Honoring College Retirees of 2008

Dr. Russ Fischer

Dr. Russ Fischer is retiring from the department of Kinesiology and Sports Studies in Spring of 2008. Dr. Fischer received a bachelor’s degree from the University of Nebraska at Omaha in 1971 and his master’s in 1973. In 1976, Dr. Fischer moved south to earn his doctorate from North Texas State University. Wanting to stay in the field of physical education and wanting to return home to the Midwest, Dr. Fischer applied for a position at Eastern Illinois University.

Over the years, he has taught many undergraduate courses in kinesiology, biomechanics, test and measurement and several graduate level courses. He has served on several Kinesiology and Sports Studies committees.

After 32 years of service to the university, Dr. Fischer says that Eastern “has been very good to me.” He tells current faculty to “enjoy the interaction with staff, faculty, and students – it’s what makes education a delightful experience.”

As for his future in retirement, Dr. Fischer spoke of how he and his wife love to work out at the Student Recreation Center here on campus and ballroom dance, but as for 2008, they already have plans to travel far. “We don’t plan to have grass grow under our feet”, says Dr. Fischer.

Dr. Deborah Wolf

Dr. Deborah Wolf is also retiring from the department of Kinesiology and Sports Studies. Dr. Wolf earned a bachelor’s degree in physical education from the University of Illinois in 1972 and earned her master’s in Sociology and Psychology of Sport in 1974. After a break, Dr. Wolf went back to college to earn her doctorate in Curriculum
and Instruction in Education from U of I in 1990.

While teaching health, physical education and coaching volleyball and track at a public school in west central Illinois, Dr. Wolf heard about a position opening up at Eastern. With a great resume including working 3 years for the Department of Defense in Keflavik, Iceland, Dr. Wolf was hired on in 1987. After falling in love with Charleston and beginning her new job at Eastern, Dr. Wolf began her Ph.D. studies.

Dr. Wolf has taught Lifeguarding and Lifeguard Instructor courses, Technique and Theory courses, Organization, Administration, and Curriculum in Physical Education as well as some graduate level courses in curriculum and administration.

Dr. Wolf has served on the Faculty Senate, Council on Teacher Education, the department Curriculum committee, and the department Personnel Committee. She says, however, that “one of the most rewarding professional experiences I had was serving first as a Vice President of the Illinois Association of Health, Physical Education, Recreation, and Dance (IAHPERD) and then President of the association.” Through IAHPERD, Dr. Wolf was able to network with colleagues and incorporate what she had learned through the association into her classroom teachings. She is also proud of all the memories that were created. Dr. Wolf has also served with the local Red Cross and has spent many hours certifying Water Safety Instructors and Lifeguard Instructors in the area.

Dr. Wolf says, “I would like to thank all of the people throughout campus who have made my years here so rich in experiences, friendships, opportunities, and support.” Dr. Wolf states that many of her dreams have come true and is glad she came here.

In retirement, Dr. Wolf says she will still make appearances at the Student Recreation Center and visit the department from time to time, but plans to travel with her husband, visit with children and grandchildren, and spend time at home with her horses and doing landscaping.

Dr. Barbara Powell

Counseling and Student Development is also losing a great professor, Dr. Barbara Powell. Dr. Powell has received a bachelor’s in English from Mount St. Scholastica College in Atchison, KS in 1964. She also received a master’s degree in Educational Psychology from the University of Illinois in 1992 and then a PhD in Education Psychology in 1996.

Dr. Powell began her work at Eastern Illinois University in August of 1992 back when the Counseling and Student Development department was the Department of Educational Psychology and Guidance.

Dr. Powell has taught classes in Educational Psychology, Research Methods, Human Development, and Student Development. She has also helped develop and revise the SED 3330, Instructional Task in the Secondary School, and EDP 3331, Theories of Learning and Development for Secondary Teachers, block courses and the Secondary
Education practicum. She has helped to develop the Alternative Certification program for secondary teachers as well. She has taught courses off campus as well. Dr. Powell also tries to integrate technology into every course she teaches to stay current with her teaching materials.

Aside from teaching, Dr. Powell has done research in achievement motivation as well as assessing the concerns about teaching of preservice teachers in secondary education teacher certification programs.

Dr. Powell says, “I have loved teaching at EIU”, when talking about the great collegial atmosphere within the Counseling and Student Development department, “I feel like we are a family”, says Dr. Powell. She says she will miss the departmental family and her students.

### KSS Students Shape Up with Illinois

On February 20th, 2008 students and professors from the department of the Kinesiology and Sport Studies took a trip to Springfield, Il for the annual “Shape-Up Illinois” sponsored by the Illinois Association for Health, Physical Education, Recreation and Dance (IAHPERD).

Shape-Up Illinois is an event for physical education teachers, students, and professors. This event is a way for individuals in these fields to speak with legislators about “the importance of quality physical education in the state’s K-12 schools”, says Dr. Mark Kattenbraker from the department of Kinesiology and Sport Studies. Dr. Kattenbraker and Dr. Tony Oliver took six students to the event. The students included: Meaghan Clavey, Jenny Will, Dana Koeckritz, Amanda Morong, Jeff Schwartz, and Adam Lueken.

Throughout the day, various health and fitness screenings were offered, including a cholesterol screening run by the Eastern attendees. There were also demonstrations of the latest technology used in physical education and a presentation on brain-based research.

Several of the Eastern students had the chance to meet the governor and each student had the chance to visit with their local legislator’s offices to speak with them about the benefits of physical education.

According to Dr. Kattenbraker, “the ultimate goal is, and continues to be, strong governmental support for physical education in the schools.”

### Health Studies Students Go National

Three Health Studies majors, Tricia Gaumer and Heather Gay, seniors, and Jenna Manigold, junior, took second place in the American Association for Health Education (AAHE) National Undergraduate Case Study Competition. The competition was part of the American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) annual national conference. The conference was held in Fort Worth, TX on April 8-12, 2008.

After dealing with flight delays and groundings, the team arrived in
Fort Worth 17 hours late, but still ready to present. Although the team was offered extra time to set up due to their delays, the team presented only 15 minutes after arriving.

The team’s presentation addressed issues of violence in school in Santa Fe County, New Mexico. They created an intervention for the community based on assessment and behavioral theory, while meeting the Competencies for Entry Level Health Educators, which are the standards that oversee discipline and academic programs in Health Education.

The team created their presentation in only 10 days under the advisement of Dr. Julie Dietz, community health advisor and professor within the Health Studies Department. Tricia Gaumer will be graduating in August, 2008 and plans to attend graduate school. Heather Gay graduates on May 3rd and has just completed an internship on worksite wellness. Jenna Manigold will return for her senior year and captain the 2009 Case Study Competition team.

Dr. Eberly named Scholar in Residence

Dr. Charles Eberly, a professor in the College Student Affairs program in the Counseling and Student Development Department was named a Scholar in Residence during the American College Personnel Association (ACPA) Annual Conference and by the ACPA Standing Committee for Men. The conference was held in Atlanta, GA., March 29th through April 2nd, 2008. The Scholar in Residence, associated with the ACPA, is an honorary designation in recognition of scholarly work. Dr. Eberly was given the honor due to his continuing research on men and college fraternities. He will stay a Scholar in Residence for the next year with no extra duties.

The Standing Committee for Men has been around for approximately 30 years and Dr. Eberly has been a member of the committee for about 20 years. The Standing Committee for Men is an “outgrowth of the feminist movement; dealing with men and masculinity in support of femininity and in support of equal opportunity for professional advancement”, says Dr. Eberly. Dr. Eberly spoke about how while men still have many advantages over women, many men still feel restricted because of an idea that all men must be masculine; they become limited in their emotional and spiritual growth believing they must always be masculine. Such committees and groups as the Standing Committee for Men hope to change those beliefs and better educate young men and get more young men into higher education.

While at the ACPA conference, Dr. Eberly took part in four presentations, including a panel discussion. Dr. Eberly also presented his own work on a pilot program for new membership for Sigma Phi Epsilon. The new program is titled “EDGE” and will help new members gain virtue, diligence, and brotherly love. The program hopes to help new members through a class called
“Choices” learn about the effects of alcohol on the body. Through the program, members will be monitored by program directors, group facilitators, presenters, chapter advisors, and a leadership committee.

Dr. Eberly also helped give a presentation with a current student in the College Student Affairs program at Eastern, Jason Goldforb. Goldforb’s presentation was on the relationship of male fraternity membership and spirituality. His research found that many male fraternity members have a low level of religious engagement and spirituality, but with leadership training, their spirituality rises drastically, leading to more community involvement and higher self esteem.

Dr. Eberly also presented with several other colleagues from all across the country on the issue of lesbian, gay, bisexual, and transgender fraternity members and their experiences within a fraternity. The study found that currently things are improving for the LGBT community. Most members are satisfied with their fraternity experience and the openness from other members, compared to past fraternity alumni who felt their sexual orientation was a bigger controversy just a few years ago.

Secondary Education uses Technology

Many departments at Eastern offer online courses. For many of these courses, the students will never meet their classmates or even their professor. For the Secondary Education and Foundations course, Alternate Secondary Education Program 4000, they attempt to integrate the online experience with a personal encounter. Teresa Freking, assistant professor in the Secondary Education and Foundations Department, currently teaches the online course. This semester, she used even more technology in this course than she expected.

This course is taught simultaneously with Student Teaching. Since student teaching is such an important part of the educational experience, student’s need to be able to get all they can from the experience and this course helps do that. An alumnus of the program, Leslie Sebastian, volunteers as a mentor for the online course, answering questions in the online discussion board. Freking says she has been a huge part of the class for a while and “she is just exceptional.”

Each semester the course is taught, Freking schedules a time where all of the online students are to come to campus for a one day seminar. The seminar is a way for students to meet in person, have questions answered, and receive mentoring, and more. The seminar is scheduled during that integral portion of the student teaching experience where many students begin to question their ability. Here Freking can build rapport with the students and help guide them.

Still shot image of Elluminate Live during the Spring seminar. Pictured is Cheryl Warner, a presenter and professor in Secondary Education

Students come from across the state and many times this drive can be difficult to make. This year, the seminar was scheduled for February 22nd, but due to snow, it was quickly
rescheduled for February 29th. Due to the rescheduling, six students were unable to attend the seminar. For these students, the Freking decided to delve into technology.

Freking had recently learned how to use the program Elluminate Live. Elluminate Live is a program that allows individuals to interact as if they were really in the same room. Through the use of webcams and microphones, they can interact in real time. Four of the six students were able to participate using the program. While three of the students could only participate verbally (they did not have access to a webcam), one student was completely interactive. The students were able to raise their hands using commands on the program, speak with others, and even interact in group activities. Two other students were not able to attend or participate in using Elluminate Live, but because the program has a record function, they were still able to watch the seminar on their own time.

Freking was extremely pleased with the effectiveness of the program, stating it was very user friendly. She was able to teach the students how to use the program right over the phone. Freking says, “We will definitely use this from here on out.”

Alumni Spotlight

In 1959, Karen Ferguson attended Eastern Illinois University as a freshman English major. After finishing her bachelor’s at Northern Illinois University, Karen returned to Eastern once more to earn a Master’s in Counseling in 1970.

After deciding she wanted to make a change in her life, Karen made a long move to Hollywood, Florida where she began working as a Language Arts teacher and later counselor at the Driftwood Middle School. She married the assistant state’s attorney, David Bogenschutz in 1972. In 1980 she began working at an inner-city school in Fort Lauderdale, Stranahan High School where she was counseled as well as taught English and Reading.

Just two short years later Karen’s dream job opened up and she was hired as a counselor, college advisor, and Advanced Placement Coordinator at Cardinal Gibbons High School in Fort Lauderdale. She was able to get a bit of everything she loved.

While at Cardinal Gibbons High School, it became apparent to Karen that involvement in professional organizations would be important for her to build relationships with college admissions staff and become active in the counseling and college advising world. Karen joined the College Board, the National Association for College Admission Counseling (NACAC) and the Southern Association for College Admission Counseling (SACAC). Karen was on the board of the SACAC for three years, enjoying every minute of it. “Networking was the best way to “negotiate” admission for students that were on the bubble”, says Karen. Karen was also a reader for National Merit as well as a member of the Coca Cola Scholars committee. She even became a member of the Advisory Board.

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Board for the University of Georgia and the University of Alabama due to the number of students admitted from her high school.

Throughout her organizational involvement, she was able to travel all over the country, visiting colleges and speaking with administrators. During one of her travels, Karen was offered a position as the College Advisor for Mountain Brook High School in Birmingham, Alabama. Karen retired from Mountain Brook High School in 2005 after nearly 20 years at the school. Karen says, “I worked with some of the most caring parents, brightest students, ambitious and hard-working faculty members I had ever encountered”.

After her retirement, Karen and her family moved back to Karen’s hometown in Bridgeport, Illinois. Karen is now a substitute teacher at her old high school. To all of her time here at Eastern, Karen says, “What a splendid education I received at EIU!”. Judy Weber-Jones exemplifies dedication for the better good of her community and school district. Judy began her education with a bachelor’s in education and a master’s in physical education from Eastern Illinois University. For 23 years, Judy has taught at Melvin-Sibley and then the later consolidated school of Gibson City-Melvin-Sibley. She began her teaching career here because she believed it was a great small school which to get a start and once the schools consolidated, her opportunities grew with the school’s growth.

Judy is currently teaching driver education and has taught physical education and health as well as coached high school varsity volleyball, basketball, and softball, and started a fast pitch softball program at her district. Judy has also been a regional director for 9 years and workshop chairman for 3 years for the Illinois High School and College Driver Education Association (IHSCDEA) and due to her hard work and dedication, she was inducted into the IHSCDEA Hall of Fame.

After two high school students from Gibson City-Melvin-Sibley were in a tragic car accident, things changed in the lives of many of the town’s members, including Judy. As the driver education teacher at the school, Judy wanted to find a way to get the message across to young drivers that safety comes first. Judy helped her school get involved with Project Ignition, a program sponsored by State Farm and the National Youth Leadership Council.

As part of Project Ignition, students, under Judy’s leadership, created public announcements, composed music, and created presentations in their campaign titled “Shattered Dreams”. They also took part in school assemblies and held mock accidents, used fatal vision goggles, and teamed up with the local fire stations, police departments,
hospitals and more. Their work began to be broadcast over several counties through television, radio, newspaper, and work of mouth. Soon they were reaching 345,000 and their campaign caused seat belt usage in the area to rise, and speeding and accidents to decrease. In 2006, they took Best of the Best and National Champions in the Project Ignition campaign, winning a $10,000 grant for their school to continue the project. They also won Best Use of Original Music/Top 10 Award ($5,000) and the Top 25 award ($2,000).

The Gibson City-Melvin-Sibley Project Ignition was also awarded 2 plaques by Jesse White, Secretary of State, in 2006 for hard work in saving lives in Illinois and for winning Best of the Best in the Nation. Their hard work was recognized by the Illinois Ninety-Fourth General Assembly House of Representatives for saving lives and Judy and teacher KiLee Lidwell were commended for their work with the team.

Governor Blagojevich declared March 16th Project Ignition day in 2006. Also in 2006, The Illinois Drug Education Alliance recognized them with the Most Outstanding Prevention Program in the state of Illinois and Governor Blagojevich awarded Judy with the Governor’s PATH award for her exceptional effort to improve the community and the lives of people in Illinois.

In 2007, Judy was inducted into the Illinois High School and College Hall of Fame for her work.

Gibson City-Melvin-Sibley has made local news, the Chicago Tribune, and USA Today.

Judy continues to work hard in every aspect of her career, including teaching, presenting, and carrying out her work with Project Ignition and saving the lives of many young drives.

CSD Students Present Research

Colleen Johnson, Jessica Vipond, and Holly Regan, all school counseling track students within the Counseling and Student Development (CSD) department, began research on a project titled “Reducing Test Anxiety among Students by Teaching Deep Breathing and Relaxation Techniques.” Their research was fueled by a similar interest in the reduction of test anxiety.

Their research set out to find whether teaching relaxation techniques to elementary and middle students would help alleviate test anxiety. The researchers received the College of Education and Professional Studies [Continued on page 9]
Development grant to help fund their research, paying for travel expenses and research materials.

Currently, Jessica Vipond and Colleen Johnson continue the research and with the help of Travis Myers, a first year school counseling student, they took part in the Graduate Expo held at Eastern this past week. They also hope to present at the Illinois Counseling Associations annual conference in fall of 2008. The researchers are mentored by Dr. Heidi Larson, professor in the CSD department.

Another research team from the CSD department presented research. Lisa Hartman and Krista Taylor presented their study titled “Antidepressants and Anxiety as Suicidal Factors” at the Illinois Counseling Associations annual conferences held in fall of 2007. Their research addressed two suicidal risk factors in adolescents and young adults, antidepressants and anxiety. They were mentored by Dr. Steven Conn, professor within the CSD department.

Education Scholars Update

The Education Scholars is a program that supports students entering a major that leads to teacher certification. The members are students who have exhibited excellence in their scholastic achievements during high school or at a community college before attending Eastern Illinois University.

The Education Scholar members partake in many community activities to help local elementary and secondary education students, such as math nights and family nights. Opportunities like these give the Education Scholar students a chance to work with children and parents before even entering their practicum or student teaching.

Recently, the Education Scholar members took part in an Illinois Standards Achievement Test (ISAT) review night for the Martinsville Elementary School in Martinsville, IL. The review, titled the Math Munchies Marathon, was held on February 15th. The purpose of the review was to help students prepare for the math section of the ISAT test they were to take in early March. Grades three through six participated in hands on math activities that took on real life situations, such as Measurement and Grocery Store. Five Education Scholar members attended the Math Munchies Marathon.

The members were then invited to return for Martinsville Elementary School’s family ISAT night for parents and students, designed to share information about the ISAT and how to better help prepare the students. This event was held on February 25th and was a great way for the Education Scholar members to learn about the pressures of the ISAT testing on the teachers, parents, and students.

The Education Scholars have also hosted their 2nd Annual Kid’s Day on March 29th in McAfee Gymnasium here at Eastern with activities and games for the visitors.

The members also traveled to Effingham on March 31st to attend the [Continued on page 10]
5th Annual AHA Film Festival at the Rosebud Theatre in Effingham, IL. The fair was a way for high school students from Effingham and Teutopolis high schools to showcase their film talents. The festival also included a technology seminar for high school and college students, teachers, and administrators. There were also seminars held just for teachers and administrators.

The fair was another great way for the Education Scholar members to make connections with educators and students from all around and learn new teaching techniques.

Secondary Education Puts on a Fair

For 47 years, a statewide regional history fair, the Illinois History Expo, has been sponsored by the Illinois Preservation Agency. The fairs are held at college campuses across the state, including Northern Illinois University, Southern Illinois University - Carbondale, and Eastern Illinois University. A fair is also held at the Illinois Preservation Agency/State Journal Register Building in Springfield, IL.

The Eastern Regional History Fair is held each year at Eastern through the Secondary Education and Foundation department. This year the fairs was co-coordinated by Dr. Dawn VanGunten and Teresa Freking, professors within the department.

The fair was held on Saturday, April 12th in the University Bridge Lounge. The fair brought in over 200 middle school and high school students to present their history projects, as well as their parents and teachers.

The history fair has four different project areas or categories on state and local history which include: research papers, exhibits that are a two- or three-sided stand up museum style display, a dramatic performance of an historic person or event, or a media presentation which can be a videotape, slideshow, or computer documentary. The students partaking in the history fair have spent several months creating and perfecting their work.
Eastern members of Alpha Phi Alpha taught history fair attendents step moves

Golden Apple Foundation

Golden Apple is a Chicago-area nonprofit organization that seeks to advance the teaching profession by means of recruitment and preparation, professional development, and recognition. In fact, one of the teacher prep programs, the Golden Apple Scholars of Illinois, has awarded scholarships to 62 students from Eastern’s College of Education & Professional Studies. Golden Apple also runs a professional development program called the Teaching Excellence Network (TEN).

TEN (www.goldenappleTEN.org) is a free online community open to all current, former, and prospective pre-K - 12 classroom teachers, with a special emphasis on Illinois. The heart of TEN is the members’ discussion community, which features thoughtful conversations on topics ranging from classroom practice to educational activism to the essence of what it means to be a teacher. In addition, community members can recommend and review the very best in education resources, including books, websites, conferences, and grant opportunities. TEN also features a blog, updated frequently, which is a gateway to education news, resources, and opinions.

There are already 800 members on TEN, but the more teachers who participate in the discussions, the more wide-ranging the site’s resources become.

For any questions regarding the Golden Apple Foundation or TEN contact Jenni Henry at (312) 407-0006 x115.
Faculty and Student News

Scott A.G.M. Crawford, kinesiology and sports studies, had an “Issues” column published by the Journal of Physical Education Recreation and Dance in February 2008. The topic was “Should any form of extreme sport or extreme dance be included in the curriculum?”

Sham’ah Md-Yunus, Rose Gong and Mihoko Ogawa, Elementary Education and Secondary Education and Foundations, presented a research study, “Faculty’s Teaching Ability and Effectiveness: Do the Ethnicity, Accent and Academic Discipline Influence Students’ Perceptions?” They at the Association of Teacher Educators annual meeting on Feb. 25, 2008, in New Orleans.


Erica Roa, graduate student in college student affairs program, presented two programs titled “The 12th Man. How to Find People Like This Through Building Partnerships and Coalitions” and “I’ll Kick You Off My Oregon Trail Team: Marketing to Millennials.” at the seventh National Tobacco Symposium Among Young Adults in Sacramento, Calif., on March 2-4, 2008.

The third annual Outdoor Recreation and Leisure Show was held on Friday, April 4, in McAfee Gymnasium. There were various leisure service agencies and organizations that presented their services.


Marylin Lisowski, retired Eastern professor, will be returning to Eastern to teach a summer course, ELE 3290. Lisowski has recently conducted a series of lectures on the Caribbean and Maine Biology for an Adult Education Program to the Caribbean, Panama and Costa Rica in February/March. She was selected as Chairperson of the International Science Committee for the National Science Teachers Association for the years 2008-2011. She was also made an associate editor for the international journal, The Environmentalist.

The annual retirement dinner will be held April 30th, 2008 in the Tarble Arts Center to honor those retiring from the university. The social will begin at 6 p.m., followed by dinner at 6:30. Members of the campus community may attend the 25th annual Retirement Dinner by calling 581-2011. The cost for the buffet dinner is $20 per person.

The College of Education and Professional Studies congratulates the faculty members who have received 2008 Summer Research and Creative Activity Awards from the college. Those awarded included Sham’ah Md-Yunus, early childhood, elementary and middle level education and Jeffrey Willardson, kinesiology and sports studies.
Clinical experience observation deadlines:
Charleston High School, 4:30 p.m. Wednesday, April 23; and
Mattoon High School, 4:30 p.m. Wednesday, April 23.

A team of health studies students took second place in the American Association for Health Education Undergraduate Case Study Competition, held April 9 in Fort Worth. Seniors Heather Gay and Tricia Gaumer, and junior Jenna Manigold, presented. Teams were required to design an appropriate community health intervention based on behavior theory and the Competencies for Entry Level Health Educators, including implementation, assessment and evaluation.

Celebration: A Festival of the Arts gets underway this Friday (April 25), and continues through Sunday, April 27. Eastern faculty, staff and students can make plans to eat at the festival beginning at 11 a.m. The area’s largest gathering of fine artists will be on campus Saturday and Sunday for the annual art show. Bluegrass legend and Grammy winner Ralph Stanley and his Clinch Mountain Boys will be featured in concert at 6:30 p.m. Saturday. Admission is free.

Cathy Sowa, College Student Affairs, won first place in the 2008 Graduate School poster presentations.