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Dr. Wentzell Honored For Exceptional Service and Leadership

Dr. Spurgeon (Spud) Wentzell, Professor of Health and Physical Education, is the **2005 recipient of the Elmer B. Cottrell Award** sponsored by the *Pennsylvania State Association for Health, Physical Education, Recreation and Dance (PSAHPERD)*.

The Elmer B. Cottrell Award is the highest award bestowed upon a member of the PSAHPERD recognizing **exceptional service and leadership to the Association and to the profession**. Among the criteria for selection are professional contributions as teacher, presenter, community volunteer, coach, leader at the state, district and national levels, advocate for HPERD, and recipient of prior honors.



Dr. Wentzell has served as President of PSAHPERD, Chair of Applied Strategic Planning and PA Chapter 5 Implementation Committees, as well as serving on Outstanding Programs, Resolutions, Professional Prep, and Vision Quest Planning Committees. In addition, he has served on national committees and traveled internationally promoting sport and physical education.

Dr. Erik Lindquist to be Featured in BBC Documentary

In late December 2005, Messiah College ecologist **Dr. Erik Lindquist**, Assistant Professor of Biology and Environmental Sciences, will be in Panama with the **British Broadcasting Corporation (BBC)** to film his behavioral and ecological research on the Panamanian Golden Frog.



In conjunction with Dr. Roberto Ibáñez, a research colleague from the Smithsonian Tropical Research Institute, the BBC will be gathering film footage for a natural history documentary entitled **"Life in Cold Blood."** Drs. Lindquist and Ibáñez will be in the tropical rain forests of central Panama assisting the film crew in eliciting visual signaling behaviors, ritualized aggression, and courtship in this endangered species. The film documentary, scheduled to be aired in January 2008, features narrator **Sir David Attenborough**, a BBC filmmaker with over 50 years of distinguished broadcast productions.

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Health and Human Performance Students Present Research at Regional Conference

The 28th Annual Meeting of the Mid-Atlantic Regional Chapter of the **American College of Sports Medicine** was held this past November 11th & 12th at the Wyndham Harrisburg-Hershey Hotel in Harrisburg. Even among 512 academicians, clinicians, and other professionals in attendance, Messiah College students and faculty were highly visible with a total of **five student research presentations – the most of any single undergraduate program**. Each project represented the collaborative efforts of teams of students and faculty from the Department of Health and Human Resources. Project titles, student presenters (*) and contributing authors are listed below. Full abstracts will soon be posted at http://www.messiah.edu/schools/health_nat_sci/.

- **Flexibility and Power.** Elizabeth Cook*, Wendy Cheesman and Scott Kieffer.
- **The Validity and Reliability of the Pacer Fitness Test for College Soccer and Field Hockey Players.** Shelly Delp*, Kelly Thomas, Jill Conway, Douglas Miller and Scott Kieffer.
- **The Effects of an Acute Bout of Static Stretching on Power Output in Trained Females.** Gary Everett*, Megan Thomas, Katie Hall, and Scott Kieffer.
- **The Effects of the *You Can!* Program on Functional Abilities and Self-Efficacy for Older Adults.** Elizabeth Mattson*, Abbie Prescott, Naomi Hepkins, and Scott Kieffer.
- **An Investigation of Energy Expenditure during Isometric Video Game Play using the Kilowatt Isometric Game Controller.** Abbie Prescott*, Elizabeth Mattson, Douglas Miller, Scott Kieffer, and D.G. Drury⁺, (*Gettysburg College).

Each student presenter did an excellent job and could easily have been mistaken for graduate students! Special thanks to professors Wendy Cheesman, Scott Kieffer, and Doug Miller for their hard work as faculty mentors.

Cool Chemistry!

On October 18th, students and faculty from the **Department of Chemistry and Biochemistry** presented a **"Cool Chemistry"** show in **celebration of National Chemistry Week**, October 16 – 22. The audience included students, faculty and staff from Messiah College, as well as high school students, elementary school children and parents. Demonstrations included the Briggs Rauscher reaction, "elephant toothpaste," "a genie in the bottle," and of course, some fireworks and explosions. All of the science involved was shown on the screen with chemical equations and explained by each demonstrator. The "cool chemists" were students: **Jeremy Balsbaugh, Cherice Bunce, Rosie Feister, Claire Fleeger, Adam Graichen, Amy Inglis, Sherri Kulis, and Derrick Vidal** and faculty: **Drs. Rick Schaeffer and Roseann K. Sachs**.



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National Leader Headlines Event Honoring Dr. Mary Ann Mihok

November 3 was a busy day for the **Department of Nutrition and Dietetics**. First, SOHNS, the Department of Nutrition and Dietetics, and the Career Center for Vocation and Development sponsored a *Careers in Nutrition Luncheon*. Alumni representing several areas of nutrition and dietetics practice joined interested

students for a meal in the Boyer Atrium and discussion about Christian vocation and careers in nutrition and dietetics. Following the lunch **Penny Kris-Etherton, PhD, RD, LDN**, Distinguished Professor in the Department of Nutrition Sciences at Penn State University presented a



L to R: Drs. Kay Witt, Mary Ann Mihok, Penny Kris-Etherton and Amy Binkoski

lecture entitled "**The 2005 Dietary Guidelines: A Framework for Reducing Chronic Disease Risk**". As a member of the national advisory committee which helped to develop the guidelines, Dr. Kris-Etherton was able to give us an insider's perspective on the new guidelines and their development.

The events of the day were planned to **honor the contributions of Dr. Mary Ann Mihok, Associate Professor Emeritus**, to Messiah College and the Nutrition and Dietetics Program in particular.

Dr. Foster Presents "Green" Paper on Christian Environmental Stewardship

Dr. David Foster gave an invited talk entitled "**Green Religion vs. Greening of Religions: a Case Study of Christian Environmental Stewardship**" as part of a seven-member panel on religion and forestry at the **Society of American Foresters Convention** in Fort Worth, Texas, October 22, 2005. Dr. Foster presented the development of Christian Environmental Stewardship as a search to identify environmentally friendly, or "**green**", **elements** within traditional Christianity; in comparison to initiatives seeking to develop new religions centered around the worship of the environment, so-called "**green religions**".



He focused on environmental aspects of Christianity; the motivation for their rediscovery; and how understanding Christian environmental stewardship can contribute to a resolution of the environmentalist-forester debate/war. The discussion was lively. Dr. Foster is giving an invited follow-up to this presentation as the dinner address at "**Growing Trees and Stemming Risks**" a conference on using **genetically modified organisms in forestry practice**, March 20-21, Vancouver, British Columbia.

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Fall Honors and Awards Convocation

The School of Health and Natural Sciences was well represented among the honorees at the November 29th Honors and Awards Convocation.

The **2004-2005 Merit Award** for the Class of '07 was awarded to junior Biology major **Elizabeth Chmielewski**. The Merit Award recognizes the outstanding student in each class who models Messiah College's mission based on strength of academic record, maturity of Christian faith and character and contributions to service, leadership and reconciliation. Liz has a 4.0 GPA in the College Honors Program and is a Scholar Intern with Dr. Ted Davis. She is also a Life Group Leader and serves on the Women's Retreat Committee. Her other activities include: Emerging Leaders Program; Peer Group Leader; the Catholic Worker House Urban Gardening Project, Diplomat for Biological Sciences and Honors Scholarship Days. And the list goes on!



Senior Biochemistry major, **Eunice Aryee**, received one of two **Barnabus Servant Leadership Awards** presented each year to students who demonstrate a unique integration of faith, community service, academic work and vocation. Eunice has served: as a worship leader, discipleship leader and prayer person in the "Seek His Face Bible Study" program; Vice President for International Student & Missionary Kids; and, is an active Member of Dokimoi Ergatai. Eunice and her charity of choice both received a monetary award. Her charity of choice is Youth for Christ International Ministries – specifically – Ghana Youth for Christ.

Seniors **Merrylee Grosso** (Nursing), **Kelly I. Jones** (Nutrition and Dietetics), **Jane Lanphear** (Health and Physical Education), **Brian Richards** (Biology), and **Ashleigh Smith** (Nursing) were recognized for their selection last spring as **Boyer Scholars**. The Boyer Scholar distinction is one of the highest forms of recognition that Messiah College awards its students. The Boyer Scholars are a group of outstanding seniors at Messiah College, selected based on their academic achievements, leadership, and service. The Boyer Center provides programs and resources for the Scholars throughout the year.

First year Nutrition and Dietetics major, **Kacie Klynstra**, earned acclaim as the **Most Valuable Player** of the Women's Soccer NCAA Tournament and played a major role in leading the Lady Falcons to their first NCAA National Championship over Thanksgiving recess.



Dale Fogelsanger, Adjunct Instructor in Biological Sciences, was named Middle Atlantic Conference "**Coach of the Year**" for leading the women's cross country team to the Conference Championship. **Jan Trapp**, Adjunct Instructor in Physical Education, coached Messiah's field hockey team to the Commonwealth Conference Championship and a NCAA Tournament second place finish.

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SOHNS Seminar Highlights

Messiah Alum **Dr. Keri Colabroy** presented a research seminar in the Department of Chemistry and Biochemistry on October 28 entitled: "**Mechanistic and Structural Studies in Tryptophan Catabolism**". Keri recently earned her Ph.D. in Chemistry from Cornell University and is now Assistant Professor of Chemistry at Muhlenberg College.

Another Messiah Alum, **Darlene Luciano**, Chemistry Teacher at Mechanicsburg High School and Chemistry adjunct, presented a seminar on November 1 entitled: "**Career Opportunities in Teaching Chemistry at the Secondary Ed. Level**"

Dr. Robert Granzow, Chair of the Law and Science Division Central Pennsylvania College, presented a seminar co-sponsored by the Department of Biological Sciences on November 2 entitled: "**Forensic Science: The ABC's of CSI.....**"

Wendy Cheesman, Senior Lecturer in Athletic Training, and **Dr. Scott Kieffer**, Associate Professor of Exercise Physiology, presented their research findings at the November 10th meeting of the Faculty Interdisciplinary Fellowship in a talk entitled: "**To Stretch or Not to Stretch.**"

Dr. Ted Davis, Distinguished Professor of the History of Science presented "**An Honest Talk about Intelligent Design**" on November 15 in Hostetter Chapel dealing with the main ideas associated with intelligent design, the political and educational goals and strategies of the intelligent design movement and the Dover School District trial.

Messiah Alum and Senior Research Fellow, **Dr. Phil Thuma**, Director of the Macha Malaria Research Institute and the Malaria Institute at Macha, presented a research seminar sponsored by the Department of Biological Sciences on December 1 entitled: "**Rolling Back Malaria in Africa: Is it Working?**"

Dr. Makowski Awarded Sabbatical

Dr. James Makowski, Professor of Biology, has been granted sabbatical leave for fall semester 2006 to serve as contributing editor for a new edition of the training manual, **Microscopic Analysis and Identification of Feedstuff**. Published by the American Oil Chemists' Society, this manual is used to train individuals charged with protecting society from diseases transmitted through livestock fed contaminated feed. Probably the best known disease transmitted in this manner is Bovine Spongiform Encephalopathy, a.k.a. Mad Cow Disease. Since the FDA has requested that the guide be updated and plans to use it as their primary training resource, it will become the primary instructional manual for microscopy labs throughout the world.



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SOHNS Faculty and Staff Lead Hurricane Katrina Relief Trip



Three members of SOHNS participated in a week-long trip to Louisiana during fall break to assist in hurricane relief efforts and to find additional ways the Messiah College

Community can help rebuilding efforts. The seven member team – **Professors Marti Byers and Wanda Thuma-McDermond**, both Clinical Assistant Professors of Nursing, and **Deb Poplaski**, Assistant to the SOHNS Dean, **Dr. John Bechtold**, Professor of Psychology, and students **Dan Robles, Tom Oostdyk, and Melissa Davis** – worked in partnership with the First Presbyterian Church of Thibodaux, Louisiana and volunteers from around the country to sort and deliver food, water, clothing and medical supplies to residents and shelters. The team returned with a heavy burden to do more for this devastated region. “If I didn’t have family here”, said Deb Poplaski, “I would not have returned. There is so much to do down there.” [Note: Thank goodness for families or the Dean would have needed some hurricane relief]

Look for announcements of new initiatives and future trips to help with long-term, on-going relief efforts.

Merry Christmas!



The Son of God emptied Himself of His divine rights and privileges to come, suffer and die for you and for me. Let’s worship the Savior together this holiday season! He is worthy!

Have a Wonderful Christmas!