

CEPS NEWSLETTER

March 20, 2002

THE EFFECTS OF EXERCISE ON QUALITY OF LIFE IN CANCER PATIENTS STUDIED

Dr. Tim Burnham, Department of Physical Education, Health and Leisure Services, is interested in helping people with cancer improve the quality of their lives. With the advent of new technologies of both treatment and diagnosis for cancer, more and more people are surviving. The five-year survival rate is now about 60 percent for all cancer. Roughly 8.2 million people are alive today who have survived cancer. Cancer treatments such as chemotherapy, radiation, surgery, or a combination bring with them many negative side effects that can greatly decrease quality of life. Exercise has been shown to reduce or eliminate many side effects in a variety of populations, including people with diseases such as cardiovascular disease, diabetes, and respiratory problems. However, very little work has been conducted studying the effects of exercise on the side effects of cancer diagnosis and treatment. So, Dr. Burnham plans to investigate the effect of exercise on physical function, including flexibility, fitness, and body composition.

The funding for this study was supplied by a grant from The Cancer Treatment Research Foundation. The grant was funded for \$65,000 for one year starting this spring.

The subjects for the study will be men and women ages 40-70 who are between 1 and 12 months post clinical treatment. The subjects must be survivors of breast, colon or lung cancer. They must also be cleared by their oncologist before they will be included in the study. Like all studies including human subjects, the methods have been approved by CWU's Human Subjects Review Committee.

The subjects will be matched by quality of life and then randomly assigned to either a control, no exercise group, or an exercise group. The exercise group will perform the supervised exercise program three times per week for 20 weeks. Parameters measured include maximum oxygen use, body fat percentage, and flexibility, as well as six psychological measures: fatigue, depression, anxiety, confusion, energy, and anger.

CEPS STUDENT LEADS AIR FORCE CADETS

On January 30, 2002, Heidi Hollan, a senior majoring in Food Science and Nutrition, was appointed as Cadet Colonel and assumed command of the Air Force ROTC Cadet Wing; second rotation. Hollan was competitively selected from a group of 14 candidates to lead the 70 CWU cadets, due to her superior academic and leadership performance. "It's a great honor to be given this opportunity," said Hollan.

WILSON WINNER OF EXCELLENCE IN TEACHING AWARD

Professor Dale Wilson, from the Department of Industrial Engineering Technology was the winner of the Alumni Association Excellence in Teaching Award for the College of Education and Professional Studies. Wilson, who is coordinator of CWU's Flight

Technology program, has been educating pilots since 1981. Several peer reviews indicated that Wilson is well organized, presents course material in a clear and concise manner, uses classroom technology appropriately and engages the students in stimulating discussions. Also, in the last two years he has made 12 presentations to professional groups in the Northwest. Wilson was awarded the designation of "Master" certified flight instructor by the National Association of Flight Instructors, and was appointed aviation safety counselor by the Spokane Flight Standards District Office of the Federal Aviation Administration.

SCHACTLER WINS INTERNATIONAL AWARD

Not many people would see high-fashion clothing in curtains. But, not everyone is Carolyn Schactler, CWU professor emeritus in apparel design. She spent a portion of the 2000-01 academic year as an exchange professor to Shimane Women's College. Schactler says, "I can't go to another country without being flooded with design ideas from things that I see."

Her latest award-winning garment came just that way. Schactler's "Shibori Bamboo" received the Patternworks International Faculty Award during the International Textile and Apparel Association (ITAA) conference, Nov. 12, 2001 in Kansas City.

Schactler first saw the hand-made, tie-dyed Shibori fabric from which she would fashion her "naga choki" – a long, insulated Japanese vest worn for warmth -- in a store as a two-piece door curtain. "It's not the kind of thing you would normally be able to make into clothing," she points out. "But, it was such a beautiful display of tie-dyeing – so fine, intricate and complicated — that I thought, 'That's just gorgeous. I ought to be able to do something with it.' So, I did."

PT3 GRANT

Developing future teachers who have the know-how to use modern learning technology as a way to further student learning is a major challenge facing the country. In response, Central Washington University's Center for Teaching and Learning (CTL) is "Preparing Tomorrow's Teachers To Use Technology" (PT3).

The U.S. Department of Education awarded a \$1.23 million federal grant to CTL to fund the three-year PT3 program. Dr. Jim DePaepe, CTL director, says he views this effort "as a way for the university and partnering schools to learn how to use technology together to enhance student learning and teacher preparation." The project will ensure teachers in the Ellensburg, Cle Elum-Roslyn, Selah, Shelton, Zillah and Kennewick school districts are true partners in the teaching and learning process, DePaepe adds.

Teri Walker, Central's PT3 program coordinator, says, "What I'd like teachers to gain is a comfort level of integrating new technologies into the curriculum to make it more meaningful. If students and teachers learn to use technology together, I have faith that the impact will have a lasting affect." Of PT3, Walker says, "This is 'just in time' as opposed to 'just in case' learning."

NASC VISIT SUCCESSFUL

Officials with the Northwest Association of Schools and Colleges (NASC) have determined that Central Washington University is successfully implementing some recommendations made by officials of the accrediting body during an evaluation visit two-and-a-half years ago. The NASC mission is to ensure excellence in higher education by holding member schools accountable to rigorous standards and a process of continuous improvement.

Once every 10 years, CWU completes a thorough self-study and hosts a team of representatives from the NASC Commission on Colleges, as it seeks continuing university-wide accreditation. Central has been continually accredited by NASC since 1919.

In 1999, a 13-member visiting team evaluated CWU programs in Ellensburg and at the six university centers -- Lynnwood, Moses Lake, SeaTac, Steilacoom, Wenatchee and Yakima. In its report, the NASC team described Central as "a proud university with a significant record of accomplishment over a hundred years to the people of Washington." Other commendations in the visiting team's report praised Central for:

- ? "achieving and sustaining a remarkably high level of commitment on the part of faculty, staff and students to fostering an environment which nurtures the physical, intellectual, social and ethical development of each student."
- ? The attractiveness of the Ellensburg campus.
- ? "the level of institutional commitment to serving non-traditional students through university centers"
- ? "partnering with local community colleges to maximize use of facilities and resources."
- ? "the level of student involvement in research and creative work at the graduate and undergraduate levels."

STUDY IN MEXICO PROGRAM

Dr. Virginia Bennett, RD, is currently in Morelia, Mexico with a group of eight students (5 from CWU, 1 each from University of Washington, Utah and Seattle Pacific University). They are experiencing a hands-on engagement with Mexican culture and community service, while centered at Universidad Latina de America. The Nutrition and Community Health students will include service learning in their culturally busy days along with a university level Spanish Language Courses, and two other courses: FCSN 447 Nutrition and Society, and FCSN 498 Applications in International Nutrition. Students are living in homes of local residents to promote relationship building with community members and to complement the cultural experience. For more information about the program, contact Dr. Bennett at bennettv@cwu.edu, or Study Abroad Advisor, Amy Mumma at mummaa@cwu.edu.

JAMIE ALDER CWU STUDENT EMPLOYEE OF THE YEAR

Jamie Alder has been selected as the 2002 Student Employee of the Year at Central Washington University. Alder was nominated by Jean Hawkins and Sharon Damm in the Department of Information Technology and Administrative Management. The nomination has been forwarded to the Western Association of Student Employment Administrators (WASEA) State Liaison for submission into the WASEA 2002 Student Employee of the Year Competition.

Some of the supervisor comments regarding Jamie's outstanding qualities included:

- ? Jamie takes the necessary time to do the work accurately and yet quickly.
- ? I trust her to use her skills that she has developed in our classes to be accurate and efficient.
- ? Jamie is professional in the way she handles students and seeks the right answer before passing it along.
- ? I feel very comfortable leaving my office in Jamie's hands when I am not here.
- ? Jamie has a way of taking challenges head on and works quietly through them. She is in every way an outstanding student and student employee.

JULIE WYSONG, REGIONAL TEACHER OF THE YEAR

Julie Wysong, a second grade teacher in Grandview, Washington, was Regional Teacher of the Year and among nine finalists for Washington state's annual educator award.

"Julie has an extremely high level of enthusiasm and energy, and she displays an aura of self-respect and dignity that has a ripple effect on those around her," Minerva Morales, a teacher who works with Wysong at Harriet Thompson Elementary, said.

In addition to being a positive influence, co-workers also said that Wysong takes an interest in each child, uses technology and students' curiosity effectively, welcomes volunteers and initiates new programs.

"It is an overwhelming honor to represent Harriet Thompson Elementary and Grandview School District," Wysong, a 1994 Central Washington University graduate, said. From Jan 9, 2002 Daily Record, Ellensburg, WA.

MAHRE RECOGNIZED

Toby Mahre participated in the Mt. Stuart Elementary Professional Development School (PDS) during the 2000-2001 academic year. The PDS program involves an intensive year-long internship at the school while simultaneously completing CWU requirements for graduation. At the CEPS press conference held in February, Mahre stated, "I cannot imagine being a first year teacher without having gone through the Mt. Stuart program. I feel so prepared!" He is currently a teacher at Lincoln Elementary School in Ellensburg, Washington.

FUNDING THE FUTURE

College of Education and Professional Studies students will soon reap the benefits of donor created scholarships and a professorship. During the year, these dedicated philanthropists made choices to invest in the youth of tomorrow:

- ? Constance and Richard Albrecht established the Berg-Albrecht Scholarship endowment, offering promising students full tuition scholarships to earn a baccalaureate degree in secondary education with the hope that the recipient will aspire to make a worthy contribution to the community.
- ? The family of Central professor and alumna Dr. Lillian Clark Canzler endowed the Lillian Clark Canzler memorial scholarship, rewarding prospective teaching students a scholarship.
- ? The Norine Gann memorial scholarship, still in the fund-raising stage, will provide assistance to deserving students in the early childhood education program. To date, we've raised more than \$14,400 toward the \$20,000 goal.

An endowed construction management professorship is now seeking donations and is eligible to receive a \$250,000 matching state grant, bringing the total to \$500,000. The professorship will provide professional experience in the classroom and will focus on heavy-civil and highway construction.

“The professorship really gives us a strong partnership with industry,” Dr. Rebecca Bowers, dean of the College of Education and Professional Studies, said.

Those interested in donating to any of these programs, or who would like to create their own scholarship to provide hope for future students should call the CWU Foundation at (509) 963-2160 or 1-800-752-4378. Article contributed by Jen Gray, Interim Vice President for University Relations.

DEAN'S MESSAGE

Today was the kind of day in which I know, in an “up close and personal” way, why we are in the business of public higher education. I visited a student display and demonstration of hydraulic projects, on which the students in the Industrial and Engineering Department have worked for just one quarter. Under the mentorship of Professor Bob Weiking, students created things with bells and whistles -- things that required integration of engineering, science, mathematics, along with critical thinking and problem-solving skills. The students' projects included a can smasher, an eight-legged walking creature, a creature that moved by uplifts and slides, a maze game, a couple of machines that transferred objects from one place to another through a series of tubes and u-paths, and an electromotive regulator operated by principles of voltage/distance ratio.

The most important event today, however, was meeting and talking with the students. Every one of them talked with confidence and knowledge about his or her project. Each

one explained to me, in a time much too brief, the principles and theories related to his or her project in technical language and in ways that I clearly understood. I asked some of the students about practical applications for their work. They responded quickly and again with confidence. What happened today is that I had an opportunity to interact with our students in a similar profound way that our faculty members interact with students every day. I was truly honored to interact with young people who are future critical thinkers, problem solvers, and leaders in various engineering and technological fields.

Late this afternoon, during a phone conversation with Walt Kaminski, Chairperson of the Industrial and Engineering Technology Department, Walt said that Bob Weiking is phenomenal – that Bob is a master of raising students to the highest levels of expectations and achievements. I agree. The students' projects indicate the highest level of teaching and mentoring, which encouraged and supported exemplary student achievement. And that is why we are in higher education.

Rebecca Bowers, Dean
College of Education and Professional Studies

Information for this newsletter was taken from department reports or the CWU Bulletin unless otherwise noted. To contribute to the newsletter, send information to bergmane@cwu.edu.