True blue: Georgia State channels 94 years of Panther pride for 2007 Homecoming

By Leah Harris • lvh@gsu.edu

Get ready to cheer on the Panthers as Georgia State celebrates Homecoming 2007, “True Blue: 94 Years of Pride and Tradition,” with activities for students, alumni, faculty and staff.

Homecoming Week will kick off when the Lady Panthers take on Towson University at 2 p.m. Feb. 11 in the Sports Arena.

“Homecoming is a universitywide event, and we really want everyone on campus to show their true blue pride and to be excited about Georgia State,” said Pamela Anthony, assistant dean and director of student life and leadership and chair of the Homecoming Coordination Committee.

Faculty and staff can display their Panther pride by participating in the annual office and door decorating contest Feb. 13 and the Golf-Cart Parade Feb. 15. The decorating contest is free, but there is a $25 golf-cart fee for the parade, which can be paid to the Office of Student Life and Leadership.

Georgia State health educator Todd Turner said of the decorating contest, “It’s fun, but it’s also an opportunity for [the Health Promotions Office] to get a health message out to the campus community.”

Family Weekend also will take place during Homecoming Week. Students and employees are encouraged to bring their families to various activities on campus, including the Homecoming game at 2 p.m. Feb. 17 when the men’s basketball team plays in the ESPN BracketBuster against Elon University in the Sports Arena. ESPn will announce the opponent two weeks prior to the game.

A pre-game pep rally/tailgate will be held on the Students Recreation Center lawn, and immediately after the game the Alumni Association will host a reception in the Student Center Ballroom and 9 p.m., Sports Arena.

For more information about Homecoming events, contact the Office of Student Life and Leadership at (404) 463-9031.
Nutrition resources on the Web

By Chris Rosenbloom • dietetic@ajc.com

Fifty-one percent of the 147 million adults who use the Internet look for nutrition information, according to the Pew Internet and American Life Project. As you make your efforts to eat more healthfully, consider some free nutrition advice provided on reputable Web sites. Avoid the temptation to consult “Dr. Google” for a diet plan or a supplement; instead, seek advice from qualified professionals.

**Concern:** You have high blood pressure, and you want to try lifestyle changes before you try drugs.

**Recommended site:** Dietary Approaches to Stop Hypertension (DASH), www.dashstudy.nih.gov. Type DASH in the search box.

**Pro:** The DASH plan lowers blood pressure most effectively in those with pre-hypertension or moderate high blood pressure. The diet consists of foods that contain high levels of calcium, potassium and magnesium with a modest restriction in salt.

**Con:** The site is not user-friendly, but the advice is. Your best bet is to print out the entire PDF of the diet plan if your printer can handle the 60-plus-page document.

**Concern:** You want to try a dietary approach to lower cholesterol.

**Recommended sites:**
- The Portfolio Eating Plan, www.portfolioplaneating.com
- Pro: This plan combines items that lower cholesterol in a “portfolio” of soy, almonds, plant sterols (Take Control or Benecol margarines) and fiber-rich foods. Cholesterol levels can be lowered to levels approaching what is achieved with statin drugs.
- Con: This diet plan is close to being vegetarian, which might not appeal to everyone.

**Concern:** You have a high blood cholesterol level, but you want to try a dietary approach to lower cholesterol.

**Recommended sites:** My Pyramid, www.myapyramid.gov.
- Pro: Both sites contain a wealth of information on eating healthfully. The My Pyramid site less you track your activity and diet and analyzes the results. The 5 A Day site contains ideas and recipes to help you eat more fruits and veggies.
- Con: The My Pyramid site contains so much information you will need to spend time navigating the site to uncover all of its secrets. The diet analyzer can be slow.

**Concern:** You have high blood cholesterol level, but you want to try a dietary approach to lower cholesterol.

**Recommended sites:**
- Pro: Both sites contain a wealth of information on eating healthfully. The My Pyramid site less you track your activity and diet and analyzes the results. The 5 A Day site contains ideas and recipes to help you eat more fruits and veggies.
- Con: The My Pyramid site contains so much information you will need to spend time navigating the site to uncover all of its secrets. The diet analyzer can be slow.

**Concern:** You want to try a dietary plan to lower blood pressure.

**Recommended sites:**
- Pro: This plan decreases blood pressure by 10/5 mm hg.
- Con: This diet is high in potassium and calcium and it’s not really low in salt.

**Concern:** You have high blood pressure, and you want to try lifestyle changes before you try drugs.

**Recommended sites:**
- The Dietary Approaches to Stop Hypertension (DASH), www.dashstudy.nih.gov. Type DASH in the search box.
- Pro: This plan consists of foods that contain high levels of calcium, potassium and magnesium with a modest restriction in salt.
- Con: This diet plan is close to being vegetarian, which might not appeal to everyone.

**Concern:** You have high blood cholesterol level, but you want to try a dietary plan to lower blood pressure.

**Recommended sites:**
- Pro: Both sites contain a wealth of information on eating healthfully. The My Pyramid site less you track your activity and diet and analyzes the results. The 5 A Day site contains ideas and recipes to help you eat more fruits and veggies.
- Con: The My Pyramid site contains so much information you will need to spend time navigating the site to uncover all of its secrets. The diet analyzer can be slow.

Nutrition resources on the Web

Get a FREE Motorola Razr T-Mobile when you sign up today.

As an employee of Georgia State University, you can take advantage of these special discounts:

- **Prez** (Silicon Valley Razr, phone + retail + rebate, regular price $249.99) and **FREE** T-Mobile, regular price $191.99.
- **FREE** Camera (adoo CDMA, after mail-in rebate, regular price $191.99)
- **FREE** Service ($191.99 retail price)
- Pay 10% activation fee

You also qualify for this exclusive benefit available to read and existential T-Mobile customers:

- 10% discount on monthly service charges
- Existing customer? See to http://www.t-mobile.com/wirelessdiscount and log in my T-Mobile to learn more about qualifications for a corporate discount

To: http://www.t-mobile.com/mytmobile分别 for more details or this exclusive offer

New activation, credit approval and two-year agreement required for hundreds others.

Questions? Contact Jenny Wilkes at jenny.wilkes@t-mobile.com

Call T-Mobile at 1-800-444-6052 and mention promotional code: 363070/MAY

Give the gift of gab.

**New grant to give Rialto dance series a lift**

The Rialto Center for the Arts has been awarded a two-year $100,000 grant from the Charles Loridans Foundation in support of their acclaimed dance series. The Rialto hopes to present two noteworthy American companies each season in collaboration with area dance organizations. The funding will put Atlanta on the touring map for outstanding companies rarely seen in the South, said Leslie Gordon, director of operations at the Rialto.

“We look forward to being a leader in identifying new Atlanta audiences for modern dance,” she said.

The funding will help create a new program that will include master classes, lectures about the dance forms and special promotions to Georgia State students to encourage their interest in dance and the Rialto.

The Loridans Foundation is a group focused on education funding and the arts community in Atlanta.

**Georgia State student wins Miss Georgia USA**

A Georgia State University emerging leader, a Martin Luther King Day Service group leader and an American Marketing Association member is the winner of Miss Georgia USA 2007. Besting a field of 85 contestants, Georgia State student Brittany Swann captured the title last November in Newnan, Ga.

Competing as Miss Peachtree City USA, the marketing/management major won the honor to represent Georgia at the nationally televised Miss USA Pageant. Swann, who enjoys weight training and cooking, will compete live on NBC March 23 for the chance to represent the United States in the Miss Universe pageant later this year.

“I would like to continue my work with the youth in getting them more interested in involvement in their communities,” said Swann, who asked about her plans for the year as Miss Georgia USA. “Self-esteem as related to health and nutrition is an issue for young adults, especially young women, that I’m particularly concerned with focusing on during my year.”

**Panthers take the plunge at Indian Creek Pool**

You can swim in frigid water like a polar bear! Take the challenge at Georgia State’s second annual Polar Bear Plunge at 2 p.m. Feb. 25 in the Indian Creek Pool. The registration deadline is Feb. 23.

The event is free for faculty, staff, alumni and students. The first 100 participants will receive a long-sleeved “I Survived the Plunge” T-shirt. A special iceberg trophy will be presented to the student organization with the most participants in attendance.

For more information, call the Department of Recreational Services at (404) 463-1529 or visit www.gsu.edu/motion.
ANDREW YOUNG SCHOOL OF POLICY STUDIES
Director chosen for economic education council
Shelby Frost, clinical assistant professor of economics, has been appointed as the director of the Georgia State University Center for Business and Economic Education, a liaison position with the Georgia Council on Economic Education, which is the state’s local link to the state, national and international network of economic educators based in state universities. Frost’s primary research involves economic education.
Bill Rushing served as the center’s most recent director.

COLLEGE OF ARTS AND SCIENCES
Philosophy department to host NEH seminar
The department of philosophy and the Jean Beer Blumenfeld Center for Ethics has been chosen to host a National Endowment for the Humanities summer seminar July 9-Aug. 3 titled “Philosophical Perspectives on Law, Democracy and Human Rights.” The seminar is part of the We the People Initiative, an NEH project that enhances the teaching and understanding of American history, and will be co-directed by Georgia State philosophy professor Andrew Altman and Christopher Heath Wellman, associate professor of philosophy at Washington University in St. Louis.

The seminar invites college and university faculty members and independent scholars to Georgia State to examine philosophical accounts of democracy, the rule of law and human rights.

“In addition to discussing key classical texts and the best recent work on these issues, we will reserve a portion of the meeting time so that participants can present their own work,” Altman said.

COLLEGE OF EDUCATION
Starting college early
The College of Education is leading the way in preparing high school students for higher education. Twenty of Atlanta’s Carver High School students are already cracking college books at Georgia State as part of the Georgia Board of Regents’ new Early College High School Initiative.

The students, who began studying in November in Atlanta.

The early college model is designed to attract about 150 students each year. The newly revamped program will offer business students the opportunity to earn a business degree and business students the opportunity to earn 60 college credits simultaneously.

While housed in AYSPS, the program that was previously housed in the College of Law won the North Carolina Central University Biotechnologies Mock Trial Competition Nov. 11 in Durham, N.C. Hosted by NCCU’s Biotechnology and Pharmaceutical Law Institute, the contest is the institute’s first civil mock jury trial competition for U.S. law students, focusing on the emerging issues of biotechnics and pharmaceutical law.

Georgia State’s team bested Regents Law School and North Carolina Central’s home team in the preliminary rounds, George Mason Law in the semi-final round, and faced the home team again in the final round to claim first prize. Georgia State’s team won jury verdicts in every round, whether representing plaintiff or defendant, and was the only team to win every competition round. This was the second recent victory for the college’s mock trial students, who won the 10th annual William W. Daniel National Invitational Mock Trial Competition last November in Atlanta.

J. MACK ROBINSON COLLEGE OF BUSINESS
Aviation program lands in business school
The J. Mack Robinson College of Business Carol B. Day School of Hospitality has landed the Aviation and Transportation Program that was previously housed in the College of Policy Studies.

The change of address also means a change of focus for the program, which will now address airport management, operations and marketing. However, some of the part-time professors have decades of airline experience, said School of Hospitality director Debra F. Cannon.

While housed in AYSPS, the program attracted about 40 students each year. The newly revamped program will offer business students the opportunity to earn a hospitality degree with a specialization in business.

COLLEGE OF HEALTH AND HUMAN SCIENCES
School of Nursing prepares for 20th anniversary
Doctoral graduates, faculty and former faculty of the Byrdine F. Lewis School of Nursing plan to gather in March at Georgia State for a conference and dinner commemorating the school’s 20th anniversary.

Alumni will be honored at the conference for their contributions to nursing, research, education and practice. Marion Broome, dean of the Indiana University School of Nursing, will deliver a keynote address. Broome formerly served as associate dean at the University of Alabama at Birmingham, holds a doctorate degree from the University of Georgia and is an American Academy of Nursing fellow.

Faculty and former students interested in attending are asked to contact the School of Nursing as the conference and dinner attendance is by invitation only.

Faculty consider the doctoral program integral to improving the current U.S. nursing shortage because it is one of only three colleges and universities in Georgia to offer a Ph.D. in nursing. Consequently, Georgia State is one of a select number of schools that can produce future nursing professors.

COLLEGE OF LAW
Mock trial team claims bioethics victory
The College of Law won the North Carolina Central University Biotechnologies Mock Trial Competition Nov. 11 in Durham, N.C. Hosted by NCCU’s Biotechnology and Pharmaceutical Law Institute, the contest is the institute’s first civil mock jury trial competition for U.S. law students, focusing on the emerging issues of biotechnics and pharmaceutical law.

Georgia State’s team bested Regents Law School and North Carolina Central’s home team in the preliminary rounds, George Mason Law in the semi-final round, and faced the home team again in the final round to claim first prize. Georgia State’s team won jury verdicts in every round, whether representing plaintiff or defendant, and was the only team to win every competition round. This was the second recent victory for the college’s mock trial students, who won the 10th annual William W. Daniel National Invitational Mock Trial Competition last November in Atlanta.

The College of Law is one of a select number of schools that can produce future nursing professors.

The College of Law is one of a select number of schools that can produce future nursing professors.

This was the second recent victory for the college’s mock trial students, who won the 10th annual William W. Daniel National Invitational Mock Trial Competition last November in Atlanta.

The College of Law is one of a select number of schools that can produce future nursing professors.

This was the second recent victory for the college’s mock trial students, who won the 10th annual William W. Daniel National Invitational Mock Trial Competition last November in Atlanta.

The College of Law is one of a select number of schools that can produce future nursing professors.

The College of Law is one of a select number of schools that can produce future nursing professors.

This was the second recent victory for the college’s mock trial students, who won the 10th annual William W. Daniel National Invitational Mock Trial Competition last November in Atlanta.

The College of Law is one of a select number of schools that can produce future nursing professors.

This was the second recent victory for the college’s mock trial students, who won the 10th annual William W. Daniel National Invitational Mock Trial Competition last November in Atlanta.

The College of Law is one of a select number of schools that can produce future nursing professors.
Training courses offered for performance evaluations

By Leah Harris • lkh@gsu.edu

Managers and Staff Development Services is offering training courses to explain ratings to new users or those who just need a refresher course in completing performance evaluations, which are mandatory and due by March 15. The department offers a three-hour new user course and a one-hour refresher course designed to train managers to use the tool effectively.

"This isn't the traditional evaluation tool where people get a one, two or three," said Dethra Giles, director of staff recruitment and retention. "Employees actually get a rating that tells them how they're doing, such as whether they're meeting or exceeding expectations.

We want to make sure it's used fairly across the board, so we need managers to know what these ratings mean.

Performance evaluations, which are stored in Human Resources, are used as performance indicators, to support merit pay increases, promotions and terminations, and to determine the university's need for new training courses. Managers rate various employee work habits, such as job knowledge, need for supervision, teamwork, communication and customer service skills.

Employees should only be evaluated on tasks they know they were responsible to perform, Giles said, and evaluations should not be unexplained, one-sided, biased or false.

It should not be the first time that an employee hears he or she is doing a good or bad job. Therefore, Giles recommends that managers include employees in the evaluation process as well as continuously update a performance record for each worker throughout the year.

"Evaluations should encompass the entire year of performance and there's no way to go back over a year without keeping a record," Giles said. "When trying to go off memory you only remember the best and worst thing the employee did, ... and that really isn't fair."

For more information or to schedule training, call (404) 651-2567.