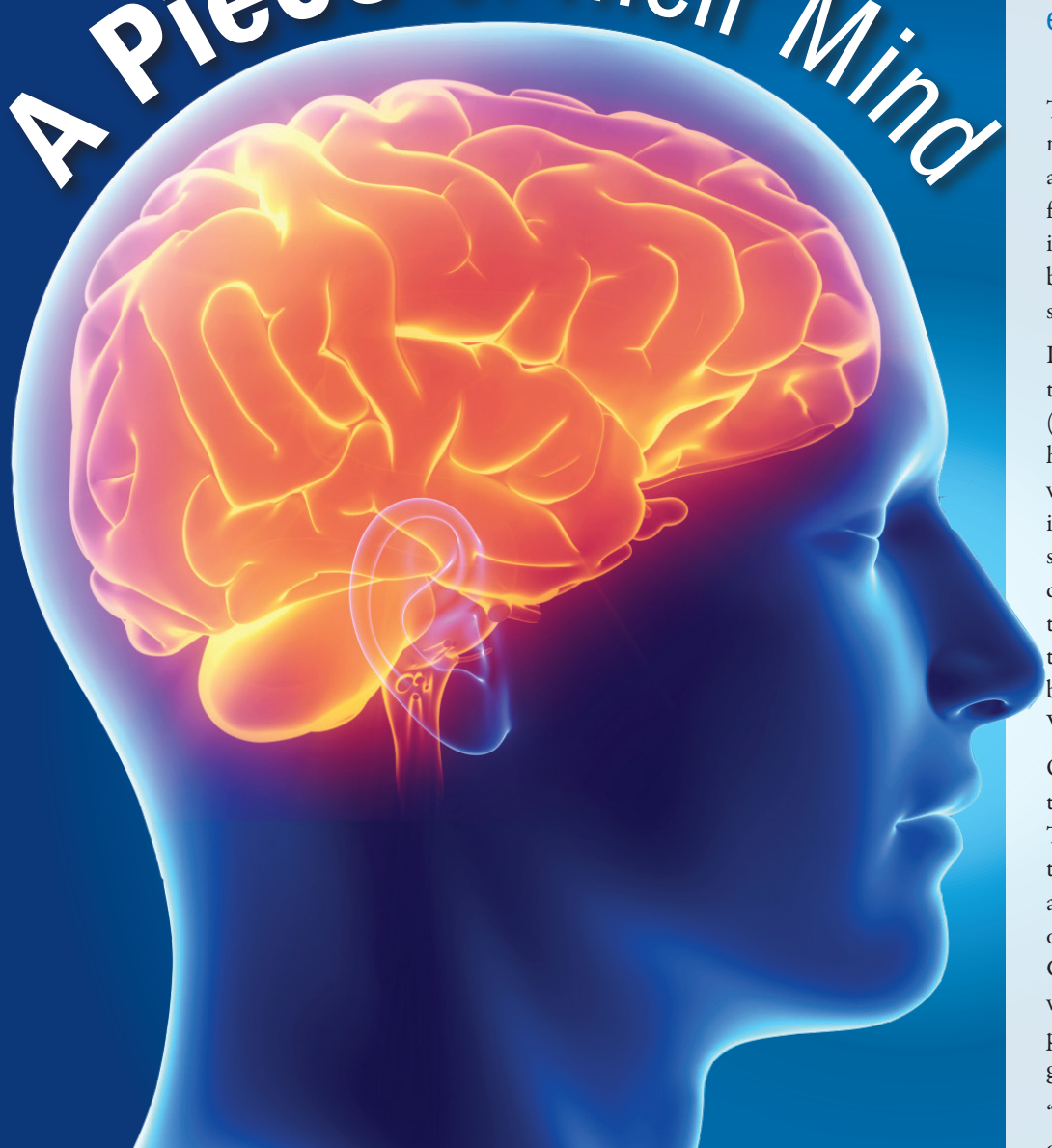
**The Larry and Lynda McGee Scholarship Fund.** Christopher McGee set up this fund because he wanted to make sure his parents knew just how much he appreciated their support in helping him earn his degree in nursing in May 2013.

**The Rachel Yarborough Jerving Endowment.** While attending MTSU and working at Murfreesboro Medical Clinic in 2000, Jerving was killed in a car accident. Her friends and colleagues established the endowment as a testament to her love of nursing.

**The CBHS Dean Series Fund.** This speaker series was launched in spring 2013. Criminal Justice Department chair Lance Selva was so impressed with the initial programming that he created the fund to support the effort.

**True Blue!**

# A Piece of Their Mind



“I was **blown away** by the experiences of our alums and how so many of them have continued to **draw on their MTSU education and connections** to contribute to their personal and professional success.”  
—Dean Terry Whiteside

**Dean Terry Whiteside** hosted alumni focus group sessions to discover what college stakeholders expect from their alma mater

The College of Behavioral and Health Sciences is the newest college at MTSU. It was created as part of an academic reorganization a few years ago to better focus on preparing research-based service providers in the health and human sciences, and to provide the best education in health, mental health, and human services in the state.

It is incumbent on academic institutions like CBHS to continuously talk with as many stakeholders (namely alumni of the college) as possible to learn how connected they feel to the institution, how vested they are in the continued progress of the institution, and what the institution can do to strengthen the existing relationship. CBHS’s new development director, Bea Perdue, says the ability to understand alums, enhance engagement with them, and respond to them “will be essential to building their confidence in the vision of Dean Terry Whiteside and garnering their support for CBHS.”

On calls and visits to alums around the country over the past half year, Perdue says she has “learned a lot.” This includes the basic fact that the college “has work to do in just getting folks used to the idea that they are now a part of MTSU’s newest college,” since many of them don’t realize their degree now falls under the CBHS umbrella. For instance, when Perdue sat down with alum Wendell Porter (HHP ’78) in Atlanta this past spring, the first order of business for him was to get the college’s new name clear in his head.

“When he stopped mid-sentence to repeat ‘College of Behavioral and Health Sciences’ five times and was able to declare, ‘I’ve got it,’ the college then had a place to start with making sure that he knows how important it is for us to make sure that he keeps the college on his mind,” Perdue relates.

Porter, like many other alums, emphasized that he wants the daily efforts within the college ultimately to contribute to the value of the degree he himself



earned from what is today CHBS. That's a common concern of alumni at any school and from any college, and CBHS is listening. Along those same lines, alum Jim Holland, (see page 22), wants more effort put into telling the local business community about the resources available within the college that can benefit their ability to grow and prosper. Brandy Landroop (INTDS '10) wants to see the college be more visible via social media.

Feedback like that has also been recently gleaned through a series of dean's focus group sessions. In all, more than 70 alumni in middle Tennessee participated in meetings with Dean Whiteside hosted in Brentwood, Murfreesboro, Nashville, and the Alumni House on campus.

"I was blown away by the experiences of our alums and how so many of them have continued to draw on their MTSU education and connections to contribute to their personal and professional success," Whiteside relates. "Make no mistake, they were clear that we haven't done a great job to date in letting them know what we want to accomplish and how their support will impact individuals, the university, and the community at large. But the programming and outreach that you are seeing in our Leadership Series, alumni visiting professors at homecoming, our new Facebook page, and our new magazine are the result of the time we spent listening. We plan to host more listening events throughout the year." ◦

**D**uring the **CBHS Focus Group Sessions**, Dean Whiteside asked each Alumni participant to use **one word** to describe their MTSU student experience. Following are some of the answers.



**HOME**

*Fulfilling*

**Fantastic** *Dynamic*

*Convenient* **Growth**

*Fruitful* *Memorable*

**PREPARED**

**Awesome**

COMFORTABLE

**EXCITING**

*Inspiring* *Family*

*Gratitude* *CAREFREE*

**EXCELLENT**

**FUN**

**SUSTAINABLE**

**Relevant**

Interconnected

# Better by Design

by Gina K. Logue



Julianna Bass, a 2002 MTSU graduate, was the grand prize winner in Diet Coke's Young Designers Challenge.

## An MTSU alumna wins the grand prize in season two of the Diet Coke Young Designer Challenge

Julianna Bass, a 2002 graduate with a bachelor's degree in textiles, merchandising, and design, defeated 20 semifinalists to capture top honors with her T-shirt design for the second Diet Coke Young Designers Challenge.

"The new Diet Coke T-shirt is a refreshing take on the classic white tee," said Rebecca Minkoff, professional designer and challenge judge. "Julianna's design perfectly captures the energy and boost that Diet Coke provides."

The public voted for their favorite design from among the semifinalists. The 10 designs that received the most votes made the finals and were submitted to Minkoff for the final decision. A press release from [www.dietcoke.com](http://www.dietcoke.com) said, "Bass's design also won the popular vote online. Of the more than 135,000 votes submitted during the public voting phase, Bass's design stood out as the clear frontrunner from the beginning."

As the grand prize winner, Bass received \$10,000 and a trip for two to Nashville to see Taylor Swift in concert. Most important, her design appears on T-shirts now being sold at Target stores nationwide.

"I will be able to create part of my fall 2014 collection with the prize money, and I will then be showing it in January of 2014," Bass said. "It is also a huge step in any designer's career to be featured at Target in any capacity, and this will do wonders for the promotion of my line/brand."

In her contest description, Bass wrote, "The inspiration for my design was centered around trust. . . . We can count on Diet Coke to make us feel and look great. It tastes divine. It's undoubtedly refreshing, oh so chic, and causes absolutely no caloric anxiety. We trust you, Diet Coke. We count on you. We lean on you. And you deliver every single time"

Bass, a native of Pulaski, moved to New York to enter the Fashion Institute of Technology after graduating from MTSU. She specialized in eveningwear and was named 2004 Designer of the Year in her class. Following an internship with designer Marc Jacobs, Bass honed her talent working with several designers in the garment district, including Bill Blass and Elie Tahari, before establishing her own fashion line in 2008. Celebrities including Paula Abdul and Eva Longoria have worn Bass's fashions, and she has received accolades from publications such as *Vogue*, *Lucky*, *Women's Wear Daily*, *New York Magazine*, *Daily Candy*, *OK Magazine*, and *Racked*. ◦



## Human Sciences

The human sciences apply scientific principles to enhance well-being and improve quality of life, wrestling with issues that affect the human condition and the challenges we face as individuals, families, and communities. Encompassing design, child development, family studies, consumer science, nutrition and food science, textiles, and merchandise, the Department of Human Sciences aims to produce graduates in these fields of study who can provide solutions to everyday concerns and challenges.

[www.mtsu.edu/humansciences/index.php](http://www.mtsu.edu/humansciences/index.php)

# IN MEMORIAM



Jon Scarlett poses with his first grandchild, Halle.



Jon Scarlett taught summer sessions of golf.



Jon Scarlett was an avid Blue Raider sports fan.

**JON SCARLETT** ('72, '94), retired MTSU professor, died July 2, 2013, after a long battle against lung disease and other ailments. Scarlett spent ten years as a faculty member and advisor in the University's Health and Human Performance program, where he was influential in the establishment of the Leisure and Sport Management master's program and spearheaded the creation of internship opportunities for students with the Nashville Motor Speedway, the Nashville Kats arena football team, and the Nashville Predators. After teaching, Scarlett served as an academic advisor at MTSU from 2006 until his death.

He is survived by his wife, Lin Pote Scarlett, his mother, Caroline V. Scarlett, and children Heather, Jon Barry, Sherree, and Eddie (son Jason preceded him in death). He was also preceded in death by his father, M.G. Scarlett, who was president of MTSU from 1969 to 1978.

Born July 14, 1950, in Milan, Tenn., Scarlett's easy laugh and natural leadership never failed to earn him friends, as well as positions on the student council and as a class officer during his school years. He was an excellent athlete, earning high school letters in baseball and basketball and also playing basketball at Maryville College during his freshman year before transferring to MTSU and completing his degree. He was a member of the Fellowship of

## **SCARLETT IS REMEMBERED FOR HAVING A KIND HEART, A BIG SPIRIT, AND A READY SMILE.**

Christian Athletes. In the ninth grade, while living in Nebraska, Jon shot a 30 on the back nine to win a golf tournament against all comers, but was unable to accept the first-place cash prize in order to maintain his amateur status. While living in Maine during his high school years, Jon pitched and played infield for the conference champion Farmington Greyhounds baseball team. As an MTSU student, Scarlett was a member of MTSU's Kappa Iota chapter of Kappa Sigma fraternity, for a time serving as the fraternity's grandmaster.

Scarlett was an avid Blue Raider sports fan (especially Lady Raider basketball and golf), frequently traveling to home and away games in support of the football and basketball teams. An active member of the Living Springs Baptist Church in Mt. Juliet, Tenn., Scarlett is remembered for having a kind heart, a big spirit, and a ready smile.

Asked once what he liked most about MTSU, Scarlett replied that he enjoyed watching the growth of the University "and I particularly enjoy our students and their energy and determination." He was also very proud that MTSU sports teams now compete on a national level. Asked what could be expected of him as a student advisor, he said, "I will be your biggest cheerleader, and I will strive to do my part in helping you advance your career. I want you to succeed!"

"Jon was super friendly and great guy to just spend time with and just talk to," said CBHS Dean and NCAA Faculty Athletics Representative Terry Whiteside. "He was a popular teacher, a great advisor and a tremendous supporter of MTSU Athletics."



# MIDDLE TENNESSEE

---

STATE UNIVERSITY

COLLEGE OF BEHAVIORAL  
AND HEALTH SCIENCES

1301 E. Main Street  
Murfreesboro TN 37132

Non-profit  
Organization  
U. S. Postage  
**PAID**  
Permit 169  
Murfreesboro, TN



## SUPPORT MTSU WITH A TAX-FREE GIFT

The College of Behavioral and Health Sciences strengthens the health and well-being of our citizens and the communities where we live, work, and play.

Support from alumni and friends is critical in nurturing academic excellence, rigorous inquiry, basic and applied research, dynamic community engagement, and the continuous discovery of new best practices.

Visit [www.mtsu.edu/supportcbhs](http://www.mtsu.edu/supportcbhs) to learn more,  
or contact Bea Perdue, [bea.perdue@mtsu.edu](mailto:bea.perdue@mtsu.edu), (615) 898-2417.

Like us on Facebook at [www.facebook.com/MTSUCBHS](http://www.facebook.com/MTSUCBHS)



**MIDDLE  
TENNESSEE**  

---

STATE UNIVERSITY  
*Development Office*