

THE LAKER CONNECTION

FITNESS & HEALTH

Clayton State's
SAC FITNESS CENTER
Keeps You Fit!

Campus Health Starts Here
University Health Services

Affordable Dental Care
Dental Hygiene Clinic

Healthy Commute
Clayton State's biker

President's Message

The phrase “A healthy mind in a healthy body” allegedly has its roots in the verse of Roman poet Juvenal,

and has been used over time by many. In one of his favorite quotations, President Harry S Truman observed that, while the mind should have priority, “...we must have a good healthy body if we are to have a good healthy mind.” And over the last decade, neuroscientists have found increasing evidence of the important and complex relationships between our physical health and our minds. Or, as Rochester neurobiologist David Felten observed: “Our grandmothers knew all along that our minds and our bodies were connected, even if the scientific community didn't. We've simply provided irrefutable data showing that it's true.”

Activities across the Clayton State campus validate our beliefs here that we must support both the physical and the intellectual abilities of our students, faculty, and staff if we are to succeed in our commitment to continuous learning. Featured in this volume of *The Laker Connection* are some examples of that support. In some cases, it's embodied by individuals like basketball star Marie St. Fort, or Clayton State Foundation Trustees and former NFL players Michael Gray and Cephus Jackson. Many faculty and staff represent this part of higher education as well. Some of that work reflects traditional academic activities, such as those of Assistant Professor of Dr. Melanie Poudevigne, Health and Fitness Management. Some may reflect application of those practices, such as the work of Athletic Trainer John Zupal. Some of the work contributing to health is supported by our students, like Masters of Health Administration majors (and Assistant Athletic Trainers) Christina Fox and Jeff Gilbert. Some of the work occurs in University facilities that help us support health and fitness, such as the Student Activity Center, University Health Services, and the Dental Hygiene Clinic. And some of the work is done quietly and yet consistently by the literally thousands of students, faculty, and staff who participate in a wide array of physical activities taking place on athletic fields, or on courts or with exercise equipment in the Student Activities Center.

The spring of 2010 is a great time to embrace the connection between a healthy body and a healthy mind. Perhaps the important message to send is that finding activities that you like improves the chances you will continue those activities – whether to run in the morning or to walk at lunch or to bike or play tennis or golf on evenings or weekends. And so here's to learning and living better in the coming year.



Dr. Thomas J. "Tim" Hynes, Jr.

Dr. Thomas Hynes
Interim President



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just move!

By Lauren Graves

It's early on Saturday morning. My nearly two-year-old is still sleeping. I shuffle out of the kitchen, coffee jumpstart in hand. The television casts green and blue light on the walls. I watch an exercise infomercial, and think about my yoga mat's long stint of solitary confinement in the coat closet. Guilt creeps in with every turn of the televised jump rope. I ought to get up and exercise. But, shamefully, I don't. I change the channel to HGTV and enjoy my last few minutes of quiet before I transform from my flannel pajamas into Supermom.

Before my son was born, I was devoted to exercise. I ran with my husband at our local recreational center; faithfully exercised to fitness DVDs; my yoga mat had no cobwebs and did not double as a great place to build Mega Blocks. But life went from busy to busier. Hefty commute... full-time job... add parenting an insatiably busy boy - single parenting on the weekend, thanks to my husband's weekend job... making palatable meals... chores and errands... freelancing to make ends meet. Exercise didn't take a back seat; it got booted out of the minivan of domestic life.

I confess this because I am reforming. I am taking baby steps. And, after a conversation with Cindy Lauer, director of Recreation & Wellness at Clayton State University, I feel good about that.

"You just get there one step at a time," Lauer shares. "Physical activity for health is different than exercise for fitness."

I like that last part. You don't have to go straight from the sofa to the gym. Just incorporate some purposeful motion into your daily life. Lauer suggests some easy ways to integrate physical activity into your work day



- take the stairs or go for a walk around your workplace. As she puts it, "just move!" Some of your daily life activities, such as doing active household chores, yard work, briskly walking the dog or chasing your kids or grandkids, also count toward physical activity for health.

START SLOW

This isn't a marathon. But we do only have one life to live. Lauer advises that people who have not been active in some time start by trying to accumulate a minimum of 30 minutes of physical activity each day. If that number sends you running back to your sofa, the Be Active Your Way: A Guide of Adults on www.health.gov recommends 10 minute chunks of time throughout the day, a couple of days a week.

When you've been consistently physically active for health's sake for a couple of months, then you will be ready to try something a bit more akin to the "E" word. Exercise.

"When you increase the intensity

Just Move... And do it your way...

Physical activity for health is important. Use the following information if you are not physically active but want to turn over a new leaf in 2010.
(from www.health.gov/adultguide)

1. Start by doing what you can, and then look for ways to do more. If you have not been active for a while, start out slowly. After several weeks or months, build up your activities do them longer and more often. Every little bit adds up, and doing something is better than doing nothing.
 2. Walking is one way to add physical activity to your life. Walk 10 minutes a day for a few days during the first couple of weeks. Add more time and days. Walk a little longer. Try 15 minutes instead of 10 minutes. Then walk on more days a week. If you have a disability, choose activities that allow you to be physically active.
 3. Pick up the pace. Once this is easy to do, try walking faster. Keep up your brisk walking for a couple of months. You might want to add biking on the weekends for variety. Pick an activity you like and one that fits into your life.
- * Remember: Physical activity is any form of exercise or movement of the body that uses energy. Some of your daily life activities - doing active chores around the house, yard work, walking the dog - are examples.

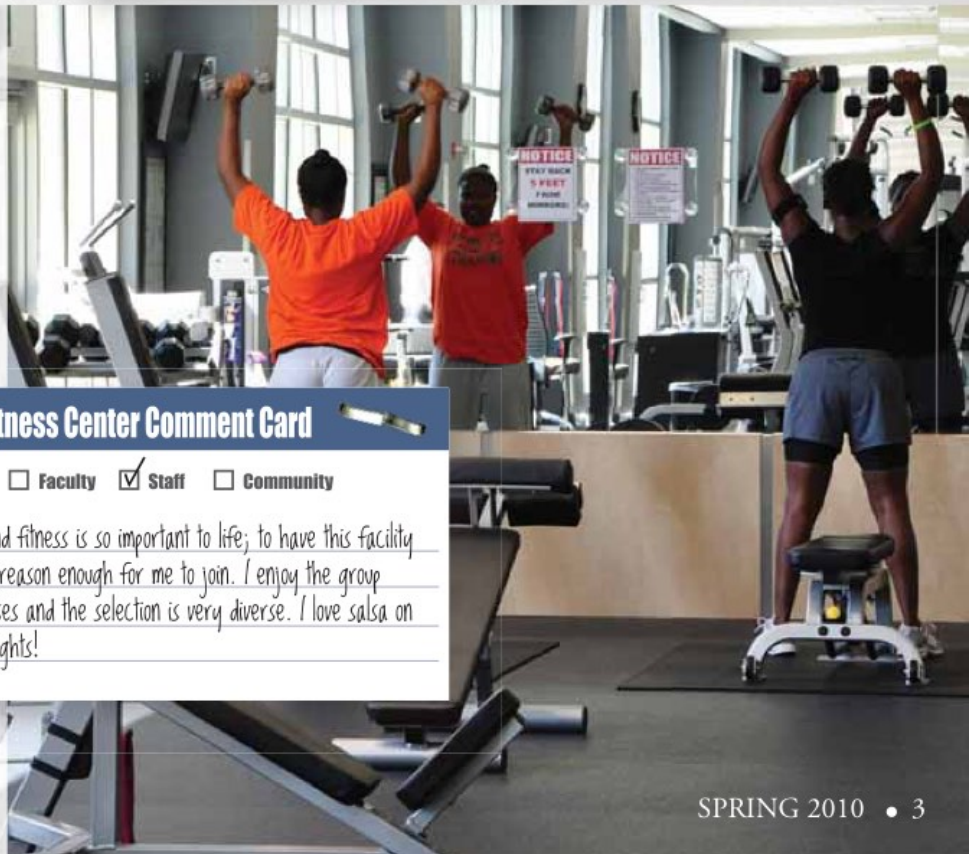


Atawanna Royal
Campus Activities Coordinator

The SAC Fitness Center Comment Card

Student Faculty Staff Community

Our health and fitness is so important to life; to have this facility right here is reason enough for me to join. I enjoy the group exercise classes and the selection is very diverse. I love salsa on Wednesday nights!





Dr. Wendy Burns-Ardolino
Chair of Clayton State's
Master of Arts in Liberal Studies,
Assistant Professor



The SAC Fitness Center Comment Card

Student Faculty Staff Community

I feel that the faculty that plays together stays together. If Clayton State wants more productive, happy and physically fit employees, more of us need to use this space. I love this place.

level, it will become more challenging like exercise,” says Lauer. “You become more goal oriented. That is when you reach physical activity for fitness.”

And when you are ready to trade your vacuum cleaner dance partner for an aerobic dance class, Clayton State has an excellent facility with seasoned instructors where you can achieve your personal fitness goals in a non-pressure, supportive environment.

THE SAC FITNESS CENTER

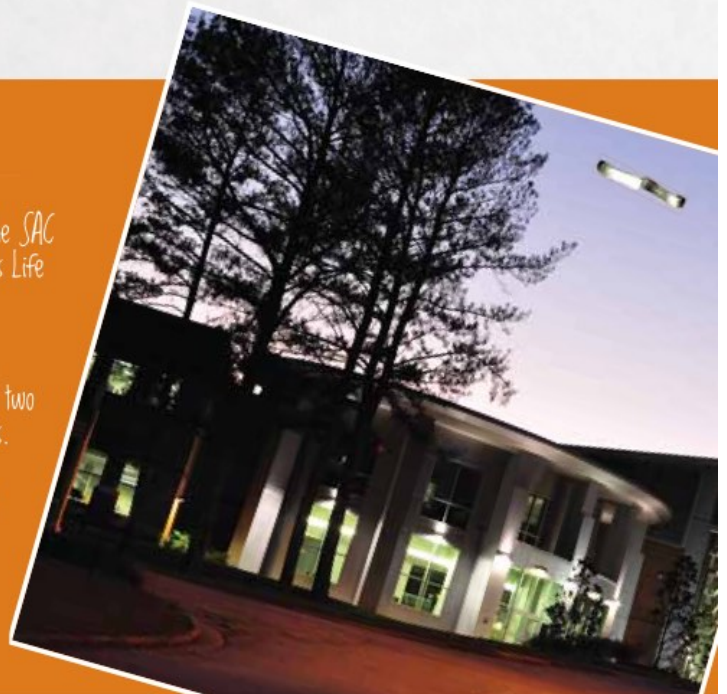
If you're a student, faculty or staff member at Clayton State, you know about the Student Activities Center (SAC). And if this article has motivated you at all to consider physical activity for health, you may want to take a brisk walk over to the SAC Fitness Center during your lunch hour or between classes and check it out.

Open to students, faculty, staff, alumni and the community, the SAC Fitness Center offers state-of-the-art new Cybex equipment, a variety of group exercise opportunities, competitive membership rates, and - probably the most intriguing point of note - it's right here on campus.

“Exercising at the SAC Fitness Center is more convenient than going to an-

SAC Fitness Center fast facts

1. The SAC Fitness Center is located inside the Student Activities Center (SAC). The SAC opened in fall 2008 and is a multi-use facility housing the Department of Campus Life and the Department of Recreation & Wellness.
2. The SAC Fitness Center's upper level features more than 45 pieces of cardio equipment and a small and large group exercise studio. The lower level features two basketball courts, Cybex weight machines, free weights and lockerroom facilities.
3. The Fitness Center's membership is comprised mainly of students (84%), but the campus community and local community are invited to join.
4. Student fees cover membership costs for students, while all other membership fees are competitively priced. See page 7 for more details.



other gym," shares Clayton State Telecommunications and Networking staff member Todd Birchfield. "It's a great perk to have a facility like this on campus. I think that when people say they can't find time to exercise it's just an excuse."

HERE TO HELP

If you're new to using exercise equipment, don't be intimidated by the different machines in the SAC Fitness Center. Whether you're using the cardio balcony complete with more than 45 pieces of cardio equipment or the lower level strength training area, Lauer and her staff are always close by to help. Just ask!

"The staff really has been wonderful," says Clayton County resident Jack Pfeifer, who received assistance from Lauer on using a new machine the day of my visit. "I just passed 80 this year. When you get older, it's very important to stay in shape. You need to do something with your life to enhance your quality of life."

Fellow exerciser Emily Childs, 73, concurs; "Truly, the quality of my life has been enhanced by using these facilities.

Multi-tasking for health...

Senior criminal justice major Robert Long studies while he uses the Cybex squat press machine.



Last week I had a neck problem, and having access to people like Cindy and her staff who can instruct you on the best way to exercise is a great resource."

"Some people come and don't know how to get started. They don't know a thing about lifting weights or how to start

a treadmill, and we are definitely here to help," shares Lauer. So while a seasoned exerciser may innately know the inner workings of the equipment, those who are new to the SAC Fitness Center will find a comfortable environment where knowledgeable staff helps build self-confidence.

I THINK I CAN

"If people could see what I see every day...the difference exercise can make...they would realize that it makes



L to R: **Brandon Marshall**, Administrative Coordinator; **Hakim Groomes**, Intramural Sports; **Cindy Lauer**, Director; and **Nick Kilburg**, Outdoor Adventure

Meet the Clayton State University Department of Recreation & Wellness Team

When you walk through the SAC Fitness Center, you'll hear a lot of praise for the SAC Fitness Center staff. Meet the dynamic group that helps you become physically active in the SAC Fitness Center, and gets students involved in intramurals and outdoor adventure activities.



a big difference down the road,” shares Lauer. “People live for right now, but you need to plan for the future.”

What I noticed about several of the exercisers I met that day was that many of them, especially the senior citizens, have had a pattern of lifelong physical activity. John Childs, retired military and retired ROTC instructor at Henry County High School, and Harold Lloyd, also an avid exerciser, both encourage the campus community to find the motivation to be active.

Lois Tredaway, 79, promises that consistent exercise will keep you young. “Exercise is beneficial to life and health. I’m more mobile to do the things I enjoy. I also love talking to the college students who exercise at the SAC Fitness Center. I love hearing their perspective on life and their interests.”

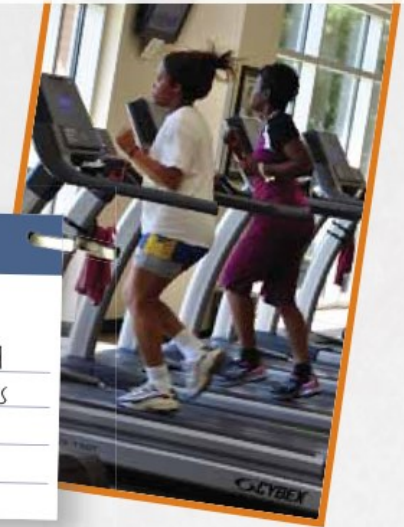
And note, most of the senior citizens were actually using the equipment dur-



(L to R) Kia Baldwin & Linda Mathis
Clayton State University nursing students

Leading by example

Nursing students Kia Baldwin and Linda Mathis know that their future patients will expect them to practice what they preach, so they regularly take mental breaks from the books by exercising in the SAC Fitness Center.



The SAC Fitness Center Comment Card

Student Faculty Staff Community

Exercise is key to teaching our patients to be healthy and active. We have to be role models. Plus exercising gives us energy to stay focused and get through nursing school.
Class of 2010!

ing our interview...and they weren't huffing and puffing either. Their devotion to the facility - many of them come three or more times a week - is a testimony to

the value of physical activity during the senior years of life. And motivating, because I hope to have that kind of energy when I'm that age.



Exercise = Fun

If you think that exercise and fun are mutually exclusive, the SAC Fitness Center's Espresso bike may change your mind. This virtual reality interactive bike features over 30 basic to extreme interactive tours. Take a pleasant ride down the California coastline... or race away from a pursuing dragon...let your mind wander while your body gets fit!

This is my favorite piece of equipment! I've ridden every basic and moderate trail available and a couple of the advanced ones. It's fun and a great workout.

Vickie Fennell Smith
Director, Grant & Contract Programs



The SAC Fitness Center Comment Card

Student Faculty Staff Community

I used to go to Gold's Gym, but you know, you get off work at 5 p.m., and you're tired. I go to the SAC Fitness Center in the middle of the day. It's a good stress reliever, and a good weight loss plan if you stick with it. Plus, it helps me sleep at night.

Ben Simpson
IT Client Support Professional



Cindy and her staff have been great. This place has helped as much psychologically as physically. We love being here and look forward to coming.

Jim and Emelda Oliver
Community Members

The SAC Fitness Center is here to help people. We have people who are recovering from strokes, one member who has fibromyalgia and swears to working out, a student who has lost about 100 pounds since we opened...there are so many inspirational stories, and we encourage you to check us out.

Cindy Lauer
Director of Recreation & Wellness



YOU NEED TO DO THIS

The SAC Fitness Center is a phenomenal facility, but regardless of whether you become a member or not, you do need to follow Lauer's advice and "just move."

"If the body is fit, the mind will be fit," says Lauer. "Being physically active is great for stress relief, so there's a physical and mental benefit. It does make a difference. Time is at a premium; you only have one life. Physical activity for health and fitness is the card you want to play."

TO INFINITY AND BEYOND

So now I look for ways to make my weekend routine have an impact on my health. The game of chase, always a toddler favorite, is purposefully put into overdrive to get in a good 10 minutes of heart rate elevation - and a lot of little giggles. We go for brisk walks around the neighborhood. I speed clean during nap time... there's a lot you can do in daily life without contemplating cloning yourself.

From my conversations with Cindy Lauer and the many people who use the SAC Fitness Center, I am inspired to continue pursuing physical activity for health and fitness. For those of you who want to make the most of your every day

activities or who are ready to take that next step and join a fitness center, I encourage you to speak with Lauer and her staff by calling (678) 466-4974 or visit clayton.edu/fitness.

SAC Fitness Center Membership Opportunities				
PLANS:	Student	Employee/Retiree*	Alumni	Community
Individual				
Monthly	X	\$30	\$35	\$55
By Semester	X	\$100	\$130	\$190
Per Year	X	\$275	\$325	\$500
Companion (Two People, Same Household)				
Monthly	\$25	\$60	\$65	\$80
By Semester	\$100	\$200	\$225	\$350
Per Year	X	\$500	\$550	\$800
Family (Per Person Rate in Addition to Companion Plan)				
Monthly	\$15	\$15	\$17	\$20
By Semester	\$35	\$35	\$40	\$50
Per Year	X	\$75	\$80	\$90

* Payroll Deductions are Available.



L to R: Dr. D. Ann Travis-Honeycutt, Dr. Julia Spinolo and Latrice Barlow.

By Erin Fender

University Health Services Keeping Clayton State healthy since 1994

The University Health Services Clinic, started 15 years ago, has flourished into an area that is constantly buzzing with activity from day to day duties to health prevention opportunities for the Clayton State community throughout the year.

"The UHS clinic was established to provide access to care including physicals, immunizations, and titers required for Dental Hygiene and Nursing students, and for students who did not have coverage. The creation of the clinic also enhanced faculty practice," says Dean of the College of Health, Dr. Lisa Eichelberger

The clinic is staffed with nurse practitioners, registered nurses, and certified Medical Assistants under the manage-

ment of Director Dr. Julia Spinolo and Medical Director Dr. D. Ann Travis-Honeycutt .

When Spinolo agreed to take on the director position in University Health Services two years ago, she was no stranger to the office. While she was a full-time assistant professor in the School of Nursing; as a board-certified family nurse practitioner, Spinolo also provided patient care on Fridays at the clinic.

A major objective for Spinolo over the last two years has been to highly promote UHS in order to increase awareness of the clinic to the university community and emphasize the access to quality primary care on campus.

"When I started here five years ago,

we saw an average of five to 10 patients a week. Now we are serving approximately 20 patients per day," says Latrice Barlow, certified medical assistant and office manager.

"We have even had several days during the previous semester when we saw 60 patients in one day. Obviously with the addition of housing and our efforts to promote the clinic have boosted our patient load," says Spinolo.

A question often asked about the clinic, is, what exactly can the clinic provide me?

"We do all primary care that you would see in any internal medicine practice... colds, flu, well women exams, blood pressure management, STD screenings and treatments, suturing if

needed, burn treatment, etc. We do not treat life-threatening injuries or medical emergencies," says Spinolo.

During the flu season, the UHS staff stays busy with a large push to get faculty, staff and students vaccinated, but also to work within the community as well. The staff pulls together and sets up several stations around campus to make the flu shot painless with convenience. During the fall flu shot campaign, staff even visited with Allan Vigil Ford to vaccinate employees and their families.

This flu season's outbreak of the H1N1 (swine flu) virus brought about concerns, seminars, and another wave of shots.

"Of course we have had several students concerned that they may have the H1N1 flu, but our numbers of actual H1N1 are relatively low compared to other universities. We have had educational seminars, have posted updated information on the UHS website, and have communicated with the university community via Laker Lines and emails," says Spinolo.

Beyond providing exams and flu shots, the staff concentrates on bringing awareness and education to the campus community as well as the public. The staff hosts two health fairs each year, one in the fall and one in the spring.

"The health fair is important because it is a conduit to educate students and the community about so many topics including; self breast exams, domestic violence, and eating disorders. We cover information on breast, cervical, and testicular cancer. These fairs create a wonderful platform for information," says Barlow.

Overall, the staff's main goal is to provide good quality health care along with good information. The UHS clinic overall is an inexpensive and convenient option for the entire campus community. The health fee built into tuition covers unlimited office visits to UHS,

free over the counter medications and prophylaxis. There are additional fees for prescribed medications, lab services, and immunizations. Faculty and staff can opt to pay the semester health fee to receive unlimited visits.

"We are a major convenience on campus. We have very short wait times with quality care. I have a positive team supporting each other. We are truly here to serve all," says Spinolo.



Above Right: Dr. Julia Spinolo examines a patient in University Health Services (UHS). **Above Left:** Clayton State Interim President Dr. Tim Hynes gets his seasonal flu shot from UHS. **Above:** UHS leads a campus-wide lecture on the H1N1 (swine) flu. **Left:** UHS hosts health fairs to educate the campus community on various health topics.



By Erin Fender

The Dental Hygiene Clinic: Quality and affordable dental care



One of Clayton State's founding programs, the Department of Dental Hygiene, has been a constant source of health care for the university community as well as the public since the University opened its doors in 1969.

"Having a long term and highly recognized reputation, we have a large patient pool, giving our students real world experience," says Dr. Susan Duley, head of the Department of Dental Hygiene of the clinic, which operates under the supervision of dental hygiene faculty members.

Some of the Dental Hygiene clinic services offered include home care in-

structions, fluoride treatments, dental prophylaxis (cleaning), non-surgical periodontal treatment, radiographs, and sealants. Depending on the patient's needs, costs will vary. The clinic treats both adults and children.

"In recent months, we have seen an influx of clients based on the current economic climate. We know a lot of people lost dental care insurance plans due to the downturn in the economy as well as loss of employment. We are happy to welcome new patients at any time," expresses Duley.

Beyond the clinic, the faculty, staff and Dental Hygiene students strive all



L to R: front row - Belinda Hogans, Dr. Susan Duley; center row - Dr. Edwin Hatch, Dr. Ximena Zornosa, Randa Ballew, Dr. Tony Long; back row - Lisa Phillips, Joanna Harris, Vanessa Faison, Dr. Gail Barnes; last row - Susan Fitten.

year long to serve their community through service learning projects.

In an effort to work with the residents of Laker Hall, Clayton State's on-campus housing facility, Dental Hygiene students spent a day offering oral health care information. Students emphasized the availability of on campus dental care.

"We wanted to take some time to focus on our students. A few of our fac-

ulty and our students spent time in Laker Hall giving an information session, as part of a service learning project. We were also able to provide an array of oral health care products to all of the residents," says Duley.

Every year on the Tuesday after the MLK holiday, the clinic has an oral health day with free screenings for all patients. The services that are provided during the oral health screenings include: history on the patient's past medical and dental treatments, assessment of patient's plaque removal, dental and periodontal charting, education on proper home oral hygiene care, and the importance of maintaining this care.

"Beyond our work on the campus, our students travel for enrichment learning and community service. Each spring and summer our students have the opportunity to travel and share their knowledge," explains Duley.

Each spring students have the chance to work within the community as part of a subgrant from the Morehouse School of Medicine. This promotes student involvement and participation in community service and health care activi-

ties. In the past, students have worked with the Central Presbyterian Outreach and Advocacy Center in Atlanta.

"This is an opportunity for the students to work with the homeless and near homeless," says Duley.

A documentary, "Losing Your Bite," documents the 2008 project and is located on the Dental Hygiene home page at <http://healthsci.clayton.edu/DH/default.htm>. It includes testimony about how the people felt and the difference it made in their lives.

During the summer, Dental Hygiene students travel to Moultrie, Ga., to provide care for migrant workers and their families. The students provide dental prophylaxis, screenings, fluoride treatments, and oral hygiene instruction. This is an opportunity for students to become immersed in another culture and learn the difficulties others have in receiving proper oral care.

During the fall 2009 semester, Duley received exciting news... Clayton State's Dental Hygiene Clinic was named as one of five schools out of more than 300 across the U.S. to conduct clinical research for the Colgate-Palmolive Company. The research begins this year.

"This is such a great opportunity for our students to participate in clinical research and a new experience for the dental hygiene program at Clayton State. Our patients will be offered incentives to participate. We will be monitoring outcomes related to the clinical trial," says Duley.

The research study will be looking at how a toothpaste containing .3 percent triclosan plus fluoride affects the gum inflammation known as gingivitis.

The clinic accepts appointments only. For an appointment, please call (678) 466-4920. Fees may be payable via cash, check or charge card. For more information about the clinic and fees visit their website at <http://healthsci.clayton.edu/DH/DHclinic.htm>.

Opposite Lower Left: Dental Hygiene students spend a day offering oral health care information to the residents of Laker Hall. **Below:** The Dental Hygiene clinic offers an oral health day with free screenings on the Tuesday after the MLK holiday.





Left: Fitzgerald stops along the route in Irwinville, Ga., during BRAG's Georgia BikeFest 2009 held in October.



Kevin Fitzgerald Clayton State's long distance biker

By John Shiffert

Kevin Fitzgerald rides to work. Now, that's not uncommon among Clayton State University's faculty and staff members, but the way he rides to work is uncommon. One of the most distinctive individuals on the Clayton State campus for the past 20 years, Fitzgerald rides his bike to work... at least three days a week.

It's no big deal to this lifetime bicycle enthusiast. After all, he started bike commuting when he was in grade school at St. John the Evangelist Catholic School in Hapeville.

"Yes, I'm still bike commuting," he says with a smile. "It's been a major way

for me to get to Clayton State ever since I started working here. And that's not including the time in the 70s when I was a Georgia State student taking a class on the Clayton State campus."

While Fitzgerald is well known at Clayton State as an information technology specialist in the Office of Information Technology Services (among other things, he's the man to see if your printer is on the fritz), pretty much everyone at Clayton State recognizes him riding a recumbent bike (he has 10 bikes in all) to and from his Forest Park home. However, what people may not know is that his current six-mile round trip is a veri-

table stroll around the block. You see, Kevin Fitzgerald once rode a bike across the United States.

"I joined our local bike club - the Southern Bicycle League - when I was 16 in 1972," he says of his introduction to long distance biking. "Within the first year of joining I was able to ride as far as 100 miles in a day. I'm not real fast, but I'm steady. It normally takes me about eight hours to ride 100 miles."

While it's not exactly accurate to say that riding 100 miles was easy, Fitzgerald didn't stop there. Within a few years of joining the club he was going to Panama City, Fla., without the use of the

internal combustion engine.

"The club had a ride from Atlanta to Panama City. It's about 330 to 360 miles, depending on the route you take," he explains. "I did it first when I was 19. After I got to Panama City, I went on to Orlando... a total of more than 700 miles in eight days. That was a piece of work."

Fitzgerald would tackle the Panama City ride again in 1983, this time proceeding on to Pensacola. But even that was a prelude to what he calls the opportunity of a lifetime. That came in 1986 when the Dukes family of Barnesville, Ga., invited him to bike across the U.S. with them. Unlike his previous trips to Panama City, this wasn't just "a bunch of guys on a bike." Parents Charles and Jean Dukes were also taking their three children: Sarah Beth, 16; Joe, 11; and Carolyn, 8; along for the ride. Or rather, the Dukes children were riding along, since the family of five (plus their guest) were riding three tandems on the highways and byways of the U.S. during the 4500 mile journey that started on June 2 in Portland, Ore., and finished

at the end of August in Yorktown, Va.

"My job was to read the maps and keep us on track," Fitzgerald recalls. "Heavy traffic and head winds were the biggest problem, although it also got as hot as 107 in Kansas."

If you don't believe it, the *Atlanta Journal-Constitution* did a story on the ride at the conclusion, and you can still find it archived under "Flying Trashcan" on AJC.com (Fitzgerald's tandem was nicknamed "Flying Trashcan.")

Nowadays, in addition to commuting, Fitzgerald concentrates on "shorter" long rides, notably the Bike Ride Across Georgia (BRAG), a yearly 300+ to 400+ mile ride he has taken part in every year since 1987. He's also a volunteer with the BRAG Dream Team, a program that enables a few economically-disadvantaged young people to take part in the cross-state ride.

So, if you happen to see him riding around the campus, remember that's just a short trip for Clayton State's long distance biker.



By Ciji Fox

CE offers more health courses

Clayton State's Center for Continuing Education (CE) is offering more courses in health-related fields due to the increasing demand for health professions in the job market.

Students are taught by professionals in the field and are often prepared to take the national and state certification examinations for job entry.

"We are providing training to those who are seeking a new career path or further certification in their areas of employment," says Seth Davis, program coordinator for Continuing Education.

"The most rewarding aspect about the new programs is that we are helping students prepare for jobs in an ever-growing field," he says. "All of the students who have reported back to the instructors of our most recent Medical Coding Specialist Program passed the CPC exam. We hope to continue hearing success stories like these as we open more courses!"

Some CE courses for spring 2010 include; Nurse Aide Training, Pharmacy Technician, Medical Coding Specialist, Phlebotomy Technician, EKG Technician, and Veterinary Assistant, all offered at the main campus in Morrow.

For a complete list of health related courses, see <http://conted.clayton.edu/>.



Opposite Trio: Kevin Fitzgerald rides his tandem bike into campus with the help of Public Safety's Joan Murphy. **Above:** Fitzgerald rides around the James M. Baker University Center with Joan Murphy's nephew, Will, during the 2006 Homecoming festivities. **Right:** Fitzgerald began commuting by bike when he was in elementary school, traveling to and from St. John the Evangelist Catholic School in Hapeville.



Clayton State celebrated 40th anniversary on September 30

Clayton State University first opened its doors to students on Sept. 30, 1969. Richard Nixon was in the White House. The Braves were in first place. And Dr. Harry S. Downs was in the president's office of the newest unit of the University System of Georgia (USG).



To celebrate the 40th anniversary of that historic occasion, Clayton State faculty, staff and students gathered in the University quad on Wednesday, Sept. 30, 2009 for the annual Hot Dog Rally of the Faculty/Staff Fund Drive, which this year was entitled "Give a Little, Get a Latte." Once again, the University's full-time employees showed their overwhelming support for Clayton State. Despite the on-going effects of the recession, the full-time faculty and staff of Clayton State contributed to the Foundation at a rate well in excess of 90 per-



Hot Dog Rally 2009

cent, an impressive figure that the Fund Drive has topped in every single year since the FY 2003 campaign - a total of eight straight years. Considering that at most colleges and universities, a 75 percent contribution rate is seen as cause for wild celebration, Clayton State's employees clearly have an extraordinary commitment to their University and higher education.

This year's contribution rate was 96 percent. The total amount contributed was \$69,700, a total that includes contributions by part-time employees, retirees and students.

Clayton State faculty and staff celebrate 40th anniversary

The Clayton State University campus officially celebrated the University's 40th Anniversary on Thursday, Sept. 24 with a cake and champagne toast, followed by a casino night with live music in the Student Activities Center Ballroom.



Clayton State opens 40th anniversary celebration with annual New Student Convocation

Clayton State University officially opened the celebration of its 40th Anniversary with the Fourth Annual New Student Convocation.

Interim President Dr. Thomas J. "Tim" Hynes, Jr., greeted some 250 new students with the proclamation that, "you come to an institution on the boundaries of greatness." Hynes also pointed out that, at the same time, Clayton State students have a responsibility of, "taking advantage of many learning opportunities."

Hynes was followed by the Convocation's keynote speaker, author and entrepreneur Felicia Joy, a 2001 graduate of the University of Georgia who was previously the youngest chief spokesperson ever for the world's busiest airport, Hartsfield Jackson Atlanta International. Joy's address focused on college being a preparation for life, and included three secrets for success; learn yourself, be yourself, take full responsibility for yourself.

College of Arts & Sciences Names first Hatfield Scholar and Teacher of the Year

On Tuesday, Aug. 11, the Clayton State University College of Arts and Sciences announced its first Gene Hatfield Scholar and Teacher of the Year Award winners.

Selected separately by faculty committee, each recipient received a plaque and a check for \$500. The awards are funded by Dr. Gene Hatfield, retired chair of the department of Social Sciences at Clayton State. Dr. Brigitte Byrd, assistant professor of English, received the first Gene Hatfield Scholar of the Year Award. Dr. Caroline Clower, associate professor of Chemistry and faculty advisor for the American Medical Student Association, received the first Gene Hatfield Teacher of the Year Award.



Dr. Brigitte Byrd



Dr. Caroline Clower

Clayton State's College of Arts and Sciences reorganizes

As Clayton State University started fall semester 2009, the College of Arts and Sciences (CAS) welcomed new changes in an effort to benefit students.

The most significant re-organization that has taken place is the newly formed Department of Visual and Performing Arts. The new department will house the following programs: Art, Communications and Media Studies, Journalism, Music, and Theatre.

The new reorganization also includes the addition of the Health and Fitness Management program to the Department of Natural Sciences and the addition of Legal Studies, Paralegal Studies, Administrative Management and Technology Management in the Department of Social Sciences.

Clayton State features dual Commencement speakers for December 10 graduation ceremonies

Clayton State University's dual fall Commencement ceremonies on Thursday, Dec. 10 represented several milestones in the history of the University, including the first dual speakers for a Clayton State Commencement.

The initial ceremony, starting at 4 p.m., was the first Clayton State Commencement presided over by Interim President Dr. Thomas J. "Tim" Hynes, Jr., who officially began his tenure at Clayton State on May 18, 2009. This graduation also marked the 10th anniversary of the first Clayton State fall Commencement, held in 1999 with another interim president, Michael F. Vollmer, presiding.

The speaker for the 4 p.m. ceremony was Jerry Wilson, board-elected senior vice president of the Coca-Cola Company. He addressed graduates of the College of Health, the College of Information and Mathematical Sciences, and the School of Business.

The second ceremony, held for the College of Arts & Sciences, began at 7:30 p.m., and included the largest group of graduates ever in a single graduation in the Athletics & Fitness Center - a total of 241. Brenda Hill Cole, judge of the State Court of Fulton County, spoke at the 7:30 p.m. ceremony.



Clayton State – East opens



As part of the University-wide preparations for the opening of the 2009/2010 academic year on Monday, Aug. 17, Clayton State University prepared its latest acquisition, Clayton State - East, for use during the fall 2009 semester.

Previously the campus of the Atlanta Bible College (ABC) on Trammell Road, Clayton State - East is located (not surprisingly) just east of the University's main campus, extending the University's acreage from 163 acres to 175 acres.

During the spring of 2008, the University negotiated an option to purchase the ABC campus, which comprises approximately 12.1 acres and two main buildings, a 16,173 square foot administration building and an 11,628 square foot apartment building. For the fall 2009 semester, Clayton State - East was used for evening classes.

In the long term, Vice President of Business and Operations Corlis Cummings notes that the property gives the University the flexibility to consider utilizing its buildings for a variety of uses, including; the Clayton State Theatre, special lectures, holding some Continuing Education events or classes, using the classroom space for day classes, serving as a possible annex to the existing Clayton State Library, administrative offices, housing for visiting scholars and/or visiting faculty. Cummings also adds that the ABC purchase, while congruent with the University's 2006 strategic plan, came at a time when property values were such that Clayton State was able to obtain the property at a fair price.

Clayton State sets Record enrollment of 6,587

Clayton State University celebrated its 40th anniversary by reaching a record enrollment during the fall 2009 semester.

After starting with 942 students in September 1969, Clayton State's enrollment for its 40th anniversary fall semester reached 6,587, an increase of 8.4 percent over the fall 2008 enrollment (6,074) and the University's largest single enrollment - by more than 350 -- for any individual semester. The previous high mark was 6,212 in the fall 2005 semester.

Although enrollments were up throughout the University System of Georgia (USG), Clayton State's 8.4 percent increase from last fall is one of the largest growth rates in the system. Among the USG's research universities, regional universities and state universities (a total of 19 universities in all), Clayton State ranked third in percent change in enrollment from fall 2008 to fall 2009. Only two much smaller USG universities, Fort Valley State University and Savannah State University, showed a larger percentage change in their enrollment from 2008 to 2009.

Clayton State's "Ask Me!" program Wins bronze in 2009 Chancellor's Customer Service Awards

The Clayton State University Department of Campus Life's "Ask Me!" program has been awarded the bronze medal by the University System of Georgia in the Improvement Initiative category of the annual Chancellor Customer Service Awards.



Clayton State Customer Service Champion and Assistant Vice President of Auxiliary & Administrative

Services Carolina Amero, and Assistant Director of Campus Life Lakiesha Cantey received the award from USG Chancellor Erroll Davis at the Board of Regents office on Sept. 15.

Clayton State University to offer Master of Archival Studies this spring

This spring, Clayton State University will begin offering a Master of Archival Studies (MAS) degree, which will be housed in the University's College of Information and Mathematical Sciences (CIMS).

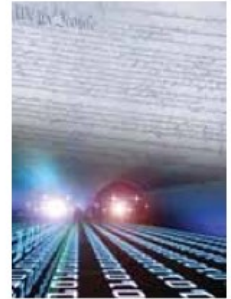
The program prepares archivists of the 21st Century by emphasizing the influence of technology in the creation, preservation and access to a broad range of information. This innovative blend of traditional knowledge, technology, and experiential learning makes Clayton State's MAS program distinctive in Georgia and the Southeast in its breadth and contemporary approach.

Clayton State is strategically located adjacent to both the Georgia Archives and National Archives at Atlanta.

"We're truly excited about the program as well as our growing relationships with both the National and Georgia

Archives," says Dr. Lila Roberts, dean of CIMS. "These relationships provide students with exposure to some of our nation's finest archival resources."

The MAS curriculum was designed to align with the guidelines established by the Society of American Archivists (SAA). Students will complete 18 semester hours of core archival knowledge as well as 18 hours of interdisciplinary coursework in information technology, conservation, research, historical methods and other disciplines. In addition, students will participate in nine semester hours in research methods and internships, or thesis.



Phi Alpha Theta History Honor Society creates a new chapter

One of Clayton State University's outstanding academic programs is being recognized with the creation of a new honor society on campus.

The Phi Alpha Theta History Honor Society has created a new chapter at Clayton State. The Alpha-Nu-Psi Chapter was installed on Friday, Nov. 13, at a ceremony at the National Archives at Atlanta, adjacent to the Clayton State campus.

The charter members of the Alpha-Nu-Psi Chapter include Janie Bachelor, Helen "Lou" Brackett (an instructional

designer in the Clayton State Center for Instructional Development), Patrick A. Coleman, Rosemonde Fetiere, Jacob D. Fountain, Maureen S. Keillor, Joshua D. Reynolds, and Gwendolyn F. Turner-Filardi. According to Alpha-Nu-Psi chapter advisor and Assistant Professor of History Dr. Randall Gooden, each of these students satisfied the requirements for membership in Phi Alpha Theta, which include a 3.0 overall grade point average and 12 hours in history with a 3.1 average in those courses.

Director sees diversification in the future for MALS program

Dr. Wendy Burns-Ardolino, director of Master of Arts in Liberal Studies (MALS) at Clayton State University looks forward to the future of the MALS program.

"The Master of Arts in Liberal Studies program is designed to provide students with an interdisciplinary liberal arts education while allowing them to focus their studies in one of the concentration areas: history, English, political science or

liberal arts," she says. "My goals for the program include the possibility of diversifying concentrations to include: global studies, women's studies, African-American Studies, cultural studies, and media studies as we continue to develop our existing concentrations alongside continuous strong and incremental growth in graduate enrollments."

Mysterious visitor in Swan Lake... It's not Loch

As Clayton State prepared to celebrate the 40th anniversary of its founding on Sept. 30, 2009, reports surfaced of a mysterious creature swimming in Swan Lake, the University's signature 12-acre artificial lake which was created when Clayton State was carved out of an old dairy farm in the late 1960s.

While some think that Loch, the mascot for the Clayton State Lakers athletic teams, has made one of his regular reappearances, the truth is apparently and aquatically much different.



First spotted by University Relations Photographer Erin Fender and Assistant Professor of English Dr. Brigitte Byrd, the three-foot long (according to Fender) creature has been seen off and on for a few weeks, usually skimming the top of the water for a long period of time. Faced with a mystery fish, Fender knew who to turn to for illumination... Associate Professor of Biology Dr. Christopher Kodani. Here's his report on Fender's fish story...

"That is definitely one of our famous carp! They're herbivorous -- I think this is probably a grass carp -- and they are typically used for de-weeding ponds," he reports.

40th Anniversary Laker Connection



The 40th Anniversary commemorative issue of The Laker Connection magazine is available online at <http://news.clayton.edu/magazine.htm>. Take a stroll down memory lane as we celebrate our past and embrace our future.

Clayton State collects fish samples for Henry County aquarium



Dr. Kodani

Clayton State University Associate Professor of Biology Dr. Christopher Kodani went on a fishing expedition... and he didn't have far to go.

Kodani, and some of his students, assisted James Moore of the Henry County Stormwater Management Department in putting together a traveling aquarium for the county. Moore was recently awarded a grant from North American Native Fish Association to showcase local non-game fish species, and since Moore and Kodani have been collaborating in the Georgia Adopt-A-Stream program and Rivers Alive Cleanup events, he naturally asked for help from Clayton State's biologists and ecologists to populate the tank.

International Programs "Expanded Dramatically" in 2008/2009



John Parkerson

The 2008/2009 academic year for Clayton State University featured what John Parkerson, director of the University's Office of International Programs, has termed, "an aggressive globalization program" that resulted in "expanding the international educational opportunities for students and faculty, as well as increasing the international student component of (the University's) diverse student population.

"As a consequence, Clayton State's international programs and activities expanded dramatically during the 2008-09 academic year."

Highlighting those international program activities were: short-term faculty exchanges with two Indian partner colleges; new partnerships with universities in Hungary and South Africa; the Office of International Programs sponsoring programs and exhibitions on campus on historical, political and art topics from Turkey and Hungary; and Clayton State hosting groups of foreign dignitaries on campus from 10 countries in Europe, Asia and Central America."

007 and existentialist ethics at Clayton State's Third Annual Philosophy in Society Lecture

Sean Connery didn't make it, but the Clayton State University Philosophy Department still held its third annual Philosophy in Society lecture on Thursday, Nov. 5. And the subject? Bond... James Bond.

Dr. Elizabeth Butterfield, assistant professor of Philosophy at Georgia Southern University, spoke on "Live to Die Another Day: Existentialist Ethics via James Bond." Yes, THAT James Bond. 007. License to Kill. Shaken, not stirred. Ian Fleming's fabled fictional hero. That James Bond.

In addition to her faculty position at Georgia Southern, Butterfield is also the author of *Being-Towards-Death and Taking Pleasure in Beauty: James Bond and Existentialism*, the first essay in the first section (No Mr. Bond, I Expect You to Die... Bond, Existentialism and Death) of the book *James Bond and Philosophy*, edited by James B. South and Jacob M. Held.

Clayton State University's Staff Council welcomes new officers



Heidi Benford



Erin Fender

In 2009, not only did Clayton State University celebrate a milestone with the 40th anniversary, but Staff Council also celebrated its fifth year serving the staff of Clayton State. This past fall, Staff Council ushered in new delegates and officers and bid a fond farewell to the current officers.

After serving the permitted time of four years, HR Assistant Karen Born, who served as secretary, and Skilled Tradesman Bob Ward, who served as chair, stepped down. Delegates voted in Heidi Benford of Library Acquisitions as the new Staff Council chair and Erin Fender of the Office of University Relations as vice chair.

DePoy at his best at the Clayton State Visiting Writers Reading Series



Phillip DePoy

The master of metaphor, the sultan of simile, was at his best in the Department of English's Visiting Writers Reading Series... Phillip DePoy provided an hour of drama, intrigue and insight that provided entertainment and illumination to students and educators alike.

Speaking before a packed room of students, faculty and staff, DePoy brought a tale of conspiracy, murder, and the definitive English translation of the Bible to the audience. The subject of the event was DePoy's highly-acclaimed new novel, *The King James Conspiracy* (St. Martin's Press).

A brilliant use of the English language along with a mix of historical facts and figments of the author's imagination, "King James" is an historical novel/murder mystery set in England in 1605 and centered on a group of scholars assigned by King James I to create a definitive English translation of the Bible. The book hinges on the murder and mutilation of one of the scholars and the mysterious Brother Timon, a Catholic monk who's a spy for the Vatican, sent to memorize the entire King James Bible and authorized to kill if need be.

Clayton State Theatre Performs Greek comedy

Clayton State Theatre performed its first Greek comedy, Aristophanes' *The Ecclesiazusae*, as its fall 2009 production.

More commonly referred to as *Women in Power*, *The Ecclesiazusae* follows the narrative that absolute power corrupts absolutely when a group of women take over politics in ancient Greece. According to Clayton State Theatre Director Phillip DePoy, the play follows a Greek woman named Praxagora who decides that women must convince men to give them control of Athens, because women could rule Greece better.

Clayton State Supply Chain Management program drawing Attention from NCR

Clayton State University's Supply Chain Management program, a part of the University's AACSB-accredited School of Business, has caught the corporate eye of global technology giant NCR.

A minor under the School of Business' Bachelor of Business Administration degree, Supply Chain Management has been a part of the University's undergraduate offerings since 2001, when Dr. George H. Messer, Jr., was named as the first holder of the Charles Schmidlapp Conklin Chair/Eminent Scholar in Logistics/Supply Chain Management. Currently held by Dr. James Keebler, the Conklin Chair is supported in part by the Charles Schmidlapp Conklin Trust and the Georgia Eminent Scholars Program. The Conklin Trust was formed in 1985 in memory of Charles Schmidlapp Conklin by his wife, Margaret B. Conklin, and his son, then-Clayton State University Foundation Trustee Charles S. "Chuck" Conklin, II.

With NCR in the process of moving its corporate headquarters from Dayton, Oh., to Suwanee, Ga., CEO Bill Nuti has credited the supply chain management programs at Clayton State and Georgia Tech as one of the reasons the company is relocating to Georgia. Peter Dorsman, senior vice president, Global Operations for NCR, also mentioned Clayton State's program at the ribbon cutting of the company's new ATM advanced manufacturing plant.

NCR's notice of Clayton State is more than just talk. School of Business Dean Dr. Jacob Chacko visited NCR headquarters in Suwanee on Nov. 20, "to discuss the specifics on how we can partner."



Fly me to the moon? Watch out for Lunar dust, says Clayton State Biology professor Jacqueline Jordan

Several news organizations, among them the *Atlanta Journal-Constitution* and the *New York Times*, have recently run articles speculating on whether or not NASA should return astronauts to the moon.

While this might seem like a no-brainer in the quest for knowledge, NASA has serious concerns regarding the health and safety of the astronauts. No, the space agency isn't worried about mechanical malfunctions like those on Apollo 13 or Challenger, the hazard in this case is dust, specifically, the potential toxicity of lunar dust.

Clayton State University Associate Professor of Biology Dr. Jacqueline Jordan is right in the middle of the lunar dust issue. NASA sees the all-pervasive lunar dust as a hazard in respiration, and since Jordan's academic interests include research in the area of environmental/respiratory toxicology, she was a natural to be selected for the NASA Summer Faculty Research program at the NASA Glenn Research Center in Cleveland during the summers of 2006 and 2007.

School of Nursing Expands Simulation Lab

The School of Nursing (SoN) expanded the student learning experience by expanding the simulation lab in the Harry S. Downs Center and by adding a new lab space in Clayton Hall in 2009.

"Because of the nursing shortage, we have increased our enrollment over the last few years so we can graduate more nurses to increase the nursing workforce. We have outgrown our present lab so we are excited about the new additional space which will allow us to expand student learning experiences," says Katrina Barnes, R.N., M.S., clinical assistant professor of Nursing and lab coordinator.

The simulation lab welcomed a new state of the art manikin funded through a grant and student lab fees.



College of Arts and Sciences forming alumni chapter

Clayton State University's College of Arts and Sciences (CAS) is forming a new chapter of the Clayton State Alumni Association.

"We encourage all interested alumni of Clayton State's CAS to become involved with the formation of this group. The persons who get the Association off the ground – the charter members – will have an important role in shaping the future of the Association," says Dr. Susan Tusing, chair of the Department of Visual and Performing Arts.

"I am extremely excited that the CAS is working to form an alumni group. Interest in our Alumni Association is growing, and this is an example of its progression. I look forward to working with the group and in its development," says Director of Alumni Relations Gid Rowell.

For further information contact Tusing at SusanTusing@clayton.edu or by phone at (678) 466-4750, or contact Rowell at gidrowell@clayton.edu.

Dr. Mary Hollowell publishes *The Forgotten Room*

Dr. Mary Hollowell, associate professor of Teacher Education at Clayton State, recently published *The Forgotten Room*, a book covering an ethnographic case study of a public alternative school which highlights solitary confinement.



Dr. Mary Hollowell

"I've tried to write the kind of education book that I've always liked to read - a chronology of a school year from start to finish that sucks you in, sweeps you along, and spits you out," explains Hollowell. "*The Forgotten Room* is a unique and somber story of students on parole, and it reveals what happens to them and

their hardworking teachers when they are put in crumbling school buildings and overcrowded conditions."

During her study she discovered the "forgotten room" used for solitary confinement. She noted and photographed the graffiti written in blood covering the walls of this room.

"I have been an advocate against 'school seclusion,' as it is called, ever since," Hollowell says. "Representatives George Miller and Cathy Rodgers have introduced new legislation to protect children in schools from misuse of restraint and seclusion. If my book can play a part in the process, I will be satisfied."

Paper recycling program

Clayton State University, in its commitment to make a positive impact towards the environment, has been further promoting its already-established campus-wide Paper Recycling Program.

Universities are inundated with catalogs, magazines, newspapers and letters from commercial mailers every day. Many of these mailings are of no relevance or are for people who no longer work at the University. So... from Aug. 1, 2009 to Oct. 31, 2009, Clayton State recycled 4.14 tons of mixed recyclable material which made a positive impact on the global environment. Currently the University has 100 percent participation including the residence hall. Options regarding plastic and aluminum recycling are being explored in hopes to have a program in place shortly.

300! Clayton State men hit program Milestone with 90-52 win over Truett-McConnell

The Clayton State Laker men's basketball team reached a program milestone on Thursday, Dec. 3.

The Lakers had three players score in double-figures and kept its offensive onslaught to open the 2009-10 season ongoing with a 90-52 rout over visiting Truett-McConnell at the Athletics and Fitness Center. The victory improved the Lakers to 3-1 overall and was also the 300th victory in the history of Clayton State men's basketball, now in its 20th season.

The Lakers' all-time record at the time of the Truett-McConnell game? 300-256.



The Foundation Town & Gown Golf Tournament... “Can We Play 27 Holes Today?”

By John Shiffert

Golf at Clayton State typically means Coach Barry Harwell’s nationally-ranked intercollegiate team. And while it is true that Harwell has the best collection of golfers on campus, they are far from the only individuals affiliated with Clayton State who like chasing that little white ball over hill and dale (and into an occasional stream).

For instance, every fall the Clayton State University Foundation holds its own celebration of the sport once described by Mark Twain as “a good walk spoiled.” It’s called the annual Clayton State University Foundation Town &

Gown Golf Tournament. And while the level of competition may not equal that of the PGA Tour, make no mistake, these are players who take the game seriously in the midst of what has become a most successful and enjoyable event. Of course, there’s another reason to be serious other than taking the prize for the lowest team score... it’s the fact that the tournament, held at Crystal Lake Country Club in Hampton, Ga., benefits the Excellence Fund of the Clayton State University Foundation, which is primarily used to provide scholarships for students in the Clayton State

Honors Program.

The 2009 version of the Town & Gown Tournament provided a blueprint of both the serious and fun sides of a successful fund-raising event. Held on a rainy Oct. 23 after being almost literally washed away by an even worse deluge on Oct. 12 (it had to be a flood of biblical proportions to deter these hardy duffers), the 2009 tournament was a rousing success, raising a record \$35,000 in cash and prizes.

In a large measure, each year’s tournament is a success in raising scholarship funds due to the generosity

of its sponsors. That was as true in 2009 as it was in past years, thanks to the generosity of a wide variety of benefactors. Clayton State alumnus Doug Walker was the event sponsor, and the CPA firm of Loggins & Associates the tournament sponsor. Tournament co-sponsors included: Balfour Beatty, the Clayton County Development Authority and Heritage Cadillac. Additional "Laker" sponsors were: Atlanta Vending, Global Teachers Research and Resources, Skanska, Bruce Gant State Farm, the Wal-Mart Lagrange Distribution Center, and Hartsfield Jackson Atlanta International Airport. And, once again, Allan Vigil Ford was the Hole-in-One Sponsor.

Although the tournament's rain date did indeed bring more rain, the golfers would not be denied. Despite the weather, some excellent scores were posted in the best ball format, with Heritage Cadillac taking first place with a 16 under par 56. The Sun Trust team was second (also with a 56), followed by Atlanta Vending (58) and event sponsor

Walker's team (also a 58).

"It's a pleasure to play with these guys. I've got a good team. I worked hard on getting a good team," said Walker. "It's a great tournament."

Walker did have a good team, one that included NCAA Division II All-American Wade Binfield (who later claimed that Walker was a "ringer") and teammate James Hamilton, both "borrowed" for the day from Coach Harwell. However, all's fair in love and war, since Harwell was playing on the Balfour Beatty team and a third Clayton State varsity golfer, Neil Thomas, didn't exactly hurt Atlanta Vending chances, either. As noted... this is serious business.

Still, none of the above teams won the tournament. That honor went to the Heritage Cadillac team, led by another Clayton State alum, Tim Crawford, whose squad also included Mike Tanset, Joe Green and Josh Lukasik. Crawford had boldly predicted the day before that his team would be victorious.

"We shot 19 under at Eagles' Landing yesterday. Those college guys are good, but they're still learning," he said with a laugh.

Winning or not winning, a good time was had by all. Perhaps Dr. K. Lee, as much a fixture at this tournament as Clayton State Director of Development Reda Rowell (who runs the whole show each year), said it best, "can we play 27 holes today?"



Opposite: A team plays a hole during the Town & Gown Golf Tournament at the Lake Spivey Golf Club. **Above:** Teams get ready to play the course. **Right:** The 2009 winning team, Heritage Cadillac, led by Clayton State alumnus Tim Crawford.



By Ciji Fox

Honor Student Aurora Panlilio

The Foundation's Town & Gown Golf Tournament benefits the Clayton State Honors Program. Meet one of our outstanding honor students, Aurora Panlilio of Jonesboro, Ga.

"My first violin teacher was a faculty member in the string department here at Clayton State, so I sort of grew up coming to campus," Panlilio says.

A member of the Honors Student Association and the Golden Key International Honour Society, she is also the president of the Baptist Collegiate Ministries at the University.

"Overall, I've been blessed with good professors and great friends. Classwork keeps me busy, but I still have time for the things that are most important to me," Panlilio says. "Sometimes I get a little overwhelmed with assignments and different school situations, but nothing I've really had trouble with."

Outside of school the multi-talented Panlilio dances at Into the Light Ballet in McDonough, Ga. They did a small performance for Heritage Park's fall festival.

"I'm also a member of First Baptist Forest Park, where I serve with their worship ministry and children's events," she says.

Panlilio, a nursing major, expects to graduate in May 2010.



Marie St. Fort... Guts and glory

By John Shiffert

Sports is famous for its large collection of pithy sayings. One of them is, "No Guts, No Glory." And while many sayings are just clichés, the truth of "No Guts, No Glory" (or rather, its direct opposite), has a great deal of meaning when discussing former Clayton State shooting guard and women's basketball captain Marie St. Fort.

While the West Palm Beach native has been one of the more acclaimed Clayton State players during Coach Dennis Cox' highly-successful tenure running the Lakers' women's basketball program, it's hard to argue with the idea that no one who wore the blue and orange

over the past five years had more guts.

St. Fort led the women's basketball team to the NCAA Division II "Elite Eight" for the second time in three years during the 2008/2009 season... a fitting conclusion to the years of hard work she put in rehabilitating her left knee from a devastating ACL injury (and surgery) suffered before her senior year at Palm Beach Lakes High School. In fact, St. Fort made no fewer than three comebacks from knee surgery, the first while still in high school, the second when she sat out the 2005/2006 Clayton State season as a medical redshirt as a sophomore following her second surgery,



and the third after the end of her Clayton State playing career.

And what a career it was. Despite the encumbrance of playing with a bulky brace on her left leg, St. Fort scored 1047 points for the Lakers, fourth on the all-time career list, helping lead the Lakers to three regular season Peach Belt Conference championships, two conference tournament championships, four NCAA Division II National Tournament appearances, three NCAA Sweet 16 appearances, two NCAA Elite Eight appearances, and an NCAA Final Four appearance (where she was the leading scorer, with 16 points, in a four-point loss to undefeated Florida Gulf Coast) in 2007. She capped her career by being named the 2009 Southeast Regional Tournament MVP after scoring 17, 19 and 16 points (with 20 rebounds and 11 assists) in the three games of the tournament; Clayton State wins over Carson-Newman, Tusculum and Francis Marion. The 5-7 St. Fort highlighted a memorable postseason when, during the first round of the Regional, a 68-66 win over Carson-Newman, she became the fifth player in Clayton State history to score 1000 points for her career, two weeks after setting the Lakers' career mark for three-point goals (146).

"Marie St. Fort is the epitome of what it means to be a Laker basketball player. She had a personal hand in every championship ever won by the women's basketball program in the last five years," says Cox. "Marie was a warrior for us. She battled through a myriad of injuries her entire career, including three knee surgeries, but she always played extremely hard; and, most of the time, she did so in pain.

"Marie has had such a huge impact on the recent history of this program that from this point forward our Women's Basketball 'Laker Award,' which goes to the player each year that embodies all of the qualities that we expect from our players, will be renamed the 'St. Fort Award.'"



L to R: Mason Barfield, Clayton State Athletic Director; Marie St. Fort; and Bruce Gant, trustee gather for a photograph in recognition of St. Fort receiving the H. Mason Barfield academic scholarship.

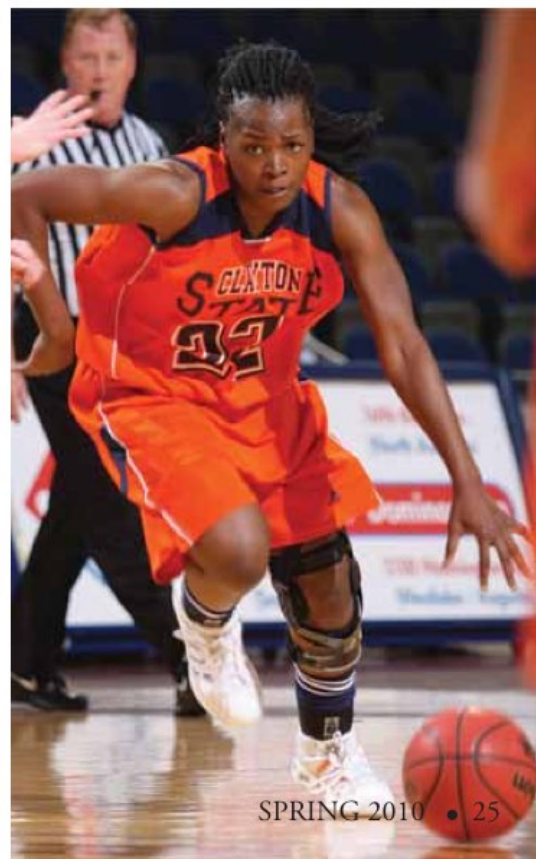
Also impressive are her credentials off the hardwood. As a Clayton State student athlete, St. Fort is this year's recipient of the University's H. Mason Barfield academic scholarship, and she will graduate in spring 2010 with a degree in Health Care Management.

"My goal in life is to make a difference, helping people as much as I can. This is why I am in the healthcare field, because I know that this is one of the best fields to make a difference in someone's life. Therefore, I plan on obtaining a master's in Public Health or a masters in Social Work after graduation," she says.

"Although her growth as an athlete is evident in her teams' accomplishments, her growth as a person has made the difference in what she has been able to accomplish overall. She was also awarded the 2008-09 Laker Award, the highest honor attained by a student-athlete at Clayton State, at this past year's Athletic Awards Banquet," says Clayton State Athletic Director and scholarship namesake, Mason Barfield.

Currently interning at Piedmont Hospital, St. Fort was selected for this academic scholarship for demonstrating a career of overcoming the barriers

that keep many student-athletes from attaining a degree; for continuing to elevate her grade point average, for overcoming the physical challenges of her knee surgeries, and for positioning herself to finish her degree after her last year of athletic eligibility... another well-earned measure of glory.





Dr. Melanie Poudevigne

One size does not fit all

By Lauren Graves

Dr. Melanie Poudevigne is committed to exercise in education, in research, and as a way of life. A gymnast in her adolescence, Poudevigne learned the value of physical activity at an early age. And when it came time to go to university, as they call it in her native France, she chose a career path that complimented her active lifestyle.

"I studied exercise sciences because I wanted to have fun," shares Poudevigne. "People may come to you because they have a chronic illness, but they come to you because they want to get something positive out of the experience and become healthier."

Following earning an A.S. in Physical Education and a B.S. in Coaching & Motor Performance from the University of Paris, Poudevigne began her M.S. in Exercise Physiology at the University of Marseille. During her master's studies, she came to the United States through MICEFA, a program that partners Parisian universities with American colleges, and acted as an assistant coach for track and field at West Georgia.

Once stateside, Poudevigne met Mike Aarons, then chair of psychology at West Georgia.

"We became good friends. We loved to talk about physiological needs, belongingness, love and self-actualization; he was a very positive influence," she recalls. At his urging, she applied to the University of Georgia's Exercise

Psychology program; and, after returning to France to conclude her master's program, Poudevigne found her way back to the United States to pursue her Ph.D.

After earning her doctorate in Exercise Psychology, Poudevigne learned of a position at Clayton State that involved a new baccalaureate degree. In fall 2005, she joined the faculty as assistant professor and program coordinator of Clayton State's Health & Fitness Management program. The program was, and remains, the only one of its kind in Georgia to combine exercise science with management and health care course work.

"Our Health & Fitness Management students are not limited to what they do in the labs, they also have the management background. Our program offers diversity of choices, so students can pursue graduate studies in exercise science or business fields. They aren't stuck in only the fitness and exercise world," Poudevigne explains.

As director of Health & Fitness Management, Poudevigne is committed to helping students "search the soul" (as she calls it) regarding their internship and practicum opportunities.

She also leads study abroad trips to expose students to European health systems and open their eyes to the broader scope of health and fitness.

"I have a saying, 'One size does NOT fit all.' The American model of health cannot fit all. The world is not

just here where we live. The global perspective helps students ask if there is a better mechanism out there for health in society," she explains.

Her encouragement to pursue a healthy lifestyle extends not only to her students but also to her research. Poudevigne is the principal investigator of a research grant to study the effects of cross-training on fatigue and pain levels in breast cancer survivors. She also researches the relationships between exercise and mental health in pregnancy, including the influence of exercise on mood disturbances and pain.

"I like to use exercise as a preventive medicine tool - as a mood booster," says Poudevigne. "I like to find complex situations to help a woman get better instead of a quick fix like a pill."

Beyond her special research interests in women's health, Poudevigne advocates a healthy, physically active lifestyle for everyone.

"It's always nicer to prevent. Too often the decision to exercise is lead by a medical condition. People need to find the drive within themselves and realize that exercise is a must have, not an option."

Furthering the adage that an ounce of prevention is worth a pound of cure, Poudevigne has started an initiative involving the Clayton County Public School System to educate students on healthy eating and help curb childhood obesity.



Dr. Cephus Jackson



Michael Gray

Dr. Cephus Jackson And Michael Gray

Active lifestyles, Active supporters

By Erin Fender

trustee profile

Clayton State University Board of Trustees must have commitment and ability to work together as a team. Trustees Dr. Cephus Jackson and Michael Gray both have proven their ability to be “team” players through their athletic careers from students to the NFL, and their present work off the field. These two have also demonstrated a lifelong commitment to an active life style.

Drafted in 1968 as a defensive back from Jackson State University, Jackson spent one year with the Los Angeles Rams. As a former football player, he has kept an emphasis on fitness throughout his life.

“I walk every morning and play golf as often as possible. Rather than riding in a golf cart, I do walk the greens as much as possible. Fitness is a very important part of my life. As a health science major, I understand the importance of keeping your body fine-tuned,” says Jackson.

Jackson is new to the board and is currently serving his first year.

“As a resident of Clayton County and educator it is important to me to support the higher learning opportunities of this region. I feel Clayton State and the public school system can create meaningful relationships to benefit the future generations. I hope to help support a seamless transition into continuing education and higher learning,” says Jackson.

He is currently COO for Clayton County Public Schools. He serves on the Arts Clayton Board, Clayton County Hospital Authority Board, and the Clayton County Zoning Advisory Group. Jackson is originally from Mobile AL. Now, he and his wife live in Lake Spivey.

Signed as a free agent by the Kansas City Chiefs in 1970, Gray accepted the head coaching position at Morehouse College in 1971. He was, at age 23, the youngest head coach in the nation. A Health and Physical Education major at Morehouse, Gray was also an athletic standout during his time there as a student.

“I am originally from St. Louis, and I grew up watching the Kansas City Chiefs. The opportunity to walk into their locker room and see all those heroes and Hall of Famers was a tremendous opportunity and experience,” he says. “Although I was a coach for 17 years, I also taught, and I enjoyed teaching because it is a fundamental process of coaching.”

He continues to remain active and carve out time each day to hit the gym. “Sometimes I am even on the treadmill by 6 a.m. Staying fit has always been important to me. It is one of the most important things that I can do for myself every day, even if I do lose a little sleep,” says Gray.

He currently works at Milestone Educational Services, a subsidiary of

Global Teachers Research & Resources, Inc. He and his wife live in Fayetteville. Gray has served on the Fulton County Workforce Development Board, Men in Action and Fi High mentoring programs.

“The Men in Action program is designed to identify young men in middle and high school who are athletes and struggling academically or behaviorally. The ultimate goal is to be their mentor and help them succeed and graduate,” he explains. “My experience over the years with the Clayton State Board of Trustees has been working with an extremely committed group of individuals. I have had the chance work with many of the presidents and all have been committed to the board, its mission, and the university’s mission. It has been a great pleasure to be a part of this board.”



John Zubal

John Zubal cares

By John Shiffert

staff profile

His job title reads, “head athletic trainer of the Clayton State Athletic Department.” His job description, should you inquire as to what the head athletic trainer does, is something like, “the care, prevention, treatment, rehabilitation, documentation and follow-up of athletic injuries as they occur during practices and games.” In technical terms, “focus is placed on the prevention, evaluation and recognition of athletic injuries, providing first aid and emergency care when needed, and coordinating the rehabilitation programs for all athletic injuries.”

All true... but there is far more than that to the Clayton State Athletic Department stalwart that is John Zubal.

You don’t earn the 2002 Alice Smith Staff Award for just treating athletes’ injuries. You’re not recognized at the 56th Annual National Athletic Trainers’ Association (NATA) meeting (in 2005) as one of 32 recipients of the Athletic Trainer Service Awards (out of 35,000 certified athletic trainers across the country) for just doing your job. And you and your staff are not honored by the Peach Belt Conference (in 2007) as the PBC “Athletic Training Staff of the Year” for taping ankles and giving out hot packs.

There is far more to John Zubal and his contributions to the health and fitness of Clayton State athletes (be they intercollegiate athletes or over-the-hill athletes, or even children), than

dealing with injuries. As anyone who has spent any time in the training room at Clayton State knows, John Zubal cares. Maybe it’s not obvious at first behind his wise-cracking façade, but anyone, anyone, who comes to this athletic trainer (and he’ll gladly treat faculty and staff members who need his help as well... even though that may not be in his job description) with a potentially-serious problem learns very quickly... John Zubal cares.

The holder of a bachelor’s degree from the University of Pittsburgh and a master’s degree from the University of Utah, Zubal started at Clayton State as a part-time athletic trainer in June 1991. In June 1996, as the athletic program grew in conjunction with moving from the NAIA to NCAA Division II, he became the University’s full-time athletic trainer. He’s seen every Clayton State coach, interacted with every Clayton State athlete (he also provides a link between the school’s athletic program and the medical community and is the facilitator for the drug education program), has been a part of the start-up of every sport, since the first big expansion in 1995.

“They’re all my favorite teams. I love all the student athletes,” he says in response to a question on his favorites over almost 20 years of Clayton State athletics. In fact, his caring is far from limited to current student athletes. It is not at all uncommon to see a for-

mer Laker, from just about any sport, come by to pay his or her respects to the trainer. Similarly, student athletes who have expended their eligibility, but who still need treatment, are always welcome.

“They deserve the same care as our current student athletes,” says Zubal.

When asked about the most important aspect of his job, Zubal doesn’t hesitate in his answer. It’s not getting an All-Peach Belt or All-American athlete back in action (although he’s done that), it’s respect. Respect for Clayton State athletes, and respect for Clayton State.

“I respect them as people. I respect them as adults,” says the 47-year old Pittsburgh native of the athletes from all 12 varsity intercollegiate sports. “In doing so, I’m also respecting the Clayton State name.

“And I’m respecting them and their families. Parents put these young adults in our hands. I owe them a measure of connection to their children, and Clayton State relies on me to give these kids honest advice and direction.”

John Zubal cares. His office is lined with mementos of various types that remind him of various accomplishments of various Clayton State athletes and teams. They remind him that, “somewhere along the line, I hope I contributed.”

And indeed he has.



Christina Fox



Jeffrey Gilbert

Christina Fox And Jeffrey Gilbert

Athletic trainers In training

By Ciji Fox

student profile

Christina Fox, a master's student in Clayton State University's Health Care Administration program, originally graduated from Valdosta State University with bachelor's degree in sports medicine/athletic training. Now she's a valued and versatile assistant athletic trainer at Clayton State.

"An athletic trainer is there to evaluate different injuries that the athletes may incur," Fox says. "We are also trained to learn first aid and CPR/AED use. It is our duty to help improve the health conditions of the athletes including doing different rehabilitation exercises and using machinery such as ultrasound, electrical stimulation, cold compression units and whirlpools.

"We get to enjoy the game while also monitoring the athletes for injuries. We are taught different ways to prevent injuries, such as learning different tape jobs depending on what part of the body and what its purpose is. If the athletes need any counseling or somebody to talk to, athletic trainers are there to help them."

Fox has been able to gain hands on experience as well as build a network with professionals in her field.

"I have had experience with working at two different colleges, a high school, and with elementary aged kids. I had to learn how to adapt to working with each setting. With the two colleges, the coaches expected different things," she says. "I worked with Low-

des High School in Valdosta. It was very different working with the high school students, because I was close in age with them and sometimes they looked at you as a peer of theirs.

"I've been able to develop different networks with a variety of physicians and physical therapists. Every time a person is injured, it is a different case. I have also had the privilege of being able to observe surgeries in the operating room, which was very neat."

Fox is enthusiastic about the future and appreciates the challenges she has had along the way.

"As much as working at the different settings has been a challenge, it has been most rewarding," she says. "I enjoyed working with the elementary kids, as well as high school, and the college students. As you work with them you become close to them. I still like to check and see how they are doing. I have enjoyed getting to know the coaches. There are always laughs at every place I have been."

Jeffrey Gilbert, a Clayton State master's in Health Administration student, also works as an assistant athletic trainer with head trainer John Zubal. It's a job that includes: first aid, creating rehab protocols, assisting athletes in performing rehab exercises, educating on heat safety, performing modalities and being a first responder during emergency situations.

"My experience has been one of

learning and enjoyment," Gilbert says. "Coming to Clayton State as a new graduate, they allowed me to improve and build confidence in my skill set. Clayton State has allowed me the platform to become a quality athletic trainer. I was quickly adopted into the athletics family here and have enjoyed being able to contribute to the great sports teams that the University has to offer. Lastly, my creativity has been nurtured and improved throughout my experience."

He admits that there have been challenges.

"Getting certain people to completely trust the decisions I made regarding an athlete's health was a challenge initially upon my arrival," he says. "Also, working the long hours that athletic training requires makes for a number of tiresome study and paper writing nights."

Despite a few challenges, Gilbert's experience has been rewarding.

"Two things have been most rewarding to me while working at Clayton State. The first is kind of selfish, but it is rewarding to know that the body of work I have produced speaks for the kind of athletic trainer I am versus my appearance," Gilbert explains. "Secondly, the most rewarding thing is getting an athlete back to a highly competitive level. It can be very moving to see an athlete go from barely walking to participating in their sport."



Wendell Turner, M.D. From 16 year-old college Student to medical pioneer

By Gid Rowell

alumni profile

The Clayton State Alumni Association can thank the joint enrollment program... without it, the University wouldn't have one of its most successful and outstanding graduates.

The year was 1974 and 16-year-old Wendell Turner, a senior at North Clayton High School, was approached by his academic counselor about a new program, where high school seniors could bypass their senior year by enrolling in college and have the credits applied to both high school graduation requirements and for college credit.

Turner applied to the then-Clayton Junior College through the joint enrollment program, was accepted, and the rest is history.

Thirty-three years later Dr. Wendell A. Turner is recognized as one of the top OB/GYN physicians in the country, and his educational journey began at Clayton Junior College, where he received his associate degree in 1976.

"Clayton Junior was strictly a commuter campus at that time, very few academic buildings, but lots of beautiful woods and lakes," says Turner, who was a recipient of an Outstanding and Distinguished Alumni award in 2009. "The student body was very diverse in age. I was 16 and had some friends in their 40s."

Turner, in collaboration with Dr. William Greene, made medical history in 2007 by being the first surgeons in the country to perform an Essure Tubal

Occlusion Reversal. The Essure procedure is a type of Tubal Ligation for women who want a permanent type of birth control. The Essure procedure had been reported to be non-reversible, however on Nov. 5, 2007, Turner and Greene became the first to perform an Essure Reversal. This advance in reproductive surgery allows women to conceive naturally after having the Essure procedure.

After graduating from Clayton State, Turner continued his studies, receiving a Bachelor of Science in Chemistry in 1978 from Georgia Tech. He earned his Doctor of Medicine from the Medical College of Georgia and completed his residency at the Medical College of Georgia from 1982 to 1986. Turner has practiced medicine in Gainesville, Ga., since 1986 and is the founder of Gainesville Gynecology.

Turner has many fond memories of his Clayton Junior College days, including some of his professors.

"I had many memorable professors. I remember Dr. (Robert) Welborn and his sense of humor. He would always tell the same joke over and over in class. Dr. Tom Barnett was my English Lit professor. He told us of a time when he was scantily clad in the great outdoors (in a secluded place), and recited a Robert Blake poem at the top of his lungs to the animals. Dr. Joseph Cicero was my math and calculus professor. He was brilliant man with a

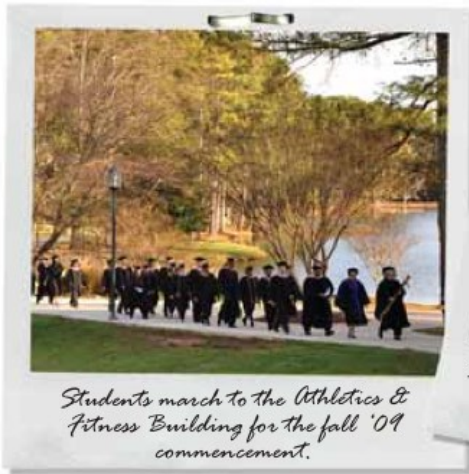
great gift of communication and a love of people. Brooke Pridmore was my physics professor, and he absolutely loved his new Volvo and often used it to explain the laws of acceleration."

Along with his professors having a positive impact, Turner also remembers what it was like being a student on the campus at the time.

"I remember the trivia contests emceed by Student Life Director Rob Taylor, and the egg salad sandwiches in the cafeteria, because that's all I could afford," jokes Turner. "I also remember the free movies in the Student Center because that's all I could afford too. One Friday night, I went to a late movie and left my car parked on campus and the college police had it impounded because they thought it was a clunker."

"I placed second in the SGA President elections one year, but there were only two candidates. I performed in CJC Theater productions, and that was a blast. I won one of the Auto Rallies that the College held, but the trophy was mistakenly engraved 'First Place CJC Pally.' I still have it to this day."

He and his wife, Beverly Hancock Turner, have been married for 30 years and have three grown children. His hobbies include golf, composing music, fitness training and the "perpetual remodeling of my house."



Students march to the Athletics & Fitness Building for the fall '09 commencement.



Spring 2009: Dr. Harden addresses the crowd during his last commencement as Clayton State president.



Congratulations graduates!

Clayton State alumni, brag a little...

Clayton State Class Notes is the perfect place to share personal and professional news with friends and classmates. Please send us information about special milestones in your life including births, marriages, careers, family events, etc. Send your news or updates along with a photo to:

Clayton State Alumni Relations
2000 Clayton State Boulevard
Morrow, GA 30260

Or email Clayton State's Director of Alumni Relations Gid Rowell at gidrowell@clayton.edu. We look forward to hearing from you!

1973

CHARLIE HEARN
(A.A. Business Administration '73)

A commercial roofing consultant, Hearn was re-elected to the Hampton City Council last fall.

1977

CHERYL GERMANY
(A.A. English '77)

Germany is the Office Manager in Georgia Lt. Governor Casey Cagle's Office. She was a Legislative Secretary with the State Senate for 10 years before joining the Lt. Governor's office. During that time she served in several capacities, working for Senator Renee Unterman and recently in the office of Senator Mitch Seabaugh.

1978

ELIZBETH "ANNE" GREER
(A.A. Business Administration '78)

Greer, of Tucker, Ga., is the Executive Assistant at The Shoptaw Group, a real estate investment company in Atlanta.

1982

JOHN H. REYNOLDS
(A.A. Teacher Education '82)

Reynolds, of Maryville, Tn., is a Certified Prosthetist-Orthotist and operates two patient care facilities, Reynolds Prosthetics & Orthotics, in Maryville and Oakridge, Tn. He has previously served on the American Board



for Certification in Orthotics, Prosthetics and Pedorthics, Inc. (ABC), and as ABC President in 2001. He serves on the American Orthotic and Prosthetic Association (AOPA) Board of Directors.

1985

DEBBIE BRITT
(A.A. English '85)

Britt, of McDonough, Ga., who has been attorney since 1990 with her law degree from Emory University, recently opened Deborah L. Britt, Attorney at Law in Jonesboro, Ga.

Class Notes



She re-located to Georgia after living in Colorado for several years.

MATT A. MURPHY
(A.A. Business Administration '85)
Murphy, of Atlanta, has been mar-

ried for 20 years to the former Tonya Davis, and they have one daughter. He is a graduate of Candler School of Theology-Emory University and is an ordained elder in the United Methodist Church. He has served churches in North Georgia as Senior Pastor for the past 20 years. Murphy is the current pastor of Grace United Methodist Church in Covington, Ga., and he is the chair the Housing and Homeless Council for The North Georgia Conference United Methodist Church.

1992

BELINDA DALLAS
(B.S. Nursing '92)
Dallas, of Decatur, Ga., works for

the Soapstone Center for Clinical Research. She is a certified Women's Health Nurse Practitioner and Certified Holistic Nurse.

1996

TRESSIE L. COLEHOUR
(B.B.A. Accounting '96)
Colehour, of Sharpsburg, Ga., is a CPA and is the Financial and Accounting Software Consultant at Century Solutions in Atlanta, an IT management company.

JOSH KAMMERER
(B.B.A. Business Administration '96)
Kammerer, was selected as General Ray Davis Middle School's 2009-10 Teacher of the Year. Josh is in his third year of teaching Spe-

Alumni to celebrate 40th anniversary at the Fox Theatre

The Clayton State Alumni Association "Welcomed Home" 130 alumni and friends for its 17th Annual Alumni Dinner on Saturday, Apr. 18, 2009 in the University's Student Activities Center Ballroom. And this year's event will be even better... an evening at the Fox Theatre.

"We are thrilled about the plans for our Annual Alumni Dinner this year," says Alumni Association President Jamey Hicks. "In celebration of our 40th Anniversary, our Board of Directors wanted to make this year's Dinner a special occasion, and by having it at the Fox Theatre, I don't think we could have chosen a better venue.

"We are excited about having the opportunity to celebrate the achievements of our alumni at the Fabulous Fox. This has always been a special

time for our friends and University family to get together and reacquaint themselves to each other and to the exciting growth and development of Clayton State."

"Having our dinner at Fox Theatre has generated a lot of excitement, and I expect a record number of attendees this year," says Gid Rowell, director of Alumni Relations, of the Thursday, Apr. 29, 2010 event, which will also include a benefit auction.

The highlight of every Alumni Dinner is the naming of the Outstanding and Distinguished Alumni Award winners, where an alumnus is honored from all five of the University's respective Colleges and Schools, including an Overall Alumnus of the Year. The 2009 Overall Alumnus of the Year was Hugh "Tim" Crawford, a 1984 graduate with

a degree in Business Administration.

Crawford is a native of the south side of Atlanta and currently resides in Douglasville, Ga. For the past six years, Crawford has been the president and co-owner of Heritage Cadillac Saab in Morrow, the 2007 Clayton County Business of the Year. After graduating from Clayton State, he attended Georgia State University where he earned his bachelor's degree in Accounting. He and his wife Sabrina have four children and two of their daughters are enrolled at Clayton State.

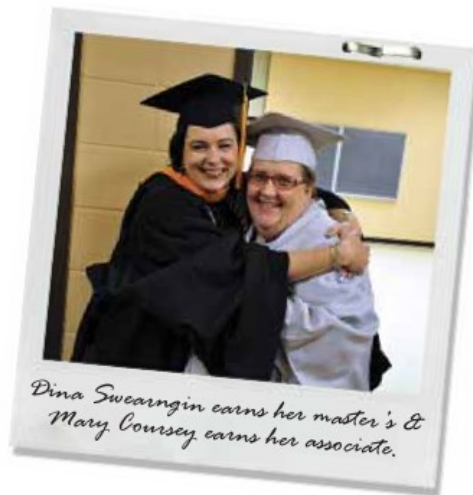
Along with Crawford, other honorees were: Dr. Wendell A. Turner, Distinguished College of Arts & Sciences Alumnus; Sheila L. Rambeck, Distinguished College of Professional Studies Alumnus; Robin M. Stanton, Distinguished School of Nursing Alum-

cial Needs Education, as well as being the Assistant Coach for the Boys' basketball team. Kammerer is a former standout on the Clayton State men's basketball team and is married to former Laker player Kim (Hamilton) Kammerer.

1998

SONYA (HORTON) BEAM
(B.B.A. Marketing '98)

Beam, of The POP Shop, recently received the Master Advertising Specialist designation. This is the highest certification in the promotional product industry achieved through education credits, 10+ years experience, industry service and two exams by Promotional Products Association International.



Dina Swearingin earns her master's & Mary Coursey earns her associate.

GERALD (JERRY) BRENNER
(B.B.A. Integrative Studies '02)

Brenner, of Villa Rica, Ga., is the Purchasing/Sourcing Agent for Fulton Paper Company in Austell, Ga.

2000

DEANA (DEAN) BOHANNON
(B.A. Middle Grades Education '00)

Bohannon, of Plainville, Ga., is the Northwest Regional Coordinator for Parent to Parent of Georgia. She taught at Coosa Middle School before becoming a stay at home mom to care for her son, who has cerebral palsy. She is also a substitute teacher and PTA President. She and her husband, Travis, have two boys, Trey, 18, and Jakob, 7.

PERRY SLAUGHTER
(B.A.S. Technology Management '00)

Slaughter, of Forysth, Ga., is president and CEO of Run Fit Sports, Inc. He and his wife, Kristy, have

nus; and Jeremy C. Brooks, Distinguished College of Information & Mathematical Sciences Alumnus.

"What a wonderful evening and in-

credible list of award winners," said Rowell following the 2009 dinner. "Their accomplishments are an exceptional reflection of Clayton State University. Our Alumni Dinner has evolved into a really special occasion and the 'signature event' of our Association."

In addition, the 2009 Dinner featured the Alumni Association making special presentations to both Dr. Thomas K. Harden and Dr. Benita H. Moore.

Harden, the University's outgoing president, was honored for his support of the Alumni Association. In recognition of his establishment and participation in the Association's Annual Pancake Breakfast during Homecoming, the organization presented him with the "Perfect Pancake Award." In each of the last nine years, Harden and

School of Business Professor Dr. Michael H. Deis have flipped pancakes at the breakfast for guests, conducting a contest to determine who can make the perfect pancake.

For Moore, who retired from the University at the end of the spring 2009 semester, the Association established the Dr. Benita H. Moore Scholarship in her honor. A 1974 graduate of Clayton State, Moore has been a huge supporter of the Alumni Association during her 25 years at Clayton State. She was a charter member of the Association's Board of Directors in 1991 and also served as the Interim Director of Alumni Relations at one time.

For more on the 2010 Dinner, contact Rowell by phone at (678) 466-4477, or email gidrowell@clayton.edu.



*Alumni Dinner 2009
Student Activities Center*

Class Notes

two children, Kevin, 19, and Kirsti, 16. Slaughter, who worked at Delta for 14 years, has two Run Fit Sports stores, one in Macon and one in Warner Robins, Ga.

2001

JENNIFER BOWEN

(B.B.A. Management '01)

Bowen, of Fayetteville, Ga., has accepted a new position at the *Atlanta Journal-Constitution*. She is moving back to the Digital Sales group at the paper. She is responsible for servicing all local business south of I-20.

DIADRA G. DORSEY

(B.S. Health Care Management '01)

Dorsey, of Fayetteville, Ga., was selected as one of 150 choir members to sing in the Atlanta Symphony Orchestra's 2009 "Gospel Christmas" at the Woodruff Arts Center. The ASO Gospel choir is comprised of members that are hand-picked from leading church choirs throughout metro Atlanta. Dorsey is a coordinator with the Consortium on Negotiation and Conflict Resolution at Georgia State University.



2002

KAMEELAH HAYNES

(B.I.T. Network Plan, Design & Management '02)



Haynes, of Ellenwood, Ga., started a new career in education as a Technology Instructor for the Atlanta Public Schools. She received her master's degree in Education and is enjoying the transition from

corporate America to education. Haynes is looking forward to her upcoming marriage to Larry Chase.

KEVIN O. FOGLE

(A.A. Integrative Studies '02)

Fogle, of Atlanta, is a paralegal at Epstein, Becker & Green Law firm in Atlanta.

2003

JOSHUA D. STOCKDALE

(A.A.S. Computer Networking Technology '03)



Stockdale is a graphic designer and Internet specialist with the Hotel Asset Group in Atlanta. He coordinates a variety of branding and technology tasks for the company. In addition to his

Clayton State degree, he also holds a visual communications degree from American Intercontinental University.

2004

TARIQ BIN HENDI

(B.B.A. Management '04)

After more than four years at Dubai Group with stints in Dubai, New York, and London, as well as obtaining an MBA, Tariqu has decided to take on a new career challenge. He has moved back to Dubai and is excited to be working for Mubadala in Abu Dhabi.

MATT B. GIDDENS

(B.I.T. Network Plan, Design & Management '04)

Giddens, of Atlanta, is a Tier III technician at Century Solutions in Atlanta, an IT management company. He graduated cum laude from Clayton State.

JEFFREY MULLEN

(B.B.A. Business Administration '04)

Mullen, of Atlanta, is the Operation Manager at Atlanta Thrift Books. He received his MBA in Finance from Strayer University in 2008. Mullen married in December and he and his wife are expecting their first child.

ALLYSON (RUTLEDGE) PEEPLES

(B.S. Nursing '04)

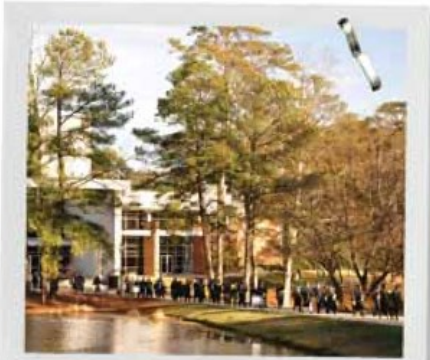
Peebles, of Atlanta, graduated from Kennesaw State University in December with a master's in Nursing to work as a Family Nurse Practitioner. Peebles is a former standout on the Laker basketball team and is married to former Clayton State golfer David Peebles.

2005

KATIE FAGAN

(B.A.S. Administrative Management '05)

Fagan joined Smith, Welch & Brittain, LLP in 2008. After graduating from Clayton State, she graduated



Marching from the Baker University Center became a tradition in spring '09.



cum laude from the Mercer University, Walter F. George School of Law in 2008. She received the CALI Award for Academic Excellence in Legal Writing and in Wills and Intestate Succession. She also earned a Legal Writing Certificate. She is a member of the Georgia Bar Association, the Henry County Bar Association, the Georgia Association of Women Lawyers and coaches for the Eagle's Landing High School Mock Trial team. She and her husband, Ian, live in McDonough, Ga.

PAIGE PERRY

(B.S. Healthcare Management '05)

Perry was recently promoted to a Title 2 Claims Representative with the Social Security Administration in Gainesville, Ga. She recently purchased her first home in Flowery Branch and is currently pursuing a master's degree in Healthcare Administration from Capella University. She was a charter member of Clayton State's Sigma Sigma Chapter of Alpha Kappa Alpha Sorority, Inc., at Clayton State.

STACEY Y. RIVERS

(B.A.S. Technology Management '05)

Rivers, and her husband Nathan, had their first child, Nathan, in No-



ember. Rivers, of McDonough, Ga., is Director of Broadcast Production for Turner Broadcasting in Atlanta. She is treasurer for the Clayton State Alumni Association Board of Directors.

2006

ETHEL LANE

(B.B.A. Accounting '06 & MBA '09)

Lane, of Jonesboro, Ga., was licensed as a Minister at Divine Faith Ministries International in 2009. Her son, Larry Lane aka "Lyric" had an album release party in Boston, in the fall of 2009. The album is called ...ever since. She is currently on missions in Dakar, Senegal



West Africa. Lane is President and owner of Loriel Accounting Consultants, Inc. in Atlanta, and the daughter-in-law of former Prime Minister of Guinea West Africa, Diarra Traore.

NATHANIEL M. SMITH

(B.A. History '06)

Smith, of Stockbridge, Ga., graduated from Washington and Lee University's School of Law in May and sat for the Georgia Bar Exam in July and passed. He opened a law office in McDonough, Ga. He is a member of the Christian Legal Society and ChristianLawyers.com.



KANDIS A. WEBB

(B.A. Communication & Media Studies '06)

Webb, of Alpharetta, Ga., is an Online Specialist/Account Manager for CareerBuilder.com in Norcross, Ga.

ELIZABETH WELLINGTON

(B.B.A. Management '06 & MBA '09)

After completing her MBA at Clayton State in May 2009, Wellington relocated to Rock Island, Ill., to begin her career as a contract specialist with the Department of the Army.



2007

GINA MARIE (FINOCCHIARO) CABB

(B.A. Communication & Media Studies '07)

Cabb, of Flowery Branch, Ga., works for Delta Dental Insurance Company in Alpharetta, Ga., as a quality assurance coordinator. She married Luis Miguel Cabb in May 2009. The couple welcomed their first child, Sophia (6 lbs. 11 oz., 19



3/4 in.), in November.

KIMBERLY GRAY

(B.A. Communication & Media Studies '07)

Gray, of Social Circle, Ga., opened an ice cream business, Scoops, and will celebrate its two year anniversary on Valentine's Day in February of 2010.



Interim President Dr. Tim Hynes addresses the audience during the fall '09 commencement.

Class Notes

Hey, that's me!

Two Clayton State alums found their photograph in the commemorative 40th anniversary issue of *The Laker Connection*. Daniel Taylor (on left in new photo, sitting cross legged in old photo) and Barbara (Dyer) Reeves (on right in new photo, with star on her shirt in old photo) gather at the Bent Tree cast with Reeves' nephew, current student and *Bent Tree* newspaper staffer Michael Ratti. Taylor and Reeves served on the *Bent Tree* newspaper staff when they were students.



AKSHAYA GUPTA
(B.S. Integrative Studies '07)

Gupta, of Morrow, Ga., has launched two companies, Jujub India Private Limited and Vinayak Web Solutions Private Limited, and both are web-based. Jujub India Private Limited operates several units of website businesses with the foremost site being jujubdomains.com. Vinayak Web Solutions, will provide its business clients featured-rich web design, logos, banners and technology-related products. The web-based graphic business is under the site name vinayakmarketing.com.



ANDRE RALL
(B. A. Integrative Studies '07)

After graduating in 2009 from Ohio University with a Master of Communication Technology & Policy degree, Rall currently works for an IT security company in Boston. He works for Rapid7 and is a Security Solutions Advisor. Rall is a former team captain and nationally recognized soccer player at Clayton State. He was also a member of the Honors program.

SHAMECQUA ROSS
(B.A. Integrative Studies '07)



Ross, of Riverdale, Ga., is in her second year of teaching at Forest Park Middle School. She was engaged last March and will marry her love on Feb. 14, 2010. She is expecting her first child on July 14.

MEREDYTH THOMAS
(B.B.A. Accounting '07)

Thomas, of Lawrenceville, Ga., is a staff accountant at Piedmont Hospital in Atlanta. She is pursuing an MBA at Kennesaw State University.

2008

DEBBIE BALL
(B.S. Health Care Management '08)

Ball is enrolled in a Healthcare Administration master's degree program at Texas Woman's University, Institute of Health Sciences-Houston Center. She has enlisted in the Navy in order to fulfill the requirements for the Navy Health Services Collegiate Program. The program allows her to attend school full-time, focusing on studies and staying physical fit. After obtaining her healthcare administration master's degree, she will report to Rhode Island for Officer Development School (ODS) for five weeks. After she graduates from ODS, she will be commissioned in as an officer of the Navy.

JULIE KORNDER
(B.B.A. Management '08)

Kornder is a sophomore at the UGA College of Veterinary Medicine, working on her DVM degree. Over the summer, she worked at Banfield, The Pet Hospital in Morrow, Ga. She is a Hill certified small animal nutritional advocate.

JULIE (KONIECZY) LINDEMAN
(B.B.A. Management '08)

Lindeman, of McDonough, Ga., was married in December of 2008. She works at the Chick-fil-A corporate office, working specifically with Dwarf Houses and Truett Grills.

SHARI J. MCGAHEE
(B.S. Health Care Management '08)

After graduating from Clayton State, McGahee went on to take continuing education classes at Clayton State for Event Planning. She loved it so much that she started her own business, "Shari Events." It is a full scale event plan-

ning service that provides catering, décor and more. She can be reached at www.sharievents.com, or info@sharievents.com. McGahee can also be found on Facebook, Twitter and LinkedIn.

2009

SIBONGILE B. LYNCH
(B.A. English '09)



Lynch, of Jonesboro, Ga., is pursuing a Master of Arts in Literary Studies at Georgia State University. She is the fiction editor for *Aunt Chloe: A Journal of Art-*

ful Candor, and the Communications Chair for the Graduate English Association.

JESSICA L. CLAY
(B.S. Health Care Management '09)



Clay, of Fayetteville, Ga., was recently accepted into the Master of Arts in Health Studies at the University of Alabama.

Alumni Giving

Clayton State University and the Alumni Association are on a "Quest to be the Best!" Our quest is to become recognized as one of the nation's "Best Colleges" in the *U.S. News & World Report* annual rankings, and to achieve this goal, we need your assistance.

In order to move up the rankings and be one of the "Best," we need to improve our Alumni giving percentages or participation rates, and as a graduate, you can help our climb to the top. What is participation rate? It is the percentage of alumni who provide financial contributions to the University during the year. This is NOT a measure of the amount of the gift, but rather the NUMBER of graduates who give.

U.S. News & World Report uses alumni giving percentages as the ONLY indicator of alumni satisfaction when it publishes its annual ranking of colleges and universities. We know you love Clayton State, and through alumni-giving, the national rankings

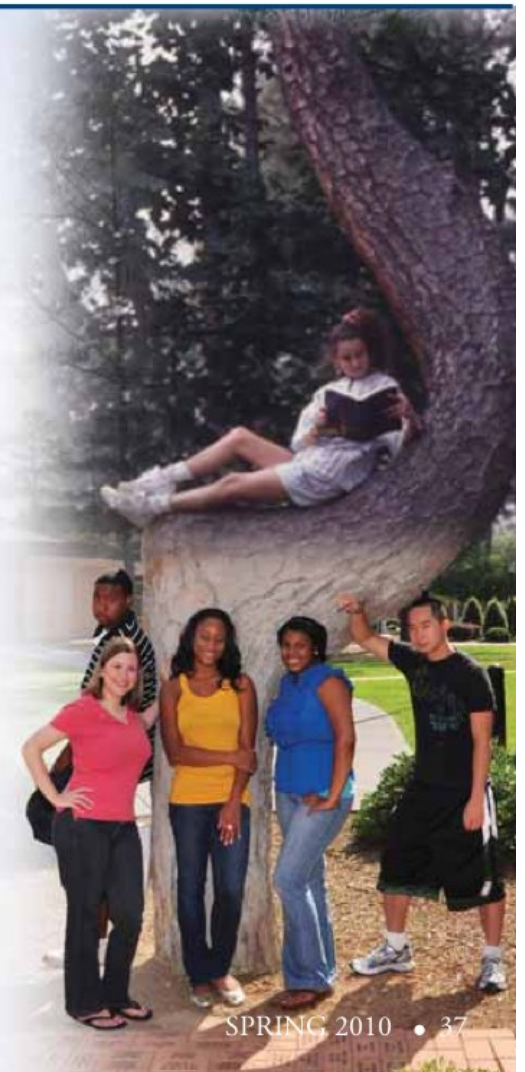
prove that our alumni value a Clayton State education. As our ranking increases, the value of your degree increases as well.

As a Clayton State graduate, we hope you join our "Quest to be Best!"

Thank you for your consideration and also please remember that it is not the size of the gift, rather the percentage of alumni giving. No gift is too small, and every gift counts. From a \$1 gift to a \$1000 gift, they are calculated the same for our rankings.

No matter what reason you choose to give to Clayton State, your gift shows your commitment to the University, your connection to your classmates, and your dedication to today's and tomorrow's students. Gifts may be designated to the area of your choice.

For more information on our "Quest to be Best," please feel free to contact Gid Rowell, director of Alumni Relations at gidrowell@clayton.edu or (678) 466-4477.



 **CLAYTON STATE
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