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## Phenomenal Woman Advisor Renee Rowland

**Renee Rowland** is surrounded by "Wizard of Oz" memorabilia in her office in the Education Center. "It's my all-time favorite movie, so people started giving me this stuff," she said. There is a yellow brick on her desk, a pair of ruby slippers on the bookshelf, "Wizard of Oz" magnets on the file cabinets, a movie still on the wall, and a desk plaque with a reference to flying monkeys.

As lead advisor in University Division Advising, Rowland supervises eight full-time advisors and advises 100 students. She uses the theme of the beloved 1939 musical when talking to advisees about their futures. "I tell them they have to use their heart, courage, and brains. It covers everything."

During her time in University Division, she has received national, state, and campus recognition for her advising. She also has presented at national, regional, and state conferences. She is a member of the National Academic Advising Association (NACADA) and the Indiana Academic Advising Network (IAAN).

She received the IAAN Outstanding Indiana Advisor Award (2006), NACADA Outstanding Advising Certificate of Merit (2007), USI Outstanding Advisor Award (2007-08), and was chosen by the USI Multicultural Center, Old National Bank, and the American Association of University Women as a 2008-09 Phenomenal Woman.

After earning a bachelor's degree in social work and master's degree in human services from Murray State University, Rowland joined Murray as director of African-American Student Services and Ethnic Programs (a position equivalent to USI's director of the Multicultural Center). In 1999, when her husband Darryl took a job at Alcoa, she sought work in Evansville and was hired as program director for First Year Initiatives in Student Development. She moved to the University Division in 2003.

"I've always done some type of academic advising, informally," she said. "Even when doing programming, I always focused on academics as well." At Murray, she published a newsletter at the beginning of each semester that included statistics about Murray's African American students' GPAs. "That was valuable because the students could see how they compared. I emphasized to them that they were at an institution of higher learning – not a resort."

She was drawn to advising because she was not well-advised as a student. As an undergraduate, she changed her major six times – always staying within the College of Education – before eventually settling on social work for its flexibility. "I didn't receive the help I could have. I was never 'undecided.' I knew I wanted to help people, I just didn't know in what capacity."

USI does a good job of helping students make that determination, she said. "I'm glad we have a formalized program for undecided students. We also work closely with Career Counseling, offer career planning courses, and other options for determining what students want to do."

She helps students identify their dreams, and then shows them how to take the practical steps that will get them there. "You can't have a vision with no action or effort behind it," she said. "My job

is to try to make this seem doable for students."

She believes that the more comfortable students feel with an advisor, the easier it is for them to honestly discuss issues and concerns. "I'm genuine and approachable. Students sense that I care, and that I'm honest with them."

Even after her students declare a major, they seek her help. "We're not going to turn them away because they're not assigned to us," she said.

Some stop by to chat or to recommend bands to the music-loving Rowland. When a staff member from News & Information Services stopped by her office, a student was helping her transfer her music files to iTunes.

"I love head-banging music," she said. "Students are surprised when they hear Nine Inch Nails in the background."

## "How to Stop the Spread of Germs"

UBlog written by Lynn Schnautz

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

### 1. Avoid close personal contact.

Avoid close personal contact with people who are sick, and keep your distance from others to protect them from getting sick, too.

### 2. Stay home when you are sick.

You should not attend classes or go to work if you are experiencing a fever, vomiting and/or diarrhea. You are contagious until 24 hours after the symptoms have resolved; i.e., if you last vomited at noon on Monday, you may return to school and/or work after noon on Tuesday.

### 3. Cover your mouth and nose when coughing or sneezing.

Cover your mouth and nose with a tissue when coughing or sneezing. Dispose of the tissue immediately after use and wash your hands.

### 4. Clean your hands.

Washing your hands frequently and often will protect you from germs. You should use an antibacterial soap and rub hands together for at least 30 seconds. Thirty seconds is about the length of time it takes an individual to recite the alphabet or sing "Happy Birthday" twice. When soap and water are not available, alcohol based hand sanitizer may be used.

### 5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches a contaminated surface then touches his or her eyes, nose or mouth. Wash contaminated surfaces (sinks, toilet handles, computer mouse, TV

remote control, door handles and countertops, etc., with sanitary wipes. Wipe off shopping carts with sanitary wipes before use.

## 6. Practice other good health habits.

Drink plenty of water – your goal should be eight to ten 8-ounce glasses a day; eat nutritious foods – three to five servings of fruits and vegetables a day; get plenty of sleep – aim for eight hours a night; be physically active – aim for walking 20 minutes a day three times a week; and take steps to manage your stress.

## USI and Human Influenza A (H1N1)

With reports of human cases of Influenza A (H1N1)-North American/Human flu (swine flu) confirmed in the United States, the University of Southern Indiana is closely monitoring the situation. There have been reported cases of influenza on campus, but there are no confirmed cases of Human Influenza A (H1N1) by the Centers for Disease Control and Prevention (CDC). The safety and well being of all members of the USI community are of primary concern.

A list of resources with up-to-date information about the Human Influenza A (H1N1) is available online on the USI Emergency Preparedness link at: <http://www.usi.edu/emergency/>. You are encouraged to visit the USI web site and familiarize yourself with the information about Human Influenza A (H1N1) and how to prevent the spread of this strain of influenza.

Also, the University is taking extra precautions by providing anti-bacterial hand sanitizers in University restrooms and targeted disinfection of heavily trafficked areas.

## What You Can Do

The CDC has prepared guidance on the everyday actions that each of us can take to stay healthy. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people, so these simple measures can be of great help.

Maintaining good health and practicing common sense hygiene habits are ways to reduce your risk of contracting the flu or spreading it to others.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Anti-viral tissues which kill 99 percent of cold and flu viruses are on the market.
- Throw used tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Try to stay in good health by getting plenty of sleep, being physically active, managing your stress, and drinking plenty of fluids and eating nutritious foods.
- If you are sick, stay home so you don't risk spreading the virus to other people.

If you start experiencing flu symptoms, you can contact the Student Health Center on campus in the lower level of the Health Professions Center at 812/465-1250. Also, information about the swine flu is available online through a link on the USI Student Health Center web site: <http://www.usi.edu/studenthealth/>.

USI will rely on the (CDC) and our local health department to keep students, faculty, and staff apprised of the latest developments and the impact on Vanderburgh County. Steve Woodall, director of Security, and the USI Student Health Center in conjunction with Barry Schonberger, dean of students, will work closely with these groups and continue to communicate critical information to

the USI community.

## Employee Picnic indoors this year

Staff Council's annual Employee Picnic will be held from 11 a.m. to 1 p.m. Wednesday, May 20, in Carter Hall in the University Center. The picnic could not be held under the University Conference Center (the "Bridge") this year due to construction on the UC expansion.

This year's theme is "A Luau with Staff Council." The menu includes pulled pork, barbecue chicken, vegetables, potato salad, baked beans, and ice cream.

Employees are asked to bring a donation to Archibald Eagle's Food Closet. Needed items include paper products, personal health items, individually wrapped cereal bars, crackers, etc., and prepackaged food.

The Employee Picnic is open to all employees and student workers. Sodexho is catering the event. Staff Council members will be helping with the serving line and serving drinks and ice cream.

For more information, contact Kim Shelton'03, senior administrative assistant in Athletics, at 812/464-1846 or [kshelton@usi.edu](mailto:kshelton@usi.edu).

## View a slideshow of the spring 2009 art installation

The constellation Aquila (the eagle) adorned the University of Southern Indiana's quad April 27-30, 2009. Art students and faculty created Aquila, a temporary art installation inspired by the 11-star constellation, in celebration of Earth Day. An opening reception was held April 27 on the labyrinth in front of the Liberal Arts Center. Each star in the constellation consisted of a steel disk surrounded by a plywood circle supported by short wooden stilts. Each plywood circle had an environmental fact painted on it to focus attention on the importance of recycling. The stars were surrounded by a design created out of aluminum cans which were collected in recycling bins around the USI campus. Those who participated in the piece by visiting each star experienced the impact of the environmental facts. As facts accumulated, the hemispheres or disks turned increasingly red. Altair, the largest star in the constellation, offered participants the opportunity to reverse the process. As they continued visiting the rest of the stars, participants observed how increasing recycling can help change the hemispheres back to green. Aquila was funded by a Major as Home grant from the Office of the Provost.

View a slideshow of Aquila at [www.usi.edu/newsinfo/photos/SSArtInstallationAquila2009/project/](http://www.usi.edu/newsinfo/photos/SSArtInstallationAquila2009/project/).

## Commencement special for graduate student

Semise Harrison-Gary will be one of more than 1,300 University of Southern Indiana students eligible to participate in 2009 Commencement at 3 p.m. on Sunday, May 10, 2009 at Roberts Stadium. Honorary, graduate, undergraduate, and associate degrees will be awarded during the ceremony. USI President H. Ray Hoops will deliver the Commencement address.

Harrison-Gary is receiving a master's degree in nursing in the family nurse practitioner track. She has received national recognition from two minority nursing associations.

She got her first glimpse of Evansville in late summer 2007, rolling into town in a Dodge Grand Caravan with her mother, four children, two dogs, and a cat. Back home, Hurricane Katrina made living conditions in New Orleans unbearable. A close family friend had delivered a trailer load of donated goods from Evansville to the stricken area. She decided to follow him back, not knowing then how long she would stay.

Before leaving for Evansville, Harrison-Gary spent 10 days at a shelter in Eunice, Louisiana.

"This shelter was unlike the ones you saw on television," she said. "It was at a church. Parishioners manned it 24 hours a day, and the community poured in support."

"I went into nursing mode. Before we left, people were calling me Dr. Quinn."

In New Orleans, Harrison-Gary was a patient care coordinator for the advanced heart failure clinic in the heart transplant department at Ochsner Clinic Foundation. She also has experience as a parish nurse. At the shelter, she and another nurse did a health assessment. They identified and met needs, including caring for pregnant women, isolating a kidney-transplant patient to keep him safe from infection, accompanying patients to the emergency room, and sanitizing the sleeping gear.

Harrison-Gary's connection to the USI nursing program began with a phone conversation. Representatives of Governor Mitch Daniels' office called her regularly in the first weeks following evacuation. Already a registered nurse with an associate degree, she indicated an interest in remaining in Evansville to advance her education. The governor's office put her in touch with **Dr. Ann White**, assistant dean for nursing.

Harrison-Gary enrolled in the RN-MSN program in January 2006. At the same time she took a job as a cardiology staff nurse at The Heart Hospital at Deaconess Gateway Hospital. She completed a bachelor's degree in nursing in 2007. She is a member of USI's Omicron Psi chapter of Sigma Theta Tau International, a nursing honor society. Upon graduation from the master's program, she wants to work in primary care as a family nurse practitioner with the underserved and uninsured.

"Many illnesses can be minimized or even prevented with early consideration, detection, education, and treatment," she said. "It is my experience that when people are equipped with education and competent medical advice tailored to their level of understanding, they make appropriate decisions, adjust modifiable risk factors, and comply with prescribed therapy."

On the path to a graduate degree, Harrison-Gary received scholarships from national nursing organizations. In 2006 and 2007, she was awarded scholarships from the National Black Nurses Association (NBNA).

In 2007, she was selected to represent the NBNA in the Aetna Scholars/National Coalition of Ethnic Minority Nurse Associations (NCEMNA) program. Its goal is to increase the number of ethnic minority nurses and focus their attention on eliminating health disparities.

This year Harrison-Gary received another honor. The Aetna Scholars/NCEMNA program selected her as one of 10 scholars for a mentoring program. Her mentor is Dr. Hilda Richards, a past NBNA president.

Harrison-Gary's mother has returned to New Orleans to live. Her two older children (Arvell, 23, and Wayne, 20) have moved to other cities. She and her two younger children (Oliska, 16, and Caleb, 11) expect a family gathering in Evansville for USI Commencement on May 11.

## Human Influenza A information; weekend state hotline open

The University of Southern Indiana is addressing the possibility of a flu outbreak with caution. The safety and well being of all members of the USI community are the primary concern.

While there is currently no cause for alarm in southwestern Indiana, USI is monitoring the situation and will take the necessary steps to inform and protect USI students, staff, and faculty.

## Toll-free hotline

State officials announced toll-free hotline weekend hours for the public who have questions on the North American Human Influenza A (H1N1). The hotline will remain open from 8 a.m. to 4:45 p.m. on both Saturday and Sunday (5/2/09 and 5/3/09). The number is 1-877-826-0011.

USI will rely on the CDC and our local health department to keep us apprised of the latest developments and the impact on Vanderburgh County. **Steve Woodall**, director of Security, and the USI Student Health Center in conjunction with **Barry Schonberger**, dean of students, will work closely with these groups and continue to communicate critical information to the USI community.

Information about the swine flu is available online through a link on the USI Student Health Center page at <http://www.usi.edu/studenthealth/>. Scroll down the right-side menu to the link, Centers for Disease Control and Prevention.

The CDC has prepared guidance on the everyday actions that each of us can take to stay healthy. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people, so these simple measures can be of great help. Keep in mind:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Anti-viral tissues which kill 99 percent of cold and flu viruses are on the market.
- Throw used tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Try to stay in good health by getting plenty of sleep, being physically active, managing your stress, and drinking plenty of fluids and eating nutritious foods.

If you start experiencing flu symptoms, you can contact the Student Health Center on campus in the lower level of the Health Professions Center at 812/465-1250.

## Announcements

### USI Day at the Colts

The Greater Indianapolis USI Alumni Chapter invites you to the USI Day at the Colts on Sunday, September 13. Join us for the Indianapolis Colts 2009 regular season home opener against the Jacksonville Jaguars. Kickoff time is 1 p.m. at Lucas Oil Stadium. Group ticket price is \$84 per person for a seat in the red loge level. Deadline to order tickets is June 1. Call USI Alumni & Volunteer Services at 812/464-1924 to order tickets.

### Women's golf earns berth in NCAA II Tournament

The University of Southern Indiana women's golf team earned a berth in the NCAA Division II East Regional Tournament. The East Regional, which is scheduled for May 3-5, will be played at Cedarbrook Golf Course in Belle Vernon, Pennsylvania, and is hosted by California University of Pennsylvania.

The top three teams and the top three individuals from a team not advancing go on to play in the NCAA Division II Women's Golf Championship May 13-16 at the University of Findlay in Findlay, Ohio.

In addition to USI, the East Regional includes Grand Valley State University, the University of Indianapolis, Ferris State University, California (Pa.), Ashland, Drury, Northern Kentucky University, and the University of Findlay.

## Waters represents Indiana in postcard exhibit

An artwork by **Kathryn Waters**, professor of art, represents the state of Indiana at the National Invitational Postcard Exhibit at the Bridge Gallery at the Las Vegas City Hall, in Las Vegas, Nevada. The exhibit was organized by inviting artists from across the country to create a postcard image about the state or city in which they live. Artists were also asked to recommend one or two artists in states other than their own. The exhibit runs through July 2, and is presented by the city of Las Vegas Office of Cultural Affairs.

## "Shred Day" offered May 13

Piranha Mobile Shredding will provide the University with free shredding on Wednesday, May 13. From 10 a.m. to 1 p.m. a Piranha truck will be located in the south parking lot at the new Support Services Center on Bluff Lane. (The Support Services Center is highlighted in yellow on the campus map at [www.usi.edu/visit/map/](http://www.usi.edu/visit/map/).) You may also drop your documents off at the parking lot before 10 a.m. that day. Feel free to bring documents from home or the office. There is a limit of 100 pounds (approximately equivalent to three banker's boxes of documents) per individual. Phonebooks, magazines, and newspapers cannot be accepted. Documents will not be shredded on site but taken to Piranha's location on West Franklin Street and confidentially shredded. The documents will be pulverized in the shredding process to about the size of a quarter and ultimately will be recycled into another paper product.

## Goebel completes work with Indiana Department of Education

**Dr. Vella Goebel**, assistant professor of teacher education, recently completed work with the Indiana Department of Education as a program reviewer for Indiana teacher education institutions. She served as a content area expert in English in order to provide quality feedback to state universities in their content preparation of preservice teachers. Content area programs must have state approved status in order to offer licensure to graduates of their program.

## USI employees quoted in *Evansville Courier and Press*

**Peggy Graul**, coordinator of continuing education for College of Nursing and Health Professions, was quoted in April 25 article in the *Evansville Courier and Press* about how nurses serve faith communities. Read what she had to say about parish nursing at <http://www.courierpress.com/news/2009/apr/25/meeting-a-need-a-number-of-area-congregations-to/>.

**Dr. Brian Posler**, assistant provost for Undergraduate Studies, was quoted in the *Evansville Courier and Press* on Friday, May 1, about changes to the Supreme Court's decisions following the death of Justice Souter (Balance not lost as justice exits, <http://www.courierpress.com/news/2009/may/01/balance-not-lost-as-justice-exits/>). He was quoted again on Sunday, May 3, in the same newspaper about GOP efforts to recruit supporters (Activists stay in the streets, <http://www.courierpress.com/news/2009/may/03/activists-stay-in-the-streets/>). **Wendy Knipe Bredhold**, a City Councilwoman and writer in News & Information Services, was featured in the same story.

**Susan C. Sauls**, registrar for the USI Art Collection, was featured in the story, "Worth A Thousand Words," in the May 3 *Evansville Courier and Press*. You can read the story at <http://www.courierpress.com/news/2009/may/02/worth-a-thousand-words/>.

Also on May 3, "U.S. 41, Northern Indiana," a colored drawing by **Kathryn Waters**, professor of art, was featured in a column

called Arts Beat at <http://www.courierpress.com/photos/2009/may/01/39008/>. Waters' work represents the state of Indiana in the National Invitational Postcard Exhibit currently on display in Las Vegas City Hall.

## USI Day at Churchill Downs

The Greater Louisville USI Alumni Chapter invites you and your family and friends to join them for the perfect view of the finish line in the company of fellow USI alumni for USI Day at Churchill Downs on Saturday, June 20 in Louisville. Gates open at 11:30 a.m.; post time is 1:15 p.m. Cost is \$35 adults, \$23 children ages 12 to 5, children ages 4 & under are free. Price includes admission, reserved seating in Millionaires Row-Level 4, lunch buffet, USI souvenir, race program, and tax and gratuity.

A round-trip motor coach from USI will be offered for an additional \$20 per person.

To make reservations, please respond to this email prior to May 14 to receive advance tickets by mail. For further information, call USI Alumni Services at 812/464-1924 or email [alumni@usi.edu](mailto:alumni@usi.edu).

## USPS rates and regulation changes

The United States Postal Service will be adjusting postage rates and fees effective May 11, 2009. The average rate increase for all mail classes is 3.8 percent. The one-ounce letter rate increases to 44 cents while postcards increase to 28 cents. For a complete list of rates and service fees please access USPS Notice 123 at [http://pe.usps.com/PriceChange\\_May2009/PDF/PriceList/PriceList.pdf](http://pe.usps.com/PriceChange_May2009/PDF/PriceList/PriceList.pdf).

USI discounted rate bulk mailings will be subject to changes. Each bulk mailing address list must have the addresses move updated current to within a 95-day certification period. Distribution Services can provide this list service for your mailing. It is imperative that all address updates be applied to department mail lists.

Beginning in January 2010, fees will be assigned to incorrect addresses not updated. Effective September 8, 2009, self-mailers and booklets will require new tabbing and physical design changes. Publishing Services is working with Distribution Services to bring USI bulk mail media, as well as business reply mail stationery, into compliance.

Recent information from our local USPS Office is that Evansville, due to USPS restructuring, will be losing its mail piece design analyst and mail acceptance standards specialist. This may affect the bulk mail piece proofing and printing schedules in the future.

Contact Distribution Services at Ext.1823 if you are in need of assistance with USPS compliance.

## Graduation Celebration

Class of 2009 graduates, their families and guests, faculty, staff, and alumni are invited to attend Graduation Celebration on Saturday, May 9. The reception begins at 6 p.m. in University Center Room 201 and dinner including the awards program follows at 6:30 p.m. in Carter Hall. The cost is \$12.50 per person; dinner is complimentary to 2009 graduates.

Receiving 2009 Alumni Association awards are W. Kerry Jackson '84, Distinguished Alumni Award; Stephanie Buchana '97, Alumni Service Award; H. Ray Hoops, Special Recognition Award; and Ann White, Faculty Recognition Award.

Call the Alumni Services office at 812/464-1924 for reservations.