



Villager

FACULTY AND STAFF NEWS • www.gsu.edu/villager

Touchdown!

It's official — football is coming to Georgia State

By William Inman • winman@gsu.edu

Georgia State President Carl Patton announced today (April 17) that the university will begin football.

The Panthers, who will play at the NCAA Football Championship Subdivision Level, will kick off their inaugural season in 2010 and will play their home games at the Georgia Dome.

"I know that many former and current students have dreamed of a day when there would be football Saturdays at Georgia State, and while that might have looked like third-and-long for many years, I think today is a great time for an end-zone celebration," Patton said.

The long process to bring football to the downtown Atlanta campus began early in Patton's tenure at president.

"When I became president of Georgia State 16 years ago, one of the first questions I received was, 'When are we getting football?' he said. "I have to admit that my answer was, 'not in my lifetime.' But, I also have to admit that my lifetime here lasted longer than I thought it would."

Shortly after joining the Colonial Athletic Association in 2005, Georgia State conducted a feasibility study that showed that alumni, students, faculty and staff were in support of football.

In April of '07, the school hired Dan Reeves as its football consultant. Reeves has helped secure more

than \$1 million in pledges for a football program.

Last October, the Mandatory Student Fee Committee unanimously approved an increase in the student athletic fee, and shortly after that the Fiscal Advisory Committee to the President also endorsed the proposed increase. Thus, with overwhelming campus support, Patton forwarded the request to the Board of Regents for approval, which officially came April 15.

Now, Athletic Director Mary McElroy will begin putting together the pieces.

"Building a football program from scratch is a tremendous challenge, but it's also an incredible opportunity because there is no question that Georgia State football has the potential to be very successful at the FCS level," she said at the announcement.

"With the start of our first season about 29 months away, we're now officially on the clock," she said. "Our plan is to hire a head football coach and a director of football operations this summer. The head coach will then hire up to four assistant coaches to begin recruiting this fall."

Women's lacrosse, which will help Georgia State meet its Title IX gender-equity eligibility, will likely begin in the fall of 2010, McElroy says.



President Carl Patton and the Panther cheerleaders look on as Pounce strikes the Heisman pose during the April 17 announcement that Georgia State will begin a football program.

5 minutes with: Page Anderson

Associate Professor of Psychology and Air Travel Anxiety Researcher

You've studied anxiety over air travel. How widespread is the fear of flying?

It's more common than you might think. A Boeing study in the 1980s found 25 million adults suffer from it, and it was assumed that number increased after Sept. 11. To really have a flying phobia, it has to have a significant impact on your life. Two examples of that are a person who won't take a job promotion because it would require traveling by air or people who can't see their family members because they're not willing to fly.



What causes fear of flying?

Sometimes people have had a scary experience on a plane. Sometimes seeing something on television or hearing someone talk about a bad experience can cause it. And sometimes, even if they haven't had a traumatic experience, a person might get on a plane and have a panic attack out of the blue.

How did you treat patients to overcome their fear?

First, they learned skills for coping with their anxiety, such as addressing fearful thoughts. Then they used those skills to face their fears in exposure therapy. To overcome a fear, you have to face a fear, but in a therapeutic way. Our instinctive response to anxiety is to fight or flee, but for it to work, you have to stay in a situation until your anxiety decreases naturally. In this case, we also tested whether using a virtual reality model of flying on an airplane could help them face their fear of flying in the real world.

Was the treatment effective?

The main finding from this study is that people got better and they stayed better, even when we talked to them after Sept. 11. The most effective method was continuing to fly, even in the face of feeling fearful. And that was the most powerful thing people did. We're currently enrolling for a new treatment study on public speaking anxiety using virtual reality. Participants receive free treatment. Anyone interested can learn more by contacting speakingstudy@gsu.edu or by calling (404) 413-5077.

Employees and students honored with Sparks Awards

By Liz Babiarz • lbabiarz@gsu.edu

The Georgia State University Alumni Association honored 10 exceptional employees and students April 22 with Sparks Awards in recognition of their dedication.

The Sparks Awards were first presented by the Alumni Association in 1985. Named after George McIntosh Sparks, the university's first president, the awards were designed to recognize those who exemplify Sparks' willingness "to go the extra mile" with good humor and perseverance.

"They are the ones who make Georgia State a great place to work and to learn," said Susan Toohey, executive director of the Alumni Association.

The Sparks Awards ceremony is just one part of Employee Appreciation Month at Georgia State. On April 10, the Alumni Association sponsored the annual appreciation luncheon for Facilities Management and the Police Department. The Office of Employment Relations on April 21 recognized

faculty and staff celebrating milestone anniversaries with the university.

Out of many nominations, the 10 Sparks Award winners were selected by a committee of previous winners. The 2008 recipients include:

- Charles "Karl" Adams, College of Business
- John T. Brittan, Jr., public relations student
- Meg Buscema, University Relations
- Sylvia B. Caley, College of Law
- Heather Housley, International Student & Scholar Services
- Annette Harris Johnson, Counseling & Psychological Services
- Gary M. Longstreet, Office of Undergraduate Studies
- Charlotte M. Petrek, Andrew Young School of Policy Studies
- Subhash C. Tah, Facilities Management Services
- Shelly-Ann Williams, College of Arts & Sciences, Office of Graduate & Scheduling Services



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Restricting calories could add years to your life

By Chris Rosenbloom • dietitian@ajc.com



Chris Rosenbloom, Ph.D., is a nutrition professor and associate dean for academic affairs in the College of Health and Human Sciences. Her columns appear regularly in *Villager* courtesy of the Atlanta Journal-Constitution.

Everyone wants a long, healthy life. We all know that genetic makeup is one key to longevity, but what if you didn't choose your parents carefully and are looking for another way to live longer?

Enter caloric restriction (CR), an idea that has been around since the 1930s when scientists discovered that mice fed about half of their calorie needs lived longer than the mice given standard lab chow. Studies have shown that other animals, including apes, can extend life by eating less. How does that apply to humans?

After perusing the Web site of the "Caloric Restriction Society" (www.calorierestriction.org) it's clear that some people are performing their own experiments by voluntarily restricting calories by 30 to 40 percent of what is recommended by the Dietary Reference Intakes for healthy adults.

Maximum human life span is thought to be 120 years, and the proponents of CR hope to break through the life span ceiling. To get the proper amount of nutrients, a CR diet has

to be carefully planned to ensure that malnutrition isn't a side effect. Indeed, malnutrition can shorten your life span by weakening your immune system. Some people who follow CR diets call themselves "CRONies," for Caloric Restriction with Optimal Nutrition. The diet is mostly fruits and vegetables with a few whole grains and very little meat.

CR also reduces the production of free radicals — those pesky side effects of metabolism that some think trigger aging effects. CR also helps lower the amount of insulin that your body produces — which could prevent diabetes — and is also linked to maintaining healthy brain cells that could retard neurological diseases like dementia and Parkinson's disease.

Unanswered questions about CR include how severe does the caloric restriction need to be to see the benefits shown in animals? How long do you have to follow the diet to increase longevity? Are the effects only seen during the calorie restriction

phase or are there long lasting benefits? One researcher, writing in the *Journal of Gerontology*, developed a mathematical model on CR and predicted that CR would only extend life by one to five years.

The best strategy is to achieve and maintain a healthy body weight, be active every day, and eat more fruits and vegetables, especially those with deep, rich colors. And, if you are tempted to try CR, remember that the oldest known human lived to 120 years, and she didn't live a CR lifestyle.

PAW PRINT



High Point Elementary students (from left) Natalie Peek, Evelyn Lea, Jamison Collins and Nora Stout stop in the stacks to thumb through some titles in the University Library's Carl and Gretchen Patton Children's Collection. The girls were touring the library with their school's media specialist, Barbi Kreidler, a Georgia State alumna.

COLLEGE NEWS

ANDREW YOUNG SCHOOL OF POLICY STUDIES Panel to discuss legacy of Jean Childs Young

Jean Childs Young's legacy in human rights, education and child welfare work will be the topic of a panel discussion at Georgia State's Andrew Young School of Policy Studies.

Panelists will include Georgia Supreme Court Chief Justice Leah Ward Sears, Atlanta Women's Foundation CEO Deborah J. Richardson, and Georgians for Gun Safety Director Alice Johnson.

The discussion will be held from 3:30 p.m. to 5 p.m. April 23 in the 7th-floor seminar room of the Andrew Young School, 14 Marietta St. For more information, visit <http://aysps.gsu.edu/ChildsYoungLegacy.html>.

COLLEGE OF ARTS AND SCIENCES Debate teams make history

Members of Georgia State's debate team earned numerous honors at the recent Cross-Examination Debate Association's (CEDA) National Championship Tournament.

Both Georgia State teams competing in the tournament qualified for the elimination rounds, a first in the history of Georgia State debate.

The team of Chris Pozzi and Kevin Bottoms tied for 33rd place at the tournament, and the team of Joel Lemuel and Kirk Gibson tied for ninth. Lemuel and Gibson's placement represents the best finish of any team from Georgia State at the CEDA Nationals.

Individually, Lemuel placed 11th out of more than 370 debaters at the tournament. He was also named to the national All-American debate team and Gibson was named a first-team Scholastic All-American Debater.

Georgia State debate placed third in CEDA's annual debate sweepstakes for its Southeast region. This is the first year Georgia State has won a sweepstakes award.

Biology professor's research featured on Discovery Channel Canada

The April 1 airing of "The Daily Planet," a program on Discovery Channel Canada, featured the research of biology professor Charles Derby, who appeared in a segment to discuss the mysterious "waving" habit of male blue crabs.

During the segment, which was filmed in his lab, Derby explained that while the male crabs appear to be making a visible signal to female crabs with their flattened swimming legs, they're actually waving their legs to send pheromone signals through the water to the females.

Using lasers to detect the currents caused by the crabs' stationary paddling, Derby has determined the crabs can send their pheromones up to a meter, which helps them find female crabs hidden among seaweed and rocks.

COLLEGE OF EDUCATION New early childhood teacher education program to begin

This fall, the College of Education will start accepting students for a new Bachelor of Science in Education program that provides candidates with academic preparation and field experiences to work in varied settings with children from infancy through kindergarten. Graduates of the program will hold a state of Georgia teaching certificate and a preschool special education endorsement.

The program will offer a professional pathway to certification for current early care teachers, students seeking preparation for their first career and career-changers who want to work with young children. An agreement between Georgia State and accredited technical and two-year colleges will permit students to transfer approved courses to the program.

"There is a substantial body of research that confirms that early investment in high quality preschool pays off exponentially both for the individual child as well as the community at large," said Ruth Saxton, program coordinator of Georgia State's new Birth Through Five program.

For more information, visit <http://education.gsu.edu/ece/BirthThroughFive.htm> or contact Saxton at rsaxton@gsu.edu or the Department of Early Childhood Education at (404) 413-8020.

COLLEGE OF HEALTH AND HUMAN SCIENCES Inaugural physical therapy class holds reunion

In 1972, the first group of physical therapy students graduated from Georgia State. On March 8, they gathered again, almost 36 years after earning their diplomas.

The reunion was held at Georgia State's Indian Creek Lodge, and eight of the 10 original graduates attended. Class of '72 members Harvelyn Duncan Smith and Jane Fitzpatrick Deloach organized the event.

Program founder Pat Yarbrough and former faculty members Pearl Petteren, Carol Coogler, Jim Church, Dave Martin and George Salter also attended.

COLLEGE OF LAW Georgia Supreme Court justice to speak at hooding ceremony

Georgia Supreme Court Justice Robert Benham will be the speaker at the College of Law's hooding ceremony for students graduating in summer 2007, fall 2007 and spring 2008.

The ceremony will begin at 6 p.m. May 9, at the Sports Arena. A reception will follow in the Urban Life Plaza from 7:30 to 9 p.m.

Benham, a Cartersville native, was appointed to the Georgia Court of Appeals by then-Gov. Joe Frank Harris in 1984 after working in private practice and as a special assistant

attorney general. In 1989, Harris appointed Benham to the Georgia Supreme Court. He won election to a full term in 1990.

For more information, visit www.law.gsu.edu/hooding.

J. MACK ROBINSON COLLEGE OF BUSINESS College launches doctoral program for working execs

The J. Mack Robinson College of Business recently announced the launch of the first Ph.D. program in Georgia geared toward senior business executives.

The program is designed for working professionals who already have advanced degrees but want to enhance their effectiveness in senior positions, said Robinson Dean H. Fenwick Huss.

"This program can provide companies looking to hold on to valued top executives with a solution to their long-term retention needs," he said.

The three-year program, expected to begin its first class in January 2009, will be conducted in an executive format with six two-day residencies per semester. Students will take 54 credit-hours and complete two applied research projects, among other requirements.

Robinson reaches 5th in U.S. News ranking

The College of Business' part-time MBA reached the No. 5 spot on *U.S. News & World Report's* recent ranking of the nation's graduate school programs, moving up three spots from No. 8. It's the 13th consecutive year the program has ranked in the top 10 and the fourth time it's landed in the top five on the annual "America's Best Graduate Schools" list.

Robinson's Information Systems program also moved up a spot to No. 9 in its category. "America's Best Graduate Schools 2009" hit newsstands March 31.

Seminars on payroll changes and budgeting

► To prepare for the payroll change in July, the Georgia State Credit Union is offering employees several workshops on money management in May and June.

The workshops will be held from noon to 1 p.m. in the Human Resources Conference Room, located on the basement floor of One Park Place, on the following dates: May 6, 8, 20 and 22; June 3, 17 and 19. There also will be a session from 3 to 4 p.m. June 10.

Instead of biweekly paychecks, salaried employees will be paid on the last business day of the month, beginning July 31. Health care deductions and other contributions will be doubled and withheld on a monthly basis.

Hourly employees, such as office managers, secretaries and administrative coordinators who fill out time sheets, also will be affected. On July 18, their pay frequency will go from bimonthly to biweekly for a total of 26 pay dates per year, instead of 24. Deductions for hourly employees will continue to be taken twice per month. Every employee's annual pay will remain the same — it will just be divided differently. Tax brackets will be unchanged as well.

For more information, visit the Georgia State Human Resources Web site at <http://www2.gsu.edu/~www/hre/payroll/faqs.html>, or call (404) 413-3302 or e-mail payroll@gsu.edu.

First football scholarship honors Gretchen Patton's father, John "Bulldog" West

► For his tenacity on the high school football field, John West earned the nickname "Bulldog" and a scholarship to play the sport at the college level. But because of hard times during the Great Depression, he had to pass up college and take a factory job to help support his family.

"He led a good life, but he was nobody's fool," said his daughter, **Gretchen Patton**, wife of Georgia State University President **Carl Patton**. "He recognized the value of education and knew what you needed to get ahead."

To ensure another student receives the college education West missed out on, Gretchen and Carl Patton recently pledged \$25,000 to create Georgia State's first endowed football scholarship in his memory. West died three years ago at age 84.

The Patton's football gift is one of many given to the university in recent months. Since Georgia State started examining the possibility of a football program, supporters have contributed \$1.17 million for the sport.

Robinson College partners with Russian university

► The J. Mack Robinson College of Business has partnered in a joint degree program with Lomonosov Moscow State University to offer the first American Executive MBA entirely on-site in Russia.

Russian students will be able to pursue an executive master's in business administration from Georgia State in conjunction with a master of science in management from Moscow State. The Executive Leaders program was announced April 8 in Moscow, along with several accompanying initiatives, including a leadership forum and roundtable working group for Russian students.

Jim Senn, the managing director of Robinson's Center for Global Business Leadership, will co-direct the program with Moscow State's **Vladimir Echenique**, vice-dean of the economics faculty there.

"As Russian companies have expanded, they have experienced a distinct need for executive-level talent," said Senn. "The unique Robinson/Lomonosov Moscow State program will fill a much-needed demand for practical information on effective leadership and provide a quality of education never before available in Russia."

Classes are expected to begin next January.

Faculty, staff and students urged to give blood

► The Office of Civic Engagement is hosting an American Red Cross blood drive from 10 a.m. to 3 p.m. Wednesday (April 23) in the University Center, rooms 460 and 465. The blood drive allows students, faculty and staff to give the gift of life by donating without leaving campus.

The process is simple and takes about an hour, with the actual donation lasting six to 12 minutes. The need for blood is constant and, although the Red Cross has donor centers across the southern region to help collect blood on a daily basis, regular blood drives at sponsor organizations are still the most effective way of recruiting donors. Blood drives are especially needed around holidays and during the summer, when inventories dip to critically low levels.

For more information, call the Office of Civic Engagement at (404) 413-1550.

Athletics receives NCAA certification


► The NCAA Division I Committee on Athletics Certification announced April 15 the certification of Georgia State University's athletics program. This is the university's second cycle of athletics certification, the purpose of which is to ensure integrity in athletics programs and to assist institutions in improving their athletics departments. NCAA legislation mandating athletics certification was adopted in 1993, and since that time Georgia State's athletics have been in full compliance.

"Georgia State is pleased that it continues to meet the high expectations of NCAA Division I membership," said Georgia State President **Carl Patton**. "Athletics continues to be an important part of the university experience, and it is gratifying to know that our strong relationship between academics and athletics is consistent with and recognized by the certification process."

A designation of "certified" means that an institution operates its athletics program in substantial conformity with operating principles adopted by the Division I membership.

"NCAA certification is a crucial element for athletics departments across the nation, and we are very pleased and proud to be officially certified for the next 10 years," said **Mary McElroy**, director of athletics.

The certification process, which involves a self-study led by an institution's president or chancellor, includes a review of these primary components: governance and commitment to rules compliance; academic integrity; equity; and student-athlete well-being.

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Publisher DeAnna Hines
djhines@gsu.edu

Editor William Inman
winman@gsu.edu

Art Director Matt McCullin
mmccullin@gsu.edu

Photo Editor Meg Buscema
meg@gsu.edu

Copy Editor Margaret Tate
mtate7@gsu.edu

Photographers Carolyn Richardson
cpr@gsu.edu

Stephen Jones

Advertising Coordinator Virginia Brown
vbrown@gsu.edu

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Department of University Relations
P.O. Box 3983
Atlanta, GA 30302-3983
404•413•3025
www.gsu.edu/villager

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Student Center celebrates 10th anniversary

By Liz Babiarz • lbabiarz@gsu.edu

It is the place on campus to grab a quick lunch, study for an upcoming test, check in with friends, attend an event and much more.

Since it opened in 1998, the Georgia State Student Center has become a hub not only for students, but staff, faculty and community members as well.

"It's given the campus a home for student life activities," said Richard Heller, director of the Student-University Center. "It's been very exciting because of the difference it has made."

On April 15, the university celebrated the Student Center's 10th anniversary with a rededication ceremony and ribbon cutting. Heller and others shared their thoughts about the Student Center's impact on campus and later enjoyed cake and a visit from Pounce. Attendees also perused a photo display in the Gallery Lounge with snapshots of the 118,000 square-foot facility as it was being constructed.

The Student Center has recently seen some changes. Einstein Bros. Bagels was added in January to The Courtyard, offering another dining option for students. Renovations, including upgrades to the Panther Place Lounge, are planned for the summer, Heller said.

Close to 5,000 people come through the Student Center each day and more than 4,000 events a year are held in the Student Center's 22,000 square-feet of meeting space. Heller expects the number of patrons and events to increase even more in the future.

"As the campus grows, there will be an additional need for space for general events and programs that we're going to have to meet," Heller said.

The Student Center's 10th anniversary celebration was held in conjunction with other Spotlight Programs Board Office events such as the pop-culture game show, "Think Fast!!," a murder mystery dinner, an ice cream social and the "Spring Fling" street fair.



Georgia State celebrated the Student Center's 10 years with a rededication ceremony, which, of course, included cake.

APPLAUSE

The following IS&T employees recently earned their certifications: Network Planning Analyst **Boris Baeta** received the Extreme Networks Associate Certification. Software Systems Engineer Intermediate **Nancy Chang** earned the Certified Information Systems Security Professional. Lead Software Systems Engineer **Jeff Johnson** received the Novell Certified Linux Professional.

Regents' Professor **Tim Bartness** was named president-elect of The Society for the Study of Ingestive Behavior. He will take office at the society's annual meeting in July in Paris.

Catherine Chang, associate professor of counseling and psychological services, received the American Counseling Association's Research Award at the national conference in March.

Susan Easterbrooks, professor of educational psychology and special education, recently published

"Helping Deaf and Hard of Hearing Students to Use Spoken Language," co-authored by **Ellen Estes**.

"Choosing the Top Candidate: Best Practices in Academic Law Library Hiring" by the College of Law's Law Librarian **Nancy P. Johnson**, Associate Director for Public Services **Ron Wheeler**, and Director of Information Technology **Terrance Manion**, was named an editor's pick for the month of March by Informed Librarian Online. The article appears in Volume 100 of the *Law Library Journal*.

College of Education Dean **Randy Kamphaus** was selected by the University of Georgia College of Education awards committee to receive their Lifetime Achievement Alumni Award. The award will be presented at the college's annual spring celebration April 28.

Georgia State Athletics has named **Marvin Lewis** as associate director of athletics for finance and administration, **Tiffany Lofton** as associate director of athletics for development, and

Monique Holland as associate director of athletics for operations and compliance and senior woman administrator. **Carla O'Brian** has joined the development staff as assistant director.

College of Education faculty, recent graduates and doctoral students joined together to produce a themed issue of the *Georgia Journal of Reading* focusing on "Literacy and Literacy Teacher Education." **Joyce Many**, associate chair of the Department of Middle-Secondary Education and Instructional Technology, organized the issue.

Fifteen employees from the Department of Human Resources recently completed the first-ever Society of Human Resources Management certification program at Georgia State. The program, brought to the university by Assistant Vice President of Human Resources **Linda Nelson**, focused on a wide variety of topics from employee relations, to recruitment and retention, to compensation and classification.

Chris Rosenbloom, professor of nutrition and associate dean in the College of Health and Human Sciences, was given the Sports, Cardiovascular, and Wellness Nutritionists (SCAN) Achievement Award at the group's annual symposium in Boston on April 11.

Robert Thompson, professor of composition and technology in the School of Music, served as composer in residence at the Institut International de Musique Electro-acoustique de Bourges (IMEB) while on academic leave last semester. There, he composed six commissioned works for octophonic surround sound, including one that will receive its world premiere at the Palais Jacques Coeur during the annual Synthèse Festival in Bourges, France.

The Pediatric Section of the American Physical Therapy Association gave its Hughes Award to **Beth Tieman**, an assistant professor of physical therapy, at the 2008 APTA conference in Nashville, Tenn. The award was for her research into cerebral palsy.

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