



Volunteering is not only about your credentials...By Charlene Hurt

Many of us wish we could help in times like today, with natural disasters and the economy causing so many people and organizations and communities to need help. And there are many opportunities to volunteer. I recently volunteered to co-teach a 5-session class in volunteering at my church, where we had members from all age groups looking for volunteer activities. My co-teacher was a real expert, and we invited expert speakers. It was the perfect volunteer activity: I got a lot more from it than I gave, and I learned a lot. There are lots of books telling organizations how to use volunteers effectively, but not many telling people how to volunteer effectively. We came up with a few simple rules:

Know yourself – what you want to get out of the volunteering, what you can commit to, and what you're willing to tolerate. There are many motives for volunteering: making a difference, building social contacts, keeping mind and/or body nimble, responding to a strong belief in something. And there are different expectations, so you need to know how much time you're willing to give, how able you are to participate consistently (travel a lot?), comfort level with children or the aged, emotional strength, physical flexibility, and willingness to follow other leadership rather than lead.

Know the organization or group – what they stand for, how they use volunteers, whether they expect you to make a financial commitment, how much support and training they give volunteers, and whether they're open to proposals for new projects. Large organizations often have well-developed volunteer programs, but you may want a little more flexibility. The web is a great source of information and can help you get a sense of what might be good for you. Here are some of my favorite sites:

www.Dogood.ajc.com www.responsibilityproject.org www.aarp.org/makeadifference/volunteer/ www.volunteermatch.org/about
www.gamaliel.org/able



Don't expect instant gratification – Some organizations have regular cycles for adding volunteers and are too busy to answer inquiries promptly. Once you begin working for them they're going to want to assess your level of commitment before giving you some of the more interesting tasks. And what they really need may be things that don't interest you a lot: answering phones, processing paper, welcoming guests. Give it a chance and gain their confidence; you might find you enjoy it. And when the unemployment rate goes down they may need more advanced help.

Gary Morsch wrote, in *The Power of Serving Others (2006)*, about how he went to Mother Teresa's to volunteer his medical skills and was assigned to dispose of the garbage: "Serving others is not about how much I know, how many degrees I've earned, or what my credentials are. It is about attitude and availability to do whatever is needed." I try to keep that in mind.



Georgia State University College of Law students volunteer to assist building Habitat for Humanity houses.

Welcome and Congratulations to our New Emeriti

Our recently retired faculty colleagues have now become Emeriti colleagues.

We welcome them as members of the Emeriti Association of Georgia State University:

Susan Barbara Roman

Assistant Professor Emerita of Nutrition

Defloris M. Baldwin

Associate Professor Emerita of Nursing

Ronald J. Henry

Provost and Senior Vice President for Academic Affairs & Professor Emeritus

Kirk W. Elifson

Professor Emeritus of Sociology

Joan G. Carson

Professor Emerita of Applied Linguistics and English as a Second Language

David G. Anderson

Assistant Professor Emeritus of Library Science and Librarianship

Mary Lynwood Thaxton

Associate Professor Emerita of Library Science and Librarianship

Emeriti Achievements

James L. Pate, Professor Emeritus, Department of Psychology, was elected a charter fellow of the Midwestern Psychological Association and a fellow of Division 24 (Society for Theoretical and Philosophical Psychology) of the American Psychological Association (APA). He has completed his terms as president elect, president, and past president of the Southeastern Psychological Association. He currently serves on the Council of Representatives of the APA as the representative for the Society for the History of Psychology (Division 26 of the APA).



Social & Behavioral Sciences & Psychology L'Abate, Luciano.

The Praeger handbook of play across the life cycle: fun from infancy to old age.

A fellow of the American Psychological Association, L'Abate, Georgia State University' Emeritus, has written a valuable reference detailing the central role that play, in its many forms, has in the epigenetic life cycle, from infancy all the way to old age. In doing so, he fills in an epistemological gap usually not acknowledged in personality theory. He covers in detail every aspect of play: its varied manifestations across the life span, its relevance to personality and social development, prevailing cultural attitudes towards it, and how it is instrumental in aiding various populations (e.g., individuals with disabilities, aggressive youth). All the various strands come together in a multifaceted hierarchical paradigm that presents an integrative conceptual structure highlighting the elements of play. The references cited are extensive and the narrative is easy to follow, sprinkled with personal anecdotes and vignettes about L'Abate's grandchildren. Linking theory to therapeutic intervention, this is a superb reference for all concerned with play development.

-- D. J. Winchester, Yeshiva University



Calendar of Events

February 16 St. Valentine's Emeriti Lunch at the Rialto 11 a.m. to 2 p.m. Complimentary Parking. Professional photography Session. Musical program. RSVP by Feb. 12 tkibler@gsu.edu or 404-413-3409.



February 16 Educating the New South: Atlanta and the Rise of the New South. Dr. Merl Reed: 2 p.m. Library South 8th Floor Colloquium Room. Light refreshments. RSVP plucas@gsu.edu or 404-4132703

March 26 Spring Tune-up by Christine Rosenbloom Library South 8th Floor, Colloquium room. 11:30 to 1:30 p.m. Invitation to come.

April Date and complete details TBA: Lunch and Tour of the New Parker H. Petit Science Building.

From the Chair's Desk Dave Ewert, dewert@gsu.edu



The Steering Committee welcomes two new members - Rankin Cooter, Professor Emeritus Kinesiology and Health, and Marjorie Girth, Professor Emerita of Law. Since we are planning new emeriti programs, I encourage you to get in touch with Rankin and Marjorie or any other committee member with your ideas and suggestions. See the email address for all the committee members on page four.

Beyond our luncheon meetings, we are planning excursions and outings. For example, with the abundance of museums in metro Atlanta we could arrange to meet at 10 am at a museum featuring a new exhibition. One of our members or an expert from the museum could begin with a special presentation about the exhibit for the group. Afterwards the emeriti could tour the museum at their own pace before reconvening for an informal lunch. One of the emeriti would be the day's 'host' and initially, during the trial period, participation would most likely be limited to a dozen or so. In addition to museums, we could include visits to theaters and/or restaurants. In addition to excursions, we will consider adding workshops. Please let us know your thoughts.

We want to recognize Emeriti

If you know of Emeriti who have achieved great things, please share the story with us. We want to know Emeriti achievements, service and leadership. We want to recognize your contributions. Please contact Teresa at tkibler@gsu.edu.

New Year, New You! 2010 Employee Development & Wellness Training Offerings

As the New Year kicks off, Georgia State's Office of Employee Development and Wellness is committed to helping the GSU community improve their personal & professional development skills, work/life balance, as well as take steps towards healthier lifestyles.

New for 2010 include expanded Microsoft Office workshops, 7 Habits of Highly Effective People Overview, Identity Theft Prevention resources and more Wellness offerings including a **workshop on March 3 by GSU Emeritus Charles Williams, entitled 'Fitness & The Fountain of Youth'**. Download your copy of the catalog today or sign up for any of our trainings via our website, www.gsu.edu/hr/31212.html

For more information or to receive a printed copy of the 2010 Training Catalog, contact the Office of Employee Development and Wellness, Department of Human Resources at 404-413-3342 or edws@gsu.edu



Make informed choice about taking vitamins... by Chris Rosenbloom

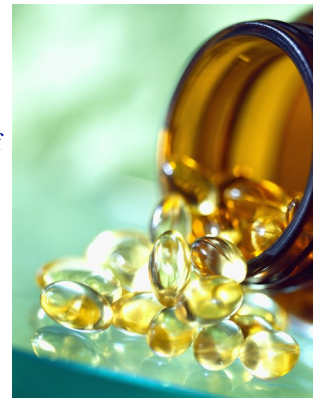
Chris Rosenbloom, Ph.D., R.D., is a professor of nutrition in the College of Health and Human Sciences at Georgia State University. Dr. Rosenbloom will be the speaker at our Lunch Seminar on March 26. The following is one of her articles published in the Lexington Post.



Have you shelved your daily multivitamin because you saw a headline that said vitamins don't prevent heart disease or cancer and might even be the cause of disease? Remember that the latest study isn't the greatest study, and you need to dig beyond the headline to see if the results apply to you. For example, some researchers study patients who already have advanced disease, then give them a vitamin to see if it will restore health.

There also has been disappointing news about antioxidant vitamins (vitamins C and E) for preventing disease. Dr. Jeffrey Blumberg of Tufts University, writing in a 2007 medical journal, suggested that we might need to study vitamins at early ages (before disease has been diagnosed), use higher doses of vitamins and ensure that the most active form of the vitamin is used.

While taking a vitamin won't make up for a bad diet, there are times when supplements should be considered. The American Dietetic Association suggests that the following groups of people may need to supplement their diets:



- Adults consuming fewer than 1,500 to 1,600 calories a day. At this calorie level it is unlikely you are getting all the vitamins and minerals you need for good health.

- Pregnant women are advised to take a vitamin that contains higher levels of iron and the B-vitamin folic acid. Both are crucial for the mother's and the baby's health. Just don't take the prenatal vitamin and your calcium supplement at the same time, since calcium can block iron absorption.

- Older adults would benefit from a supplement with low levels of iron and higher levels of vitamin B12. Our need for iron goes down with advancing age and our need for vitamin B12 goes up because we don't absorb this vitamin from foods as well as we did when we were younger.

- Vegans or people who eliminate an entire food group, such as dairy, from their diets. Vegans need minerals like iron, magnesium, calcium and zinc because the primary food sources of these nutrients are from animal or dairy foods. Since about 70 percent of calcium in the U.S. diet comes from dairy foods, people who avoid dairy need to pay special attention to good sources of calcium, potassium and the B-vitamin riboflavin.

How do you choose a supplement?

- Look for quality brands that display the USP symbol. This voluntary program ensures supplement quality.
- Take supplements at the same time of day and take them with foods. Consistency is important as well as having food to help with absorption.
- If you take calcium, take it in divided doses throughout the day. Your body can absorb only about 500 milligrams of calcium at a time, so don't load up all at once.



In his own words:

Educating the Urban New South: Atlanta and the Rise of Georgia State University, 1913-1969

**Emeriti Association of
Georgia State University
2009-2010**

Steering Committee Members

David Ewert, Chair

dewert@gsu.edu

Robinson College of Business

John Hogan, Vice Chair

jhogan@gsu.edu

Robinson College of Business

Roger Miller, Treasurer and
Past-Chair

Rogermiller7@juno.com

Robinson College of Business

Glenn Abney, Secretary

gnabney@comcast.net

College of Arts and Sciences

Harry Dangel, Membership

hdangel@gsu.edu

College of Education

Leon Hurley, Bylaws

lhurley@gsu.edu

College of Education

Lorene Pilcher

Communications

pilchers@comcast.net

College of Education

Mildred "Missy" Cody

mcody@gsu.edu

College of Health and

Human Sciences

Rankin Cooter

rcooter@aol.com

College of Education

Marjorie Girth

mgirth@gsu.edu

College of Law

Charlene Hurt

churt@gsu.edu

Library

As with many books, the history previous to the publication of the book is not well known. We have asked Dr. Merl Reed to give us in his own words the motivation for writing this book:

How did you get involved with the writing of the book?

Having just published a study of the President's Committee on Fair Employment Practices Commission (FEPC) of World War II, I was looking for new primary research material for possible articles and books. Academic vice president Thomas Brewer had inaugurated a project in reference to the history of Georgia State University. Dr. Brewer turned the effort over to Gary M. Fink (recently deceased), history department chair. Fink invited me to participate.

The GSU history was ideal. Nothing significant about the institution had been written by a trained historian. Even more appealing, over sixty years of official records and other documentation, extensive and virtually unused, had been accumulating during the leadership of two men, George M. Sparks (1925-1957) and Noah Langdale (1957-1989). Since the 1970s, these documents had been carefully accessioned, organized, and preserved by a trained archival staff in the Department of Special Collections. As Gary and I divided up this material for research, I did the Sparks Papers, and he read all of the Langdale Papers before withdrawing from the project for personal reasons, although his interest and advice continued until the book's completion.

What was the motivation for doing the book?

Initially, it was totally professional. Here was a large body of primary source material, virtually unused. The college's ties to Atlanta, a major southern and regional city, provided a breadth and scope that made Georgia State an educational institution of much greater importance than just any state college. Of course, Georgia State's struggle to survive during this turbulent period of Georgia politics and social upheaval provided additional drama.

Emeriti and special guests are invited to attend on February 16 at 2:00 pm, a reception hosted by the University Library at the Colloquium Room, in recognition to Dr. Merl Reed's latest achievement with the publication of his book: "Educating the Urban New South: Atlanta and the Rise of Georgia State University, 1913-1969." The Colloquium room is located on the 8th Floor of the Library South. The reception will be immediately after the Annual Emeriti St. Valentine's lunch.

To RSVP to Dr. Reed's reception please contact Pam Lucas at 404-413-2703 or at plucas@gsu.edu.

