

# NOVEMBER 2018 NEWSLETTER



## The SHSE Administrative Team

**Ms. Jeanne Harding**, *Interim Dean of SHSE*

**Dr. Michael Bird**, *Chair of HES*

**Dr. Wendy Miner**, *Chair of Education*

**Mr. James Judd**, *Director of the RPDC*

**Dr. Amy Teten**, *Chair of CMDS*

**Dr. Brenda Wheeler**, *Chair of Nursing*

**Ms. Mona Davis**, *Assistant to the Dean/Newsletter Editor*

## Message from Ms. Jeanne Harding, Interim Dean, School of Health Sciences and Education

I am pleased to announce that the School of Health Sciences and Education is the recipient of the 2018 – 2019 Dixon Faculty Research Fund. Established by former President Barbara Dixon, the Dixon Faculty Research Fund is designated to support faculty research and /or creative activity. Awarded funds rotate among the Schools. Two awards in the amount of \$1,000 each will be funded in support of projects taking place during the remainder of the 2018 - 2019 academic year. All awarded funds must be expended before July 1, 2019.

### Recipient Eligibility

Full-time faculty members in the School of Health Sciences and Education who are interested in applying for an award from the Dixon Faculty Research Fund should submit a proposal to the SHSE office no later than noon on Friday, November 16. Proposals should be emailed to [monad@truman.edu](mailto:monad@truman.edu)

### Applications

Applications will consist of a proposal letter that describes the purpose of the project. The letter should discuss research objectives, methodology, anticipated product (for example, publishable manuscript, conference paper, case study, etc.), target outlets for dissemination, and a description of how the project supports your teaching, scholarly activity, and professional development objectives.

Your application must indicate how the award will be used. The award may be used to pay for needed software or equipment, databases, journal submission fees, conference registrations, travel to present the product, etc. The award may not be used as a salary stipend or for student wages.

The letter should be no more than two pages single-spaced, single-sided only.

### Review Process

The Dixon Faculty Research Fund Review Committee in SHSE will review all proposal materials, discuss the proposals, rank the applications using the ranking rubric, and forward its recommendations to the Interim Dean for approval. Awarded projects will be identified by December 10, 2018. Final reports of the awarded and completed projects are due to the SHSE Dean's Office no later than July 10, 2019.

### Timeline

November 16, 2018:	Completed proposals due to <a href="mailto:monad@truman.edu">monad@truman.edu</a>
December 3-7, 2018:	Dixon Faculty Research Fund Review Committee meets to rank proposals.
December 10, 2018:	SHSE Interim Dean, in consultation with SHSE Department Chairs, reviews the assessments and rankings.
December 14, 2018:	SHSE Interim Dean sends letters to applicants and awarded funds are announced.
July 10, 2019:	Reports of the awarded and completed projects are due to the SHSE Dean.

A Celebration of Faculty Scholarship was held October 5, in Kirk Memorial. This event was aimed at building community among Truman Teacher-Scholars by hosting a welcome back reception for colleagues who have been away on sabbatical and hearing briefly about their projects, and providing display space for faculty from across campus to share artifacts of their current or recent research, scholarship, and creative activity. Among colleagues from the School of Health Sciences and Education participating were: Julia Edgar, CMDS, Does Choral Singing Change How Older Adult Voices are Perceived?; Summer Pennell, English & Linguistics Education, Chosen Families: Using and Creating Queer Cultural Capital in a Queer YAL Course; Stacy Davis, Classical and Modern Languages Education, Task-Based Language Teaching; Timothy Farley, Classical and Modern Languages Education, Letters from the French Holocaust; Jocelyn Prendergast, Music Education, Problematizing Rural Music Education, Wendy Miner, Education, The art of aligning objectives and assessments; and John Jones, Education, The Second Empire: International Schools and the Creation of Modern Japan & The Ideal Public School System: Eugenics, Immigration, & the Vision of Laughlin.



A Community Engagement Conference was held October 16, in the Student Union Building. Keynote speaker and author Shelley Christensen, speaking from first-hand experience with her son, Jacob, who was diagnosed with Asperger's, discussed how the "age of invisibility" for individuals with disabilities is over. Instead, she said, the struggle persons with disabilities face today is to become blended into their communities. Breakout sessions during the conference addressed opioid addiction, trauma resilience, direct support professionals (DSPs), employment of persons with disabilities, and more.



TrumanStateUniversity

x = independently organized TED event



**FREE Tickets Oct. 29 - Nov. 2, 2018**  
**Student Government Office**  
**Lower Level, SUB 1107**  
**10 a.m. - 2 p.m.**  
 On Thursday, Nov. 1, additional hours from 5 - 8 p.m.  
**AVAILABILITY IS LIMITED.**

**TED<sup>x</sup> Conference**  
**Sunday, Nov. 4, Georgian Room, SUB**  
 First Session runs from 1 - 3 p.m.  
 Second Session runs from 3:30 - 5:30 p.m.  
**FREE Livestream starts at 1 p.m. in Baldwin Little Theater**



### Communication Disorders

The Communication Disorders Department will host a Graduate Open House, Saturday, November 3, 10:00 a.m. - 1:30 p.m., in Health Sciences 2203. Prospective students who are interested in pursuing a master's degree in communication disorders will meet faculty, alumni, and current students. Information will be shared on the program, the profession, employment opportunities, and funding for graduate school. Contact [Connie Ikerd](#) to RSVP.

The Speech and Hearing Clinic conducted speech-language-hearing screenings for children enrolled in Head Start programs throughout Northeast Missouri, October 4 - 5. Approximately 180 children were screened.

Ms. Patricia Hanson and Dr. Amy Teten attended a PROMPT conference, October 12 – 14, in Kansas City. The conference was hosted by the PROMPT Institute and was designed to teach speech-language pathologists a system of tactile-kinesthetic cues (PROMPTS) for individuals who have childhood apraxia of speech or other motor speech sequencing disorders. Ms. Hanson and Dr. Teten are now PROMPT-trained. They plan to discuss the theory behind this technique to graduate students in courses such as CMDS 568G Speech Sound Disorders and CMDS 669G Neurogenic Motor Speech Disorders.

The Communication Disorders Association (CoDA) (CMDS Student Organization) has begun the Diaper Drive for Fall Semester. The first Diaper Drive occurred in Spring, 2016. One in three families in America struggles to afford diapers for their children, and there is little to no support available to help families struggling to provide this necessity. CoDA is collecting diapers and wipes for families in Kirksville who are experiencing diaper need. The first Diaper Drive of the fall semester began in September and will continue throughout the semester. Donations of diapers and wipes will be collected in the Speech and Hearing Clinic. The diapers will be given out to families in need at the Salvation Army on December 7.



## Education



Education alums Dick ('49) and Edie Ford Erzen ('49) were honored as Alumni of the Year at this year's Homecoming. As a Truman student, Dick was a "super sub" on two basketball teams, a member of Blue Key, Sigma Zeta, Kappa Delta, and Student Council. Dick spent his career as a teacher, school administrator, dean, visiting professor, and then a college president. Edie was a cheerleader and member of Tri Sig, Cardinal Key, and Student Council. She was and is a passionate quilter (see related story below). Dick and Edie are members of the John Kirk Society and attend many campus events.

The Education Department held an Education Open House to welcome back alumni during Homecoming on Saturday, October 13. There were nearly 75 people in attendance, including alumni from the 1950s through the 2010s as well as current students. Special guests included current President Sue Thomas, President and First Lady Emeritus Jack and Sue Magruder, and Provost Janet Gooch. For the event, the Department presented special displays of interviews with past professors, old copies of Truman's yearbook, *The Echo*, and a quilt made by Alumna of the Year co-honoree Edie Ford Erzen when she was a student, in addition to wall displays of the 2018 recipients of the Department's Foundation Scholarships and of alumni's current teaching jobs. Guests also received refreshments, tours of the Department, and opportunities to network with other guests. The Department plans to make this an annual event and invites alumni to mark their calendars for next year's Homecoming.

*~ by Emily Stobbe, Department of Education GTRA*

Mrs. Sue Magruder, First Lady Emerita (left) and Mrs. Jeanne Harding, Interim Dean of the School of Health Sciences and Education (right) are pictured with a quilt that hangs in Violette Hall in the Truman Department of Education. The quilt was made by Alumna of the Year co-honoree Edie Ford Erzen ('49), wife of Dick ('49), one of the members of the historic 1946 - 47 basketball team that won the NCAA national championship. The team members were among the first Americans to go to college on the GI Bill. All members of the team graduated as educators. Dick Erzen became a college president. Team members and family signed the quilt upon their visits to Kirksville for Homecoming. It serves as a reminder of the role of education in lifting Americans to prosperity after World War II, and also of the deep relationship alumni have with Truman.





On Friday, September 21st, 2018, Education Department Chair Dr. Wendy Miner, Dean of Health Science and Education Jeanne Harding, and Transfer Advisor Ted Frushour met with transfer students interested in pursuing the Masters of Arts in Education Program. They discussed a variety of issues related to the transfer experience and gained feedback from students about ways of improving these experiences within the Masters of Arts in Education program. As a transfer student I am very pleased with the caring environment the Education department provides and their want to help transfer students to better integrate into their program.

*~ by Ben Smythe*



Dr. Chris Maglio has been accepted as a member of the World Health Organization's Global Clinical Practice Network (GCPN). Since his acceptance, Dr. Maglio has participated in three Internet-Based Field Studies for the Mental and Behavioural Disorders section of the upcoming International Classification of Diseases-11 (ICD-11). According to the World Health Organization, Department of Mental Health and Substance Abuse, the GCPN recruits experienced mental health practitioners "to provide substantive input that will help ensure the next diagnostic manual is clinically useful and accurate in mental health settings around the world." The ICD-11 will be 11th revision of the International Statistical Classification of Diseases and Related Health Problems (ICD), a medical classification list by the World Health Organization that contains codes for diseases, signs and symptoms, abnormal findings, complaints, social circumstances, and external causes of injury or diseases.

On Monday, October 1, 2018, the Education Department held a viewing of the documentary, The Homestretch. This film depicted the heartbreaking facts regarding homelessness in the United States, focusing on students in Chicago. It followed the lives of three students (Roque, Kasey, and Anthony) and their struggle in obtaining a stable living situation so that they can get the most out of education. Moreover, it portrayed the bleak reality that many kids come from extremely broken homes and even more don't even have homes. While their situations seem dire, they are full of hope and resiliency. As a future teacher, this movie affirms the desire I have to help students and to show them that they are valued and loved. Roque was able to go to college because one of his teachers was observant and realized he needed help. This teacher went above and beyond the call of duty, and this action gave someone who had nothing the opportunity to pursue a much better future. I have realized the depravity of the reality in which many young people are living, and it reinforces my belief that we need more teachers in our society who are willing to care deeply and genuinely. Additionally, I see connections to the liberal arts system here at Truman. Just as we are encouraged to pursue and be familiar with a wide range of subjects, we also ought to be aware of the lives that other people are living which are so different from our own. Because of the liberal arts system, I am exposed to classes that are different than my field of study, and I am able to come to appreciate their value. Through the variety of subjects and diverse group of people I am exposed to in college, I will learn how to see the beauty in differences while also being aware of how best to help those who are different to thrive in life, not just live.

*~ by Hailey Rupprecht*



Dr. Stacy Davis gave a lesson planning workshop to United Speakers in September entitled “The Fundamentals of Backwards Design Lesson Planning, Task-Based Language Teaching, and Structured Input Activities.”

Dr. Stacy Davis is helping community immigrants through her teaching of workshops to United Speakers. United Speakers is a student-led organization dedicated to helping the non-native population integrate into our Kirksville culture. These workshops are focused on preparing students to plan lessons in accordance with second language acquisition theories, which emphasize the best way people learn languages. With this extra knowledge and understanding from the workshops, students involved in United Speakers are now better equipped to teach their peers; not only that, but they are also able to effectively better the relationships between people of two cultures.



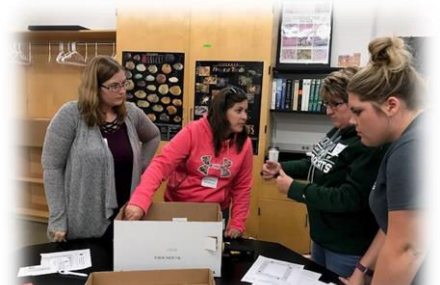
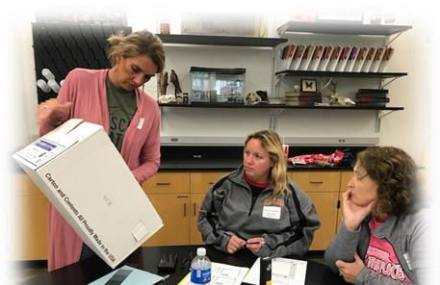
Dr. Stacy Davis will offer a summer course for Spanish MAE students and area high school teachers interested in graduate credit. “Warriors, Priests, Viejos Verdes, and Dangerous Bachelors: Portraits of Masculinity in Peninsular Literature” will be offered online, May 28 – June 28. This course offers a comprehensive survey of Peninsular literature through the lens of masculinity. Students will examine the varied and changing representations of the diverse types of masculinities found in the Peninsula from the Middle Ages to the Contemporary period. Students will be exposed to major works, authors, and movements of Peninsular Spanish Literature and consider the cultural, political, social, and economic conditions in which literary works were produced. Students will obtain a dynamic vision of Peninsular Spanish literature as they examine texts in light of modern literary criticism and engage with the theoretical tenets set forth by masculinity studies.

I graduated in May of 2018 with my Bachelor’s Degree in Psychology and am currently in the MAE program for Elementary Education. This year I am interning in a fourth grade class at R. M. Captain Elementary in the Clayton School District. I have been blessed with a year full of learning from wonderful teachers and loving on amazing children. The Clayton School District is focusing on the opportunity gap and how this affects their underrepresented students. This year I will be participating in research to help create a gifted program that is equitable and accessible for all students regardless of background. (Stay tuned for the final paper in the spring if you would like to learn more about how the gifted program is impacted by the opportunity gap.) Because of this research, I have gotten the opportunity to be a part of professional development and conversations with the administration of Clayton as well as with Jamie Almanzan, an Equity Leadership Coach at The Equity Collaborative. The “opportunity gap” is preferred over the “achievement gap” because all students are capable of achieving, but not all students are given the same opportunity to achieve. In fact, most students show growth from August to May, and typically it is close to the same amount of growth. However the rate of growth for African American students, specifically, and for White students are growing parallel to each other. The work being done includes gifted testing that does not involve culturally biased IQ tests, purposeful teacher moves to benefit specific students’ needs, and relationships. Another focus of Clayton’s professional development has been on restorative practice. This idea of restorative practice stemmed from restorative justice within the justice system. Research has shown that when a prisoner is being released from prison, if they have been a part of restorative practice, they are less likely to recommit crimes and therefore less likely to return to prison. These practices focus on gaining empathy for those affected and understanding why what happened was wrong. Within a classroom setting, this looks like asking students, “What happened to you?” The goal is to find the reason a student is acting the way they are. The questions to follow include asking what happened in the situation, who was affected, how were they affected and what could be done to make things right. Both those affected and those affecting are asked similar questions. I have watched first hand as these questions have kept students in the classroom as active participants in their community. School has been in session for just over two months and I have already learned more than I could imagine. I look forward to gaining even more knowledge that I can take into my own future classroom.

~ by Casie Paris

On October 5<sup>th</sup>, science educators from across the northeast region participated in a professional development workshop at Truman focusing on light concepts. Dr. Sarah Berke led the workshop and shared her knowledge and experience with the science curriculum. Teachers collaborated in teams to explore the curriculum kit and test out the learning activities that they would take back to their school districts to implement. Educators will return to campus on March 4<sup>th</sup> to discuss the implementation at their schools. This workshop provided all school districts in attendance with a curriculum kit and teacher's guide. As the science educator for grades 4-6 at Brunswick Elementary School, I am grateful for the opportunity to test out a new curriculum and be able to provide my students with a hands-on exploration of light. This unit will not only help my students understand light, but will also introduce them to the engineering process. I believe it is important for students to be able to question and explore new concepts. I am eager to use this kit with my students and I am hopeful that they will be excited and engaged throughout the unit.

*~ by Kaitlyn Preis*





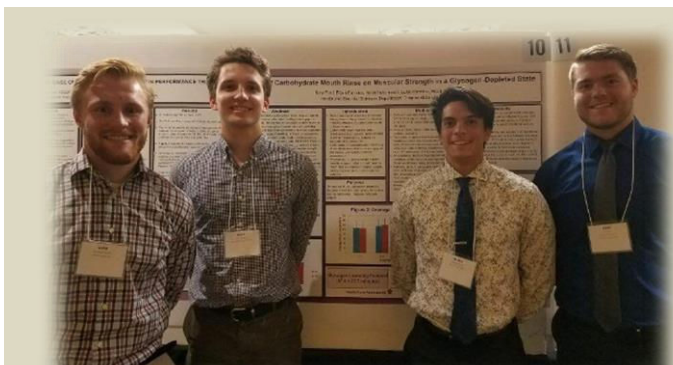
MAE alumna Libby Moser ('16) will speak about her experiences as a middle / high school special education teacher as part of the MAE Leadership Series, Monday, November 5, at 6:00 p.m., in Violette Hall 1010. She will explain how technology can be used as a modification and accommodation tool in the classroom. Libby teaches in the Knox County R-I School District in Edina.

### *Health and Exercise Sciences*

Winners of the Fitness Challenge were announced at the Truman / ATSU bonfire, October 4, at the University Farm. First-place individual winner was Melody Jennings. ATSU won the overall Fitness Challenge.



Liz Jorn, Faculty Athletics Representative for Truman and Instructor in Health and Exercise Sciences, was selected to attend the Faculty Athletics Representative (FAR) Fellows Institute at the National Collegiate Athletic Association (NCAA) in September. Liz represented Truman and the Great Lakes Valley Conference. Topics for the institute included the role of the FAR on campus, NCAA post graduate scholarships, compliance, coach education, job descriptions, communication between stakeholders on campus, why student athletes make great employees and mental health and wellness for student athletes.

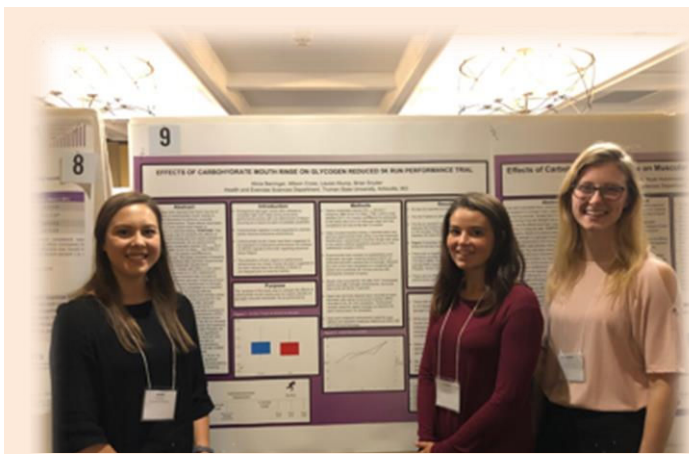


Luke Komotos, Noah Hutchinson, Elijah Farralles, Kory Ford



Four Exercise Science students and one recent graduate had the opportunity to represent Truman Health and Exercise Sciences Department and network with students and faculty from neighboring universities at the American College of Sports Medicine Central States Conference in Kansas City. The research, presented in poster format, provided a discourse on the effects of carbohydrate mouth rinsing on strength output in a glycogen depleted state. The conference enabled the students to examine the research interests of their peers and included a quiz bowl competition in which Truman performed admirably. A third group, Jake Hammond and Leah Stone, presented their work on the effects of glycogen lowering exercise on BIA and DXA body composition measurements.





Several Truman State University students conducted research during the spring semester of 2018 that involved studying the effects of a carbohydrate mouth rinse on muscular strength of individuals in a glycogen-depleted state. There were several components of the research including DEXA data, Isokinetic/Isometric data, and 5k run data. Ali Barringer, Allie Cross, and Lauren Klump presented the 5k run data component at ACSM's Central State's Fall meeting on October 18 and 19. Conference-goers asked multiple questions and the students had many engaging conversations. All participants enjoyed various presentations on a variety of research topics presented by both professors and students from other universities.

*~ by Lauren Klump*

The Second Annual Glow Stick It to Cancer Adventure Scramble held on Thursday, October 4, was a very successful event for the greater Kirksville community. With 15 teams and 57 participants, it was the first glow stick event to achieve its goal of being able to donate money to the American Cancer Society, donating \$418.94 to the American Cancer Society as well as \$142.00 to Take Root Cafe. We cannot thank enough Dukum and Maxwell's for their help in allowing us to use their spaces for the start and finish points of our event. Although mainly Truman students and faculty made up a majority of the participants, the future plan is to broaden our participant horizon to more families and others who are from the surrounding communities. The 2019 Third annual event will be held on a Friday and will include the full Adventure Scramble as well as a family focused event.

*~ by Andrew Laughlin*



During late September and the month of October, HLTH 362 students taught by Dr. Janice Clark took four field trips to strengthen their understanding of course content. Their out-of-class learning included field trips to: 1.) Kirksville Waste Water Treatment Plant (September 29); 2.) Kirksville Drinking Water Plant (October 4); 3.) Maharishi University of Management Sustainable Living Center and Regenerative Organic Farm in Fairfield, Iowa (October 9); 4.) White Rose Catholic Worker Farm near LaPlata, MO (October 16).



At the Kirksville Wastewater Treatment Plant, students learned that there are no chemicals used to treat the sewage. It's all treated with mechanical and biological processes. The students saw raw sewage (influent BOD of 250) entering the plant and viewed the grit chamber and bar screens that mechanically remove objects from the sewage. Next, they followed the wastewater through the year-old Kirksville plant. In the anoxic basin, ammonias and phosphates are removed before entering the aeration basins that are seeded with bacteria to “eat” the waste products in the sewage. Students viewed clarifying tanks where grease is removed and sediment settles out. The sediment is sent to the aerobic digesters, then to a sludge basin, and is land applied as fertilizer. Students saw the processed water leave the plant (effluent BOD of 2-3) and enter Bear Creek. This water flows into the Salt River and finally into the Mark Twain Lake near Hannibal. Pictured above (left) Headworks, where students viewed the raw sewage entering the plant and (right) Effluent Flume, where the students saw the “cleaned” water leave the plant.



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On October 4, 2018, HLTH 362 students and Dr. Janice Clark toured the Kirksville Drinking Water Plant. Students learned that the water Kirksville residents drink is surface water from either Hazel Creek Lake or Forest Lake. The water treatment at this plant involves sedimentation, chemical treatment, flocculation, filtration, chlorination and fluoridation. Again, they followed the water as it progressed through the plant. They started at the holding pond and viewed a two-days' supply of water for Kirksville and area residents. Then, the water enters the primary basin where chemicals are added and flocculation and sedimentation occurs. More sedimentation occurs in the secondary basins. The water is then sent through the mixed media filters (layers of gravel, sand, and activated charcoal). Next, the water is chlorinated and fluoride is added before it is sent to the various water tanks around Kirksville, and on to the consumer. The students also viewed the chemical room, pump room, and plant lab on their tour of the facility. Pictured (previous page): holding pond and primary basin, filter room, lab, and "Truman" tank.



On October 9, 2018, students in Dr. Janice Clark's HLTH 362 course visited Maharishi University of Management in Fairfield, Iowa to learn about regenerative organic gardening/farming and composting efforts, and to tour the Sustainability Living (SL) Center there. Dr. Appachanda Thimmaiah, Professor of Advanced Organic Agriculture in the Sustainable Living Department, was their host during the field trip. During a tour of the SL Center, the students were able to learn of the unique features of the building: solar water tubes on the roof, underground air tubes below the frost line pump, 550-degree air into the building for natural air conditioning, a wind generator, a 10,000 gallon cistern under the front lawn to collect rainwater from the roof (that is filtered and chlorinated for drinking water in the building), 12-15"-thick clay-brick walls made of site-excavated clay to moderate indoor temperatures, maximum use of natural light, a peat moss septic tank for gray water from the building, and solar panels on the adjacent storage building. The SL Center contains classroom space, offices and greenhouse space. This building is "off the grid" and sells electricity back to the local electric company, saving MUM \$20,000-30,000 in utilities per year. Dr. Thimmaiah and several SL Department staff provided a class for the HLTH 362 students, and then hosted them at the Argico Student Center for an organic vegetarian lunch in the dining hall. After lunch, the Truman students visited the MUM Regenerative Organic Garden/Farm, meeting the farm manager and compost manager. The students learned about diversified organic vegetable farming, drip irrigation, permaculture, and composting while at the garden/farm. They viewed cool weather crops, and cover crops in the gardens, and received a lecture about MUM's composting program. The gardens supply vegetables for the MUM dining hall where students scrape their food wastes into bins to be collected and taken to the farm's compost area. Combining locally donated wood chips with the dining hall food waste, compost is created and used on the gardens - creating a closed loop, regenerative system. Also at the garden/farm, the Truman students toured the multi-purpose shed. This shed houses a harvest/cleaning area, DIY walk-in coolers, greenhouse, workshop/lecture area, office and lab space, as well as showers/toilets, and air conditioned areas. Pictures (above) include: HLTH 362 students at the MUM Sustainability Living Center; Dr. Clark and HLTH 362 students at the MUM Regenerative Organic Garden/Farm with Dr. Thimmaiah; HLTH 362 students in the harvest area at the MUM Regenerative Organic Garden/Farm.

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The fourth field trip for students in Dr. Janice Clark's HLTH 362 Environmental Health course was on October 16, 2018 to the White Rose Catholic Worker farm near LaPlata. After an introduction to the mission and information about the farm, students were able to view a mini-home on the property, view outdoor kitchens, and a straw-bale home. That afternoon, students divided into two service groups to help the property managers, John and Regina, with projects, including planting garlic with wet compost and seeding mushroom logs. They worked until nearly dark, and then gathered with the family and neighbors for a potluck organic dinner. Pictures (below) include: a group picture at White Rose, Olivia Hunt and Haley Sirokman shoveling compost, Annie Fitzgerald – Firemaker!, and students seeding mushroom logs.

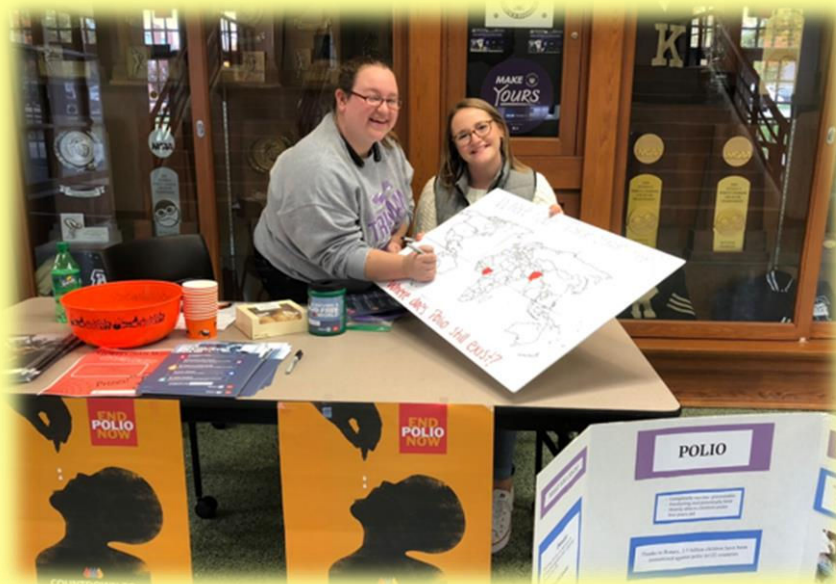


Truman students taking HLTH 255 *Introduction to Community and Public Health* participated in tabling events to spread awareness about injury prevention and promote safe driving. The tables were set up in various locations around Truman's campus, including the Student Union Building, McClain Hall, Missouri Hall, and Magruder Hall, throughout the month of October and will continue into November. Students at each table organized highlighters, brochures, first-aid kits, and sodas labeled with helpful tips and contacts for both the CHEERS designated driver program and the Drive Safe Drive Smart. In an effort to improve student health and prevent injuries to fellow students, the Health Science students spread information about the benefits of positive solutions to potentially dangerous situations. The personal interactions with passing students and faculty members allowed the class members to start to develop practical skills used by public health educators. As a passing student approached the table, she mentioned, "It is smart that you give out supplies that students actually need and use daily because then more people are likely to notice the information." This quote sums up the efforts of the student public health educators: to create opportunities for health information to reach the student body and influence their decisions in the future.





World Polio Day occurred on October 24, 2018 this year and HLTH 405, the Global Public Health class used this opportunity to help awareness about the fight to eradicate polio worldwide. (Smallpox is the only disease that has been globally eradicated to date.) Students assessed, planned, implemented, and evaluated a number of activities related to polio on campus. These events included handing out informational literature around campus, tabling in Magruder, the Student Union Building and Pershing Buildings, encouraging students to engage with an interactive map, talking to HLTH 195 Lifetime Health and Fitness classes, and hosting a Trivia Night on Saturday, October 27. The events were planned after collecting and analyzing data gathered at the start of the semester. Each student interviewed students, staff, or faculty members about their knowledge of polio and preferred communication channels. The class determined that interactive events, social media, tabling, and passing out brochures would be the most effective approaches to raise awareness and funds to help eradicate polio. The class split into teams and divided the responsibilities throughout the week of October 21-27. The tabling activity included a map of the world with the countries Afghanistan, Nigeria, and Pakistan highlighted in red as the last three remaining countries with reported cases of wild polio. Students, faculty, and staff were asked to place a black dot on the countries they had traveled to as a way for them to see how close they may have been to polio. In addition to tabling, the class created a Facebook page titled World Polio Day. On the Facebook page the class promoted facts about polio to help educate their Facebook friends. The facts were posted every hour from 8:00 a.m. to 8:00 p.m. and had reached 677 individuals as of October 25. Students handed out 375 brochures around campus, made 193 contacts at the polio tables and talked about polio to over 175 HLTH 195 students. Total contacts made over three days totaled over 1420, with over \$100 in donations. The Bill and Melinda Gates Foundation matched those funds 2 to 1, so the HLTH 405 students, in partnership with Rotaract, NSCS, and Student Public Health Association, raised more than \$300 to polio eradication efforts.



Congratulations to Mackenzie Snyder who not only had her research poster accepted to the MOAHPERD annual conference, but was also the 2018 Dr. Patricia McSwegin Research Award Winner.

As part of her health and exercise science capstone, Tori Thompson will host “Mindful Monday” Monday, November 5, 4:00 p.m., in Pershing Building 233. Students can participate in Chocolate Meditation by learning and practicing the art of mindfulness while enjoying pieces of chocolate that will be provided. Sessions will teach basic information needed to be mindful during everyday life. The 30-minute sessions will allow time for students to provide feedback or ask questions.

ResearchGate, an independent reporting agency, recently reported that research publications by students and faculty from the Truman Exercise Science Program have over 39,000 reads throughout the world and have been cited by other researchers over 3,000 times.

## Nursing



Ava Jackson, daughter of our very own Andrea Richards, demonstrates proper technique on the feedback manikin.

The Nursing Program, in partnership with William Matthew Middle School Physical Education department, NEMO heart health, ATSU, and American Heart Association, continued its annual service to Kirksville R-III students by providing hands-only CPR training to the seventh-grade girls at William Matthew Middle School. This year, Teak Nelson and the junior nursing students enrolled in Child / Family Nursing had the opportunity to unveil the new feedback manikins. This new technology provides students with immediate feedback about the rate and depth of compressions so that they can work specifically on proper technique while they practice.



Zoe Frantom provides feedback to Hailee Selby (daughter of former NU secretary Jill Shahan) as she performs compressions.



Nursing students who traveled with Kit and Steve Hadwiger to the Philippines, May 18 – June 10, presented their experiences, October 2. Students gained clinical experience from a transcultural perspective in areas including nursing education, workforce issues in health care, community health, unang yakap, family, decriminalization of minors, and nutrition and food customs. Each student had the opportunity to assist in delivering a newborn baby. Students also had the opportunity to assist with patient care in units of their choice, including the major and minor operating room, neonatal ICU, burn unit and emergency department. At Iloilo City, students experienced home visits within an indigenous population of the Philippines, a leprosarium and hospital rotations in medical, pediatric and surgical wards. Students who participated were: Ann Lipari, CC Ellermann, Deanna Gunnerson, Emmy Robertson, Erin Schisler, Kaitlyn Tucker, Kim Hart, Mitchell Glenn, Sam White and Shiva Felfeli.

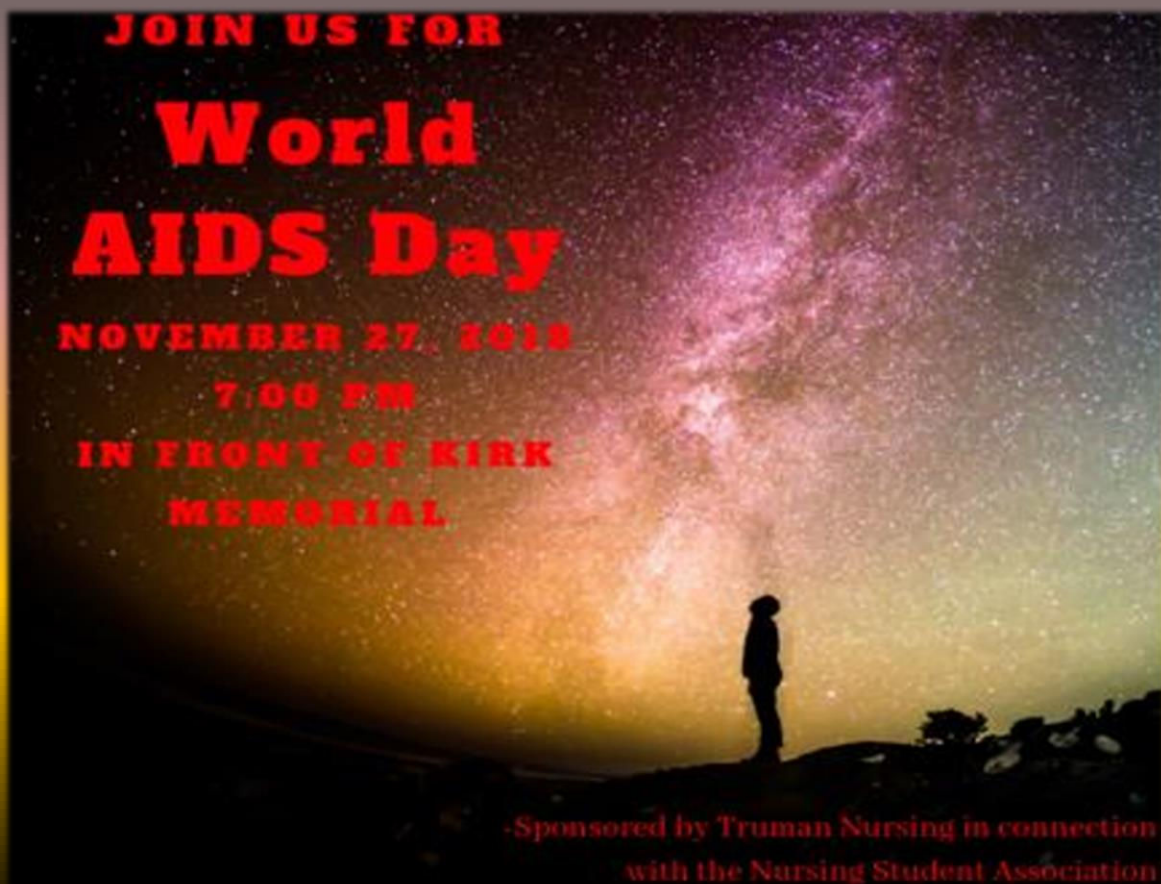




Student nurses toured the Staff of Life helicopter, October 11.



A few "shots" from the Department of Nursing's Homecoming Reception, October 13.



### *Calendar of Selected Upcoming Events*

November 3, Saturday: Admission Office Showcase Event

November 8, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105

November 10, Saturday: Admission Office Saturday Visit

November 14, Wednesday: Graduate Council, 3:40 – 5:00 p.m., VH 2151

November 15, Thursday: Faculty Senate, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105

November 19 – 23, Monday – Friday: Thanksgiving Break, No Classes

December 1, Saturday: Board of Governors Meeting

December 1, Saturday: Admission Office Saturday Visit

December 6, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105

December 7, Friday: Last Day of Fall Semester Classes

December 10, Monday: First Day of Finals

December 12, Wednesday: Reading Day

December 13, Thursday: Faculty Senate, 3:30 p.m. – 5:30 p.m., SUB Alumni Room 2105

December 14, Friday: Last Day of Finals

December 15, Saturday: Commencement, 11:00 a.m.

December 15, Saturday: Winter Interim Begins



January 12, Saturday: Winter Interim Ends  
January 14, Monday: First Day of Spring Semester Classes  
January 16, Wednesday: Graduate Council, 3:40 – 5:00 p.m., VH 2151  
January 17, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
January 21, Monday: Dr. Martin Luther King, Jr. Holiday, Truman Closed  
January 31, Thursday: Faculty Senate, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
January 26, Saturday: Admission Office Saturday Visit  
February 2, Saturday: Admission Office Showcase Event  
February 7, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
February 9, Saturday: Board of Governors Meeting  
February 16, Saturday: Admission Office Saturday Visit  
February 20, Wednesday: Graduate Council, 3:40 – 5:00 p.m., VH 2151  
February 21, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
February 28, Thursday: Faculty Senate, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
March 2, Saturday: Admission Office Saturday Visit  
March 6, Wednesday: First Block Classes End  
March 7, Thursday: Second Block Classes Begin  
March 7, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
March 11 – 15, Monday – Friday: Spring Break, No Classes  
March 20, Wednesday: Graduate Council, 3:40 – 5:00 p.m., VH 2151  
March 21, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
March 23, Saturday: Admission Office Saturday Visit  
March 28, Thursday: Faculty Senate, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
March 30, Saturday: Admission Office Showcase Event  
April 4, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
April 6, Saturday: Admission Office Saturday Visit  
April 17, Wednesday: Graduate Council, 3:40 – 5:00 p.m., VH 2151  
April 18, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
April 22, Monday: Term Break, No Classes (ends at 5:00 p.m.)  
April 25, Thursday: Student Research Conference  
April 25, Thursday: Faculty Senate, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
April 27, Saturday: Admission Office Showcase Event  
May 2, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105  
May 3, Friday: Last Day of Spring Semester Classes  
May 6, Monday: First Day of Finals  
May 8, Wednesday: Reading Day  
May 9, Thursday: (tentative) “Old” Faculty Senate, 3:30 p.m. – 5:30 p.m., SUB Alumni Room 2105  
May 9, Thursday: (tentative) “New” Faculty Senate, 5:30 p.m. – 6:00 p.m., SUB Alumni Room 2105  
May 10, Friday: Last Day of Finals  
May 11, Saturday: Commencement, 2:00 p.m.  
May 11, Saturday: May Interim Begins  
May 25, Saturday: May Interim Ends  
May 27, Monday: Memorial Day Holiday, Truman Closed  
May 28, Tuesday: First Five-Week and Ten-Week Classes Begin  
June 3, Monday: Eight-Week Classes Begin  
June 28, Friday: First Five-Week Classes End  
July 1, Monday: Second Five-Week Classes Begin  
July 4, Thursday: Independence Day Holiday, Truman Closed  
July 26, Friday: Eight-Week Classes End  
August 2, Friday: Second Five-Week and Ten-Week Classes End

# *Mission Statement*

The School of Health Sciences and Education is committed to preparing students to effectively serve as professionals and leaders in their communities and fields by providing an exceptional education grounded in the liberal arts and sciences, fostering interdisciplinary collaboration, promoting diverse learning experiences, and inspiring the pursuit of continued scholarship and research.

## *Five Pillars*

- ❖ Professional programs grounded in the liberal arts and sciences
- ❖ Leadership development
- ❖ Interdisciplinary collaboration
- ❖ Diverse learning and service opportunities
- ❖ Pursuit of continued scholarship and research

