Barnett and Williams named 2014 McKearn Summer Fellows

Kenneth Barnett and Lexie Williams were selected as 2014 McKearn Summer Fellows. Barnett is in the photo at left with his faculty mentor Dr. Amanda McCarthy. In the photo at right is Lexie Williams.

Barnett and Williams named 2014 McKearn Summer Fellows

Health Sciences/Pre-Physical Therapy student Kenneth Barnett and Nursing student Lexie Williams were selected as 2014 McKearn Summer Fellows.

Barnett’s summer research project was titled: Identifying Predictors of Inclusive Teaching Strategies Among University Faculty in STEM Fields. Barnett’s faculty mentor was Dr. Amanda McCarthy, Assistant Professor of Rehabilitation Counseling.

Williams’ summer research project was titled: Assessing Pre-Service Professionals’ Implicit Associations Toward Disability and Age. Her faculty mentor was Dr. Nancy Castle, Director and Professor, NGOLD.

A McKearn Fellowship is among Northern Illinois University’s most prestigious honors. It provides an unparalleled educational experience, one that is truly world class. It carries the name of two of the university’s distinguished alumni, John and Cassandra McKearn.

The McKearn Fellows Program provides students with co-curricular and scholarship funding, academic programming, and personalized advising designed to transform their undergraduate experiences and advance their professional development. Each McKearn Fellow creates a plan of coursework and related academic and professional enrichment activities. Additionally, through cohort activities and peer mentoring experiences, McKearn Fellows develop an extensive social and academic support system. They also benefit from study groups and networking opportunities.

The McKearn Summer Fellows Program centers on three modules: (1) research/artistry design and effective writing skills; (2) leadership development; (3) civic, social and global engagement. Engaged learning opportunities are prominently featured throughout the program and include field trips, networking events, and meetings with successful professionals in a variety of fields. Congratulations Kenneth and Lexie!

To learn more about the McKearn Fellows program, follow this link: http://www.niu.edu/mckearn/index.shtml
Dean Derryl Block’s Message

Ebola epidemic has long-term ramifications

Dear CHHS Alumni and Friends,

The unprecedented epidemic of Ebola in West Africa is not yet under control and concerns us all. Besides the alarming symptoms and high mortality associated with this disease, there are severe ramifications regarding economics, security, politics and social services in the affected countries.

At this point, it seems that consequences of this epidemic will exist for years to come. Given that the World Health Organization is not sufficiently staffed or funded to deal with this epidemic, non-governmental organizations and governmental agencies, including the U.S. military, are stepping in.

Because there are no approved vaccines or pharmaceutical treatments at this time, there are discussions and decisions about using experimental drugs that haven’t undergone the usual testing procedures.

The scope and speed of the outbreak along with cases diagnosed in Europe and the U.S. have ignited discussion and examination of expedited review of pharmaceuticals.

In the U.S., health care agencies are quickly attempting to learn measures to prevent infection such as enhanced isolation procedures. A recent webinar about using personal protective devices was swamped by nurses wanting to learn.

The Centers for Disease Control and Prevention are almost daily revising protocols and advice to health care workers, health care systems, and public health departments.

The federal government has deemed that states have a duty to monitor travelers coming from countries with Ebola.

In a health care system largely owned by private sector businesses, a disease like Ebola poses particular challenges.

The governmental public health system, especially at state and local levels, has had funding cuts over the past eight years.

Local health departments will be on the front line regarding risk communications and monitoring of people who are quarantined or who need to shelter in place.

In the College of Health and Human Sciences, there are many discussions about Ebola, including:

* What should be the role of the military in stabilizing countries affected by a severe epidemic like Ebola?
* Should we put aside the necessity of randomized controlled trials of pharmaceuticals, considered the most reliable form of scientific evidence, given the exigencies of the present Ebola epidemic?
* In what ways can data from expedited reviews suffice testing during usual times?
* Assuming that there will be, at least initially, a limited supply of vaccine or treatment drugs, who should receive them?

Patel interns at Wisconsin Tobacco Prevention & Control Program

Disa Patel, a recent graduate of the Master’s in Public Health program, interned with the Tobacco Prevention and Control Program within the Wisconsin Department of Health Services.

During her internship, Patel worked on a disparities report for the state, where she gathered data, created figures, and wrote up explanations of the differences.

She also worked on a Behavioral Risk Factor Surveillance System (BRFSS) 2013 Fact Sheet, as well as co-wrote a Surveillance Brief with the Comprehensive Cancer Control Program of Wisconsin (CCC) on the 50th anniversary of the first Surgeon General’s report on smoking health effects.

We all hope for the ebbing of this epidemic, for effective treatment and vaccine, and for health for the individuals and the countries so severely affected.

In the meantime, we are considering implications of this epidemic for education of health and human science professionals.

Best wishes,

Dean Derryl Block
dblock@niu.edu
CHHS and Health House Welcome Back Picnic

The College of Health and Human Sciences and Health House welcomed students to campus with a fun-filled picnic. Students, faculty, and staff enjoyed the afternoon meeting fellow Huskies while playing volleyball and baggo and listening to a DJ.

David Stone to spend ACE Fellowship at Wright State University

David Stone, Associate Vice Provost for Research and Associate Professor of Public Health, was selected to be a member of the 2014-15 class of the American Council on Education’s ACE Fellows Program.

Stone is among 31 emerging college and university leaders considered the next generation of senior leadership in higher education.

He will spend his “placement” year at Wright State University where he will shadow Wright State President David Hopkins until next June.

“My goals are to learn about planning, change management and innovative uses of space to promote student learning, cross-disciplinary research and innovation,” Stone said.

“Wright State is in the middle of a master planning effort and is also revisiting how they think about emergency planning and response,” Stone added. “I hope to get involved in these activities and bring back all that I learn at Wright State and through the ACE experience to NIU.”

Nearly 2,000 higher education leaders have participated in the ACE Fellows Program since its inception, with more than 300 Fellows having served as chief executive officers of colleges or universities and more than 1,300 having served as provosts, vice presidents and deans.

The ACE Fellows Program combines retreats, interactive learning opportunities, visits to campuses and other higher education-related organizations, and placement at another higher education institution to condense years of on-the-job experience and skills development into a single year.

During the placement, Fellows observe and work with the president and other senior officers at their host institution, attend decision-making meetings and focus on issues of concern.

At the conclusion of the fellowship year, Fellows return to their home institution with new knowledge and skills that contribute to capacity-building efforts.
New faces at College of Health and Human Sciences

**AHCD**

**Allison Gladfelter, Assistant Professor of Speech-Language Pathology:** PhD and Clinical Master’s in Speech Language Pathology from Purdue University. Research areas include: Multidimensional aspects of language, such as speech kinematics and explicit and implicit measures of learning, and investigating language acquisition in children with autism and specific language impairment with the goals of developing more evidence-based language interventions for these children.

**Amanda McCarthy, Assistant Professor of Rehabilitation Counseling:** EdD in Counselor Education and Supervision from NIU. Research areas include: Clinical supervision of rehabilitation professionals; Teaching, training and supervision of counselors-in-training; and Vocational assessment of persons with disabilities.

**Christina Odeh, Assistant Professor of Physical Therapy:** DHSc in Physical Therapy (PT) from University of Indianapolis and BS in PT from University of Illinois. Research areas include: Relationship of BMI, Global Developmental Skills and Physical Activity of Preschoolers; Parent and Teacher Perspectives of Barriers to Movement in Preschoolers with Special Needs; A systematic review on the effects of physical activity on brain or global development of children; Measurement of physical activity levels and interventions to improve physical fitness in children with special needs.

**Natalie Maurin, Clinical Coordinator for Rehabilitation Counseling:** Master of Arts in Vocational Rehabilitation Counseling from NIU Bachelor of Science in Communicative Disorders from NIU. A certified rehabilitation counselor and a licensed professional counselor. Experience in both public and private sector rehabilitation Served as a vocational expert for the Social Security Administration.

**In-Sop Kim, Assistant Professor of Speech-Language Pathology:** PhD in Speech Pathology from Florida State University. He previously worked for Illinois State University and University of Maine. Research areas include: Speech impairment, neurocognition, and speech brain activation in people with neurogenic disorders; specifically, in apraxia of speech, Parkinson disease, and dementia.

**MILS**

**Rodney Williams, Assistant Professor of Military Science:** MBA in Management from Strayer University, BS in Computer Engineering from University of Memphis; 21 years of ongoing military service; 7 years as ROTC instructor (most recently at Central Michigan University); U.S. Army Reserves Company Commander, Military Police.
New faces at College of Health and Human Sciences

**FCNS**

Priyanka Chakraborty, Assistant Professor of Nutrition and Dietetics: PhD in Foods and Nutrition from University of Georgia-Athens. Research areas include: nutrition epidemiology and community nutrition, focusing on the areas of obesity prevention in children and adults; and international nutrition, specifically in the areas of maternal and child nutrition and nutrition transition.

Sophie Xiaohui, Assistant Professor of Family & Child Studies: PhD in Family Studies. Research areas include: How couples and family systems influence the way children interpret the surrounding world and cope with daily stress and life crisis; Factors and programs to promote resilience and enhance family functioning and well-being.

Bryan Flower, Food Laboratories Administrator: AAS, Culinary Arts, Art Institute of Chicago; BBA, Robert Morris University. He previously worked at Robert Morris University as the Associate Dean of Culinary Arts. Will be running Ellington’s Restaurant and teaching FCNS 320, Quantity Food Production.

**FCNS**

Nicholas Hryhorczuk, Assistant Professor of Hospitality Management: PhD in Philosophy, Recreation, Sport and Tourism from University of Illinois. Research areas include: investigating the value of dark tourism sites such as Chernobyl; auto ethnography as a research methodology in tourism, and exploring opportunities for heritage tourism in Illinois.

Jessica Ridgway, Assistant Professor of Textiles, Apparel & Merchandising: PhD in Textiles and Apparel Management with an emphasis in Digital Design from University of Missouri. Research areas include: the interaction between clothing and the body with particular interest in the inclusion of technology in the apparel design process. Also, how optical illusion garments change the visual perception of the body shape.

Jennifer Weydert, Office Support Associate for FCNS: BS in Operations Management and Information Systems from NIU. Prior to working for FCNS, worked for 6 years as Transit Operator (transporting students around NIUs campus via Huskie bus).
New faces at CHHS

NUHS

Jaeyong Bae, Assistant Professor of Public Health: PhD in Health Services Research and Health Policy from Emory University. Research areas include: the adoption of and outcomes of Health Information Technology; the rigorous assessment of the impact of Electronic Health Records on the use and quality of health services; and health economics, physician incentives, medical decision making and patient safety.

Sarah Geiger, Assistant Professor of Public Health: PhD in Public Health Sciences from West Virginia University. Research areas include: association between environmental exposure to persistent organic pollutants and biomarkers of intermediate cardiovascular disease among children.

CHHS Clinics

OFFERING HIGH-QUALITY CARE:

* The Couple and Family Therapy Clinic at NIU: Providing therapeutic services for individuals, couples, and families. (815) 753-1684.

* Speech-Language-Hearing Clinic: Providing Audiology and Speech-Language Pathology services from a family focus, because a speech, language, or hearing problem affects all members of a family. (815) 753-1481.

* Physical Therapy Clinic: Providing evaluation and treatment of acute and chronic musculoskeletal conditions. (815) 752-2675.

CHHS Chief Clerk Barbara Andree Elected to Operating Staff Council

CHHS Chief Clerk Barbara Andree was elected to the NIU Operating Staff Council for a 3-year term beginning Fall 2014. The Operating Staff Council works closely with the university to enhance the quality of life for operating staff employees. The Council's 16 members are elected according to the Council's Constitution and Bylaws. Council members plus other operating staff represent the staff on a variety of university and council committees and play an important role in the development of university policy as it relates to staff.

Lincoln Laureate Finalist

Senior Abby Jeppson, who is double majoring in Communicative Disorders and Rehabilitation Services, was chosen as a finalist for the prestigious Lincoln Academy Student Laureate Award. The award is given annually to an outstanding senior from each of the four-year degree-granting institutions of higher learning in Illinois. Lincoln Student Laureates are honored for their overall excellence in both curricular and co-curricular activities.
Belize Study Abroad

By Jessica Colgan

One word sums up my trip to Belize through the Study Abroad program: amazing. This was my first time leaving the U.S., and I was scared at first. But once we got to Belize all the worries I had went away.

We participated in service learning in Belize which I enjoyed much more than I would have enjoyed learning in a classroom. The service learning we did went along with our majors.

I am a Medical Laboratory Sciences major so I was able to work in the lab of Western Regional Hospital for a few days. The experience is one that I will never forget. I was able to see how much we take for granted in the United States and how much they appreciate things in Belize. They did not have enough supplies for pregnancy tests or even to wear latex gloves. In the U.S., we always have a stock of those things in the lab. I enjoyed being able to go into their lab and see the differences in operations and technologies.

My favorite part of the trip is when we went to St. Margaret's Village to speak to the native people about high blood pressure, diabetes, high cholesterol and nutrition. After we presented our posters, we were able to do blood pressures and glucose readings. We also took weights and they provided us with a medical history as much as possible.

I was humbled to be able to be a part of that day. I was able to give to a community that has nothing and they were able to take what we gave them to improve their lives. Some of the people who had high glucose did not know that they were diabetic.

Overall, I loved the trip. I learned so much about the health care in Belize and about myself. I feel as though the trip helped me improve myself and allowed me to see my work does matter. I cannot wait to travel again. I can only hope I can get another opportunity to do the same type of trip next time.

Medical Laboratory Sciences major Jessica Colgan worked in the Western Regional Hospital lab during her Study Abroad trip to Belize.

Dr. Shokrani Receives ASCLS Award

Dr. Masih Shokrani, Associate Professor of Medical Laboratory Sciences, received a Certificate of Recognition presented to him in the form of a plaque for being IL Member of the Year at the 82nd Annual meeting of American Society for Clinical Laboratory Science (ASCLS).

In addition, the ASCLS-IL newsletter, Illinois Insights, received Third Place Award in the Web Version category this year. This award was presented to Dr. Shokrani, who is the editor-in-chief for Illinois Insights.

The abstract of a research project presented by Dr. Shokrani as a poster at the ASCLC Annual meeting in Chicago, was published in the summer 2014 issue (Volume 27/Number 3) of the peer-reviewed journal Clinical Laboratory Science. The title of the poster presentation and abstract is: “Assessment of Outcomes of Cinnamon Supplements on Hemoglobin A1c Levels in Non-Diabetic Adults.” Michelle Campbell, a May 2014 graduate of the MLS program, is the co-author of the poster and the abstract.

Furthermore, Dr. Shokrani was elected vice-chair (2014-16) of Scientific Assembly for Chemistry & Urinalysis at the ASCLS annual meeting.
Deaf Pride and COMDSA Super-Heroes welcome students

Deaf Pride and COMDSA welcomed new students to NIU with a super-hero costume party. In the photo at left, Dean Derryl Block and AHCD Chair Sherrill Morris join students at the super-hero costume party.

DPT 5K Walk/Run

The Doctor of Physical Therapy program held its second annual Miles for Movement 5K Walk/Run Sept. 20. After a very successful inaugural race in 2013, the NIU DPT Class of 2016 teamed up with KishHealth System Cancer Center. The event reinforces the mission of saving lives through cancer prevention and early detection by promoting healthy lifestyles that include a healthy diet and regular exercise. In partnership with NIU and the DeKalb/Sycamore community, NIU DPT 5K is dedicated to nurturing the development of the whole community. All proceeds go to the KishHealth System Cancer Center and the Northern Illinois Doctor of Physical Therapy Program.
Nordstrom Visit Highlights
Retail and Corporate Internships

Geevy Thomas having lunch with Textiles, Apparel & Merchandising students Javier Belmontes and Emily Norton.

Geevy Thomas, Executive Vice President of Nordstrom and President of Nordstrom Rack, visited NIU to promote retail and corporate internships and careers with Nordstrom. Accompanying Thomas was Anecia Burnett (Regional HR Manager), Nick Zink (Department Manager), and Ira Evangelou (Personal Stylist). The Nordstrom group met with Textiles, Apparel & Merchandising (TAM) students, toured the TAM facilities, and had lunch at Ellington’s with faculty, students and CHHS Dean Derryl Block. TAM students were able to ask the Nordstrom group questions and find out about various careers and internships at Nordstrom.

Associate Dean Henry Presents at Head Start Conference

Dr. Beverly Henry, Associate Dean of CHHS, presented two posters at Head Start's 12th National Research Conference on Early Childhood, Collaboration and Coordination: Understanding systems support young children and their families, in Washington, DC, July 7-9.

Dr. Henry presented the following posters:


IAMFT Executive Director visits NIU

Dr. Derek Ball, Executive Director of the Illinois Association for Marriage and Family Therapy, with students from the Marriage and Family Therapy program. Dr. Ball spoke to first-year graduate students about IAMFT/AAMFT.
Nutrition and Dietetics Students Present Posters

Students in the Nutrition and Dietetics Master’s program presented posters on their research at the Society for Nutrition Education and Behavior’s 47th Annual Conference: “Nutrition Education Impact: Local to Global,” over the summer in Milwaukee, WI.

Presenters and their posters included:


Students raise funds, awareness at NAMI Walk

Nursing students Kendra Rasmussen, Taylor Smith and Jessica Kudlicki represented NIU Nursing at the National Alliance on Mental Illness (NAMI) Walk in September.

Other team members who raised money for the walk but were unable to attend were Raelyn Knudsen and Maura Leanna.

NIU Nursing surpassed its fundraising goal of $250 and together the team raised $670.

Rasmussen, Smith and Kudlicki visited many booths before the walk began. They were able to speak to representatives from various healthcare organizations, as well as representatives from the Brandon Marshall Foundation.

The students made signs and carried them throughout the day. They said the signs were a great conversation starter. The best part of the day, they said, occurred at the train station while waiting for the train to take them back home. A man stopped them and wondered what their signs were for.

They explained the NAMI Walk and what NAMI does. He then told them his personal story with mental illness. He said, "Thank you, it's great to see things like this and people starting conversations about it." The students said that moment "totally validated" the efforts put into creating the team and their fundraising efforts.

Nursing students Kendra Rasmussen, Taylor Smith and Jessica Kudlicki.

Child Mental Health studied on Field Trip

Last Spring, Nursing instructors Susan Andersen and Carol Wahlstrom, along with graduate assistant Alicia Connelly, took 32 students on a combined field trip to Chicago Lakeshore Hospital for a day studying child mental health.

Mental Health and Pediatrics are taught in different semesters of the nursing curriculum, so the bus trip into the city was spent with the fourth track students helping the second track students with student success tips.

Focus then turned to the topic of the day and student and faculty expectations for the trip.

Beth Jelesky, MSN, RN, and her staff at Chicago Lakeshore Hospital presented the morning program. It explored the challenges of case identification and finding treatment in today's health care environment. After a tour of the hospital, Marlys King, of the Rehabilitation Institute, led a discussion about families affected by the need for physical rehabilitation of young children and the psychosocial difficulties experienced in those families.

Marriage and Family Therapy graduate students Lauren Rodman (left) and Christina Miller at the Couple and Family Therapy Clinic at NIU's Open House. The event was well attended and was a great way to spread the word to the community about the clinic's name change.
LOS ANGELES—According to a new study authored by several contributing experts, including CHHS’ Dr. Wendy Bostwick, published in the American Journal of Public Health, sexual minority youth had higher prevalence than heterosexual youth of each of 6 outcomes studied, including self-harm, feeling sad, and suicide ideation, planning, and attempts.

The study, using a large sample pooled from probability samples across the U.S., adds to prior studies that have used both probability and non-probability samples and have shown that sexual minorities are at higher risk for a variety of adverse health outcomes. The study shows that 22.8 percent of sexual minority youth, compared with 6.6 percent of heterosexual youth, had attempted suicide in the year prior to being surveyed (referred to as 1-year prevalence).

The study is innovative because it also assesses the seriousness of the suicide attempt. It shows that when considering only serious suicide attempts—defined as attempts that resulted in injury that required treatment by a medical professional—the 1-year prevalence was much higher (8.3%) for sexual minority youth compared with heterosexual youth (2%).

The study is also innovative in that the large number of sexual minority youth, made possible by pooling together smaller samples, allowed the investigators to assess race/ethnic differences among sexual minorities. Notably, the odds of suicide ideation, planning and attempt among sexual minority youth varied by race/ethnicity: compared with White sexual minority youth, Latino and American Native/Pacific Islander sexual minorities had higher prevalence of suicide attempts; Black and Asian sexual minority youth fared better than White sexual minority youth on a number of outcomes (e.g., suicide ideation and suicide plan).

“Even as social attitudes toward gay men and lesbians improve in the United States, these findings show that, as recently as 2007, sexual minority youth continue to face greater risk for suicide attempts than heterosexual youth,” said Ilan H. Meyer, Williams Senior Scholar for Public Policy and the study’s co-author.

“The results regarding diversity in outcomes among sexual minority youth point to the limitations of using categories such as ‘youth of color,’ which can obscure distinctions among racial/ethnic groups. The findings emphasize the need for greater attention in research and public health interventions to similarities and differences among diverse groups of sexual minority youth,” said Dr. Bostwick, the study’s first author and an Assistant Professor, Public Health and Health Education Programs, NIU School of Nursing and Health Studies.

The study pooled together probability samples of public school youths from the 2005 and 2007 Youth Risk Behavior Surveillance Surveys (YRBSSs). The project was supported, in part, by a grant to the Center for Population Research in LGBT Health, The Fenway Institute.

Entitled, “Mental Health and Suicidality Among Racially/Ethnically Diverse Sexual Minority Youths,” the study is available at https://t.e2ma.net/click/wz1pg/06tf2g/gr4ttc.
Cultural Experience in Guatemala

By Maria Colompos

I was assigned to go to Guatemala on a humanitarian mission to be a translator. I expected the people there to have a very different dialect of the Spanish language. To prepare for this obstacle I reviewed common words used throughout Guatemala. Additionally, I expected to only work with United States Army and Guatemalan Army personnel at the various medical sites.

The first day I reported to the medical site, it was difficult to understand the Guatemalan locals and keep up with the terms they use. For instance, the majority of the Guatemalan patients had low education levels which made it difficult for me to figure out where on their body was the original source of pain.

Numerous patients I had did not understand what the term allergies meant. However, I was able to overcome that obstacle by explaining in Spanish it meant if they have ever experienced a bad reaction to either food, plants or any medication. While working at the various medical sites, my duties were not only to be a translator but to teach classes in Spanish to the Guatemalan locals about how to maintain a healthy lifestyle and hygiene, to help move supplies throughout the medical site, and to distribute medication to the patients.

I noticed most of the patients were extremely appreciative and were thankful of the services the U.S. Army and Guatemalan Army provided. I learned if you keep a positive attitude and show you care about others’ well-being, then the mission will be successful. One day we treated over 1,200 patients because of how effectively we worked with each other and the Guatemalan locals.

I behoove all cadets to take advantage of the Cultural Understanding and Language Proficiency (CULP) program because it will not only mold them into better leaders, but it will allow them to productively work with others who hold different values and ethics.
This summer, I had the once in a lifetime opportunity to travel to Guatemala with a program called CULP, which stands for Cultural Understanding and Language Proficiency. During this trip, I was able to immerse in the Guatemalan culture, as well as, gain more knowledge about becoming a future office of the United States Army.

Each CULP team gets a mission for a specific country; ours was called Beyond the Horizon. The first week, we were at Fort Knox, KY, for in-processing and language training with a true inspiration, Retired General Loeffke. The language classes provided us with the right tools to be able to get a physical examination of a patient in Spanish, since we would be working as translators for U.S. Army medical personnel.

When we arrived to Guatemala, I was confused because there were about 150 other National Guard/Reserves soldiers, and I thought it was a mission for cadets only. However, this mission had been going on since about March with two-week rotations. Therefore, we were going to be working in an active duty lifestyle with other U.S. soldiers, and the Guatemalan military. We all stayed in open bay barracks in Zacapa, Guatemala.

Each day, cadets were to a specific job. The responsibilities we had were to translate for American soldiers at an engineering site, a medical site, or the TOC. We rotated every 2 days for 2 weeks so that each cadet would get the full experience. My favorite was the medical site because we had about 800 patients a day which kept us busy. I had a blast just getting to know the people, their culture, and more knowledgeable in the medical field. The coolest part was that the doctors allowed us to get engaged in whatever we wanted. I was able to give patients some immunizations, and even extract teeth!

It was a unique experience to work in the TOC as well, as a translator. I was able to sit in on staff meetings to see how officers made this mission a success, and I was available as translator whenever I was needed. Every night, our CULP team would try to go out and do some PT or play volleyball with the other soldiers.

I didn’t expect to like it as much as I did, because it was always about 120 degrees Fahrenheit, the showers were ice cold and there were toads in the bathroom at times. However, I wouldn’t change any of that. It made me realize how active duty lifestyle is, especially in a different country.

After our two-week rotation was over, we went to Guatemala City for about a week. We went to La Escuela Politecnica, which is their West Point. We stayed with the cadets from there for four days. We realized that while we wear different uniforms and we live in different countries, but at the end of the day, we have the same mission: to become future officers.

During our stay with them, we got to work with their rifles, do PT with them, and go to their classes to see what a regular day for them was like. Some differences between us were females had to wear their hair short, and they were awakened by the sound of a trumpet for PT every morning. It was interesting getting to know these cadets, and they were also interested in how ROTC worked.

After our stay with them, we visited a military police brigade where we learned what they do. We even got to give the soldiers there a class on land navigation. We also had some fun by going to see the Tikal ruins, visit Antigua, Guatemala, shop at local vendors for souvenirs, and just enjoy the last days in Guatemala.

Overall, I learned more than I ever imagined from my trip to CULP. If I could change anything at all, it would’ve been to stay there longer. Everything I learned will be beneficial for the future, and I hope that one day I get to go back.
AAR, in Wroclaw, Poland

By Alicja Golec

Location: General Tadeusz Kosciuszko Military Academy of Land Forces Wroclaw, Poland. We opened with a tour of the campus for a day to adjust being in a new environment.

1. Within the facilities of GTK Military Academy all necessary accommodations were met (water, food, storage units, beds).
2. A solid plus was internet access which allowed us to communicate with family and friends, as well keep track of personal matters at home (finances).
3. We were assigned liaisons (Polish cadets) to help make our way around the campus. This helped in developing relationships with future foreign leaders.
4. Air conditioning and utilities such as laundry services were not present.

Expectations: My father was in the Polish Army 35 years ago. As a cadet going to Poland to train with future Polish officers I hope to work with one day within the ILNG, I had high expectations.

1) Every cadet and cadre member I worked with gave all American cadets the utmost respect.
2) Small gift often were exchanged such as foreign flags for U.S. flags and other items of sentimental value which solidified relationships between cadets and cadre.
3) The training we received, such as mountain training, exceeded my expectations. I gained valuable knowledge that will be relevant to my Army career and insight that I believe will put me ahead of my peers.

My Duties: As foreign cadets in Poland many of our duties consisted of learning and to develop relationships among European cadets, as well as fellow American cadets.

1) Because I was the only cadet fluent in the native language I was assigned as the CULP team interpreter.
2) We were assigned a Cadet “XO” who was given command over us and in charge of basic duties (attendance etc.). Sometimes, this cadet would mistreat other team members and take advantage of his title; and it was later discover the cadre member in charge of the trip was the PMS at his university and often granted him special treatment.

Final Thoughts: The trip was considered a success from my point of view. I gained a lot of knowledge and had interaction with future officers I might work with in my career.
CHHS Research Notes

By Jim Ciesla
Associate Dean for Research and Resources

The main purpose of Research Notes is to highlight the many ways faculty and student research contribute to the mission of this College. In the last issue of the Dispatch, I introduced readers to our newest faculty (CHHS Dispatch, 13.3), and I spoke of the importance we place on our new faculty as long-term investments in the academic life of our programs.

As we all know, well-made investments bear the finest fruit over the long term, so support for our new faculty is focused on just that—the long term.

I would like to use this space to recognize this year’s CHHS PI Academy Scholars. “PI” is research-speak for principal investigator.

PIs work independently as lead researchers of funded research projects. The PI Academy is a program offered by the NIU Division of Research and Innovation Partnerships.

PI Academy Scholars take part in a year-long professional development program that includes monthly training, workshops, and other educational events. They also choose and are paired with a mentor who is a senior researcher in their area of specialization.

Their mentor can come from an institution anywhere in the country. Mentors come to campus to meet with their PI Academy Scholar, conduct a presentation open to the NIU academic community, and interact in an informal setting with the scholar and other members of the NIU community. It is a great concept and a wonderful program with a proven track-record of success (visit this column in the next issue of CHHS Dispatch for examples).

This year our College placed seven faculty in the PI Academy. They are pictured below: Drs. Allison Gladfelter and In-sop Kim from the School of Allied Health and Communicative Disorders; Drs. Priyanka Chakraborty and Flora Surjadi from the School of Family, Consumer, and Nutrition Sciences; and Drs. Jaeyong Bae, Lynn Herrmann, and Sarah Geiger from the School of Nursing and Health Studies. Please help me congratulate them.

Productive scholarship is vital to the academic life of our College. Not only does faculty research generate important new knowledge that improves people’s lives, it provides positive opportunities for student learning and for CHHS engagement with the Health and Human Sciences professionals who live, work, and practice in the communities our College serves.
Attention Entrepreneurs, Inventors and Business Owners

The College of Health and Human Sciences (CHHS) is looking for alumni and friends of the College who are entrepreneurs, inventors, and/or business owners. We would like for our students to be exposed to concepts of entrepreneurship and to lessons learned from entrepreneurs in health and human sciences.

If you would be interested in working with the CHHS on this project, perhaps by talking with students or sharing your story, please contact Dean Derryl Block at dblock@niu.edu or (815) 753-1891. We appreciate your ongoing support of CHHS.
Kameka Brown Named 40 Under 40

Kameka Brown, alumnus of the Post-Master’s Certificate program for Family Nurse Practitioners, was recently named as one of 40 Under 40 from the Puget Sound Business Journal.

She is the Nurse Practitioner Director for the Center of Excellence in Primary Care Education with the VA Puget Sound Health Care System. She doubles as a clinic nurse practitioner caring for patients and as an educator.

Brown is helping to create innovative systems to improve accessibility to health care for veterans. She pioneered a site-specific telephone triage pilot program that she says reduced low-acuity emergency room visits, freed up staff for high-acuity visits, identified a gap in service and provided a real-time solution for patients.

Brown also implemented the nation’s first post Doctorate of Nursing Practice residency program to serve as a pipeline to increase primary care providers.

Kowalik named Director of UW-Madison Prevention Services and Campus Health Initiatives

Jeanette Kowalik, Master of Public Health alum from the class of 2006, was recently named the new director of prevention services and campus health initiatives at University Health Services (UHS), the student health clinic of the University of Wisconsin-Madison.

Before coming to UW-Madison, Kowalik was a program director for the Chicago Department of Public Health. Previously, she led health and life skills program development for the Boys & Girls Club of Greater Milwaukee, worked with the Wauwatosa Health Department as a public health specialist, and coordinated the immunization program for the City of Milwaukee Health Department.

In addition to her primary public health duties, Kowalik also has several years of academic experience. Recently, she was an adjunct professor for the Master of Public Health program at Benedictine University and previously taught as an adjunct for Bryant and Stratton College’s health care administration and medical assisting programs.

As director, Kowalik will serve as the UHS public information officer and lead interdisciplinary initiatives to address the needs of the UW-Madison campus on issues such as high-risk alcohol use, sexual assault, wellness, and campus mental health through collaboration with campus and community partners.

FCNS Alum Marcus’ book a two-time award winner

Featured in the Spring 2014 CHHS Newsletter, Jacqueline B. Marcus is a dual FCNS alum, earning her BS and MS degrees in Consumer Sciences and Food Sciences and Nutrition. Her new book “Culinary Nutrition: The Science and Practice of Healthy Cooking” recently won two international awards.

At the Gourmand World Cookbook Awards 2014, Marcus won Best Author or Chef for Professional; and at the 17th World Congress of Food Science and Technology (IUFoST) Global Food Industry Awards, she received Special Mention, Communicating Science-Related Knowledge to Consumers Aimed at Improving their Lifestyle.

Marcus was one of 28 finalists in three categories of the Global Food Industry Awards, which attracts entries from around the world.

All other entries but “Culinary Nutrition: The Science and Practice of Healthy Cooking” were promotional campaigns. The international jury was so impressed with her book they felt it deserved special recognition.
Gina Klaufeta opens Nana Creme

Gina Klaufeta, BS in Nutrition and Dietetics alum, recently opened Nana Creme in Lombard, IL. Nana Creme is a banana-based, allergy-friendly, non-dairy, vegan food product that is free of genetically modified ingredients. Her education, combined with her niece’s struggle with food allergies, inspired Klaufeta to create Nana Creme. It comes in four flavors, vanilla, strawberry, cookie dough and chocolate-covered banana. The product is being made for wholesale and is currently available at several Chicago locations, including Plenty Grocery and Green Grocer.

Alumni Updates:

- **Ellen Storm**, MS in Nursing Education alum from the class of 2013, was named Dean of Nursing at Rock Valley College in Rockford, IL, in July 2014. She had been a Clinical Skills Nurse at Rock Valley College since 2005.
- **Clare (Kelleher) Keating**, BS in Nutrition and Dietetics alum from the class of 1983, is Vice President of Marketing for Preferred Meals. Headquartered in Berkeley, IL, the company provides school meals to approximately 600,000 students each day in 27 states.
- **Ginnie (DeAngelis) Sedlak**, BS in Communicative Disorders (‘81) and MA in Speech-Language Pathology (‘82), started her own pediatric Speech and Language private practice in Winston-Salem, NC, in August 2000. She is married to fellow NIU alumnus Edward F. Sedlak, BS in Marketing (‘81).

Mary Pritchard Faculty Development Fund

In honor of Dr. Mary Pritchard’s 35 years of service at NIU and CHHS, and in celebration of her retirement, an NIU Foundation fund has been established to support CHHS faculty development in teaching and scholarship for faculty in their first five years at NIU. Dr. Pritchard has been an advocate for faculty and committed to faculty development.

To make a contribution in honor of Dr. Pritchard, please (1) make out check to NIU Foundation (2) write M. Pritchard Faculty Dev. Fund in the memo line and (3) send to Christine Radtke, NIU Foundation, Altgeld Hall 135, DeKalb, IL 60115-2882.

If you would like to contribute in a different way, contact Radtke at cradtke@niu.edu or (815) 753-1390.
CHHS welcomes your support!

Gifts targeted to the College of Health and Human Sciences are appreciated year-round and play an important role in CHHS’ mission to further science in the service of society. Gifts directed to CHHS are made through the Northern Illinois University Foundation.

Please (1) make out check to NIU Foundation, (2) write where the money should be designated in the memo line*, and (3) send to Christine Radtke, NIU Foundation, Altgeld Hall 135, DeKalb, IL 60115-2882. If you would like to contribute in a different way, please contact her at cradtke@niu.edu or (815) 753-1390.

* Donations can be designated to:

(a) College of Health and Human Sciences

(b) One of the three Schools in the College:
   School of Allied Health and Communicative Disorders
   School of Nursing and Health Studies
   School of Family, Consumer and Nutrition Sciences

(c) A specific program in a School, or

(d) The Department of Military Science

Thank you for your ongoing support of CHHS!

Tell us Your Story

Your stories are welcome for inclusion in the Winter 2015 CHHS Dispatch. CHHS Faculty and Staff should send updates by Dec. 1, to Carrie Callahan at ccallahan@niu.edu. Alumni, please send updates to CHHSalums@niu.edu.