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Groundhog Day

February 2nd was Groundhog Day. According to folklore, if a groundhog sees its shadow it will retreat back into its burrow and winter will last six more weeks. Bad news—the groundhog was reported to have seen its shadow.



Healthy weight-loss

J. Desmond Keefe was quoted in an interview for the Hippo Press January 7th issue. It is an article on “Biggest Losers” contests. The article includes a few weight-loss ideas. For example, they suggest making up your own weight-loss contest with friends or co-workers. In the piece, Keefe included these healthy and handy tips that go along with any weight-loss program:



- The key component for any weight-loss program is portion control, regular meals and making a point of not skipping meals.
- People on a weight loss plan should go for foods with fiber, which satiates you and provides a full feeling. Try oatmeal or granola with non-fat yogurt.
- Healthier is such a better way to live than low-calorie.

If you are interested in reading more about how and where to lose weight the healthy way, visit this link: <http://www.hippopress.com/100107/hippo%20100107.pdf>. The Hippo Press article is located on page 28. The article includes the link to the new dietary guidelines, where after you enter your height and weight, it comes up with recommendations for your body type.

English Faculty Award for Outstanding Literary Essay

This is an annual contest offering \$100 to a graduating senior from Southern New Hampshire University's Undergraduate Day School who submits the best essay on a literary subject.

The essay must be based on literary analysis and must have been written for a SNHU literature class (LIT 200, 300, or 400 level) at some point during the student's time at the University.

Each person may submit only one essay for consideration. Your essay should be a clean copy (i.e. without faculty or peer comments). The winner will be announced some time before graduation.

Length: at least 2,000 words

Due Date: March 30, 2010

Submission Instructions: Submit one copy of your essay to Jill Judd in the SLA Office (Frost 103); emailed submissions will not be accepted. Include a cover page with your name, your SNHU ID#, your email, your phone number, and the name of the award. On the essay itself, include your ID# only, **not** your name or any other personal information.

If you have any further questions, please email Dr. Diana H. Polley at d.polley@snhu.edu.

Meet SNHU



Audrey Rogers has been an Assistant Professor of Education here at Southern New Hampshire University since 2007. Some of her teaching responsibilities include teaching undergraduate and graduate courses in face to face and hybrid formats. A few of these courses include EDU235/EDU 533: *Learning with Technology* and EDU 270: *Foundations of Teaching and Learning*. Audrey is also the Chair for the University Committee on the Faculty that processes sabbatical and summer grant applications. Audrey is also the Co-Chair for the SNHU 101 Advisory Committee. Audrey, along with Professor Frank Catano introduced the General Education

Learning Outcomes and the expanded use of Chalk and Wire to include constructivist, more developmental electronic portfolios. On campus, Audrey works closely with Lauren Andresen to support Chalk and Wire use in the School of Education. Along with being a busy and dedicated faculty member for the School of Ed, Audrey is currently pursuing an Ed.D. in *Leadership and Learning* with a specialization in Educational Technology from Rivier College. In 2009, Audrey's article titled "Race and gender in teacher preparation programs: How does being a white female inform leadership decisions in creating a culture of excellence for tomorrow's teachers?" was published in *Insight: Rivier Academic Journal*, her chapter in *Social Studies and Diversity Education: What We Do and Why We Do It* was published by Routledge and she was the textbook reviewer for *New Hampshire, Our Home*. Audrey also started up a new student chapter of the ASCD this past fall. "It is a fabulous organization and a wonderful opportunity for our education students. We are called SNHU ASCD. So far, my students have met Grant Wiggins and Heidi Hayes Jacobs by volunteering at state NHASCD conferences. In April, they will meet Rick and Becky Dufour. These are big names in the world of education. The students are thrilled to be part of NHASCD and ASCD."

Check it out at [http://www.nhcmctc.org/Extensions/?s=739!](http://www.nhcmctc.org/Extensions/?s=739)

The NH School Approval standards passed in 2005 stated that by the end of eighth grade NH students are required to have a digital portfolio. This doesn't surprise Audrey at all, as she has prepared and continues to prepare for the world-wide use of digital portfolios. "I feel strongly about preparing our future teachers to integrate technology into their teaching. Their future students are digital learners so they need to know ways to effectively engage them. A large part of that is the use of digital portfolios. Education majors create several portfolios during their program. One all encompassing portfolio spans the four years and includes work from every education class. Other portfolios that they create are course based; the final one being their capstone digital portfolio that they use to get a teaching position."

Link to Audrey Roger's grant work with digital portfolios:

[http://www.cic.org/teach21/t21_website/ep/stories/snhu.html!](http://www.cic.org/teach21/t21_website/ep/stories/snhu.html)

All this praise, recognition, and hard work might have you contemplating whether Audrey Rogers is Wonder Woman. Well, after you hear how passionate she is about bridging the gap between international and domestic students here on campus by using modern technology, you might be convinced. Audrey has been doing cross cultural exchanges with Professor Lyra Riabov since February 2008. They created 3 models that "include combined classes of ESL and domestic students who discuss cultural topics and are engaged in cultural activities. Students use the Internet, "Smart Boards", Google Earth, Skype, Audacity and then script, record and create podcasts which are posted in iTunes University through Blackboard. Students also use PowerPoint, the Blackboard Discussion Forum and record podcasts for the reflection on their experience. Project websites include: ESL Culture Studies Website, Combined classes website, and Students' Podcasts in iTunes (ESL Students and Domestic Students). This project offers an opportunity for the domestic students to have a firsthand experience of learning world cultures and ESL students to learn about American culture, practice English and make friends with American students right on campus." "Over the semesters, I have surveyed students using a Likert scale and gathered data on their response to each model. Results are very positive," Audrey says and so, she has already jumped ahead and shared this new development with other faculty members. "We introduced the idea of collaboration to other sections of SNHU 101 and other SNHU 101 sections took part in exchanges as a result. I will work to see that the idea of cultural competence becomes an ongoing part of SNHU 101." Audrey and Lyra Riabov also presented at the Christa McAuliffe Technology Conference in December 2009 on Podcasting in the Classroom. Models, podcasts, pictures, and information can be seen in further detail here:

http://acadweb.snhu.edu/riabov_lyra/Combined%20Class%20Project.htm

[http://www.nhcmctc.org/Extensions/?s=739!](http://www.nhcmctc.org/Extensions/?s=739)

Audrey's plans for the future? She and Professor Riabov will be presenting at the TESOL Convention in March 2010 in Boston. "This is an exciting opportunity; we plan to emphasize how technology can facilitate cultural exchange." There is also no doubt that Audrey will continue to work on "the integration of domestic and international students on campus through innovative culture exchange models." To Audrey, this development is a small stone in a big pond, whose ripples have already begun to stretch out into friendships. She says, "The human connection has been wonderful. It's a worthy effort."

Announcement

On Wednesday, February 10, at 10:15 AM, VPAA Patty Lynott, Cathy Stavenger, Lorraine Patusky and Mary Heath attended the NH State Board of Education for the status on our program approvals. We have full (five year) approval for: Elementary Education; Early Childhood Education; Business Administrator (only program in the state); Computer Technology Educator; English as a Second Language; English Language Arts Education; Social Studies Education; and Curriculum Administrator (three years, because it is a new program). Programs for Children with Disabilities and Business Education both received three year conditional approval.



Professor Lyra Riabov and Professor Audrey Rogers



International and domestic students using Google Earth

REMINDER: IMPORTANT TIPS ON CROSSING NORTH RIVER ROAD

1. Please use one of the established pedestrian crosswalks to safely cross North River Road. For safety reasons, it is important not to cross the road in unmarked areas. Remember that motorists are still adjusting to this new traffic pattern as well.
2. When crossing at the new Dining Center, please remember to press the PUSH button to activate the crossing signal. **THIS IS VERY IMPORTANT.** Once the PUSH button is pressed, this will activate the system: the traffic light will turn from green to yellow to red, all within a matter of seconds, at which time traffic stops. The pedestrian crossing message changes from a symbol of a red hand to a green symbol of a person walking, and there is an audible beeping noise to notify it's safe for pedestrians to walk. Taking this action will also provide consistency for motorists who travel the road frequently: they will expect the red traffic light when pedestrians are waiting to cross.
3. While this procedure may seem very obvious, bad habits of darting across the road can lead to accidents. Please remember that the traffic light for passing motorists is continuously green **UNLESS** the PUSH button is activated. In the last week, we have received several very concerned calls from area residents and others who travel North River Road that people are not properly using the crosswalk.
4. Crossing safely at the crosswalk is not only a safe practice, it's also state law. The state law reads: *Pedestrians facing a flashing "WALK" signal may proceed across the roadway in the direction of the signal and shall be given the right of way by the drivers of all vehicles. Pedestrians facing a "DON'T WALK" signal shall not start to cross the roadway in the direction of such signals whether steady or flashing, but any pedestrian who has partially completed his crossing on the "Walk" signal shall proceed to a sidewalk.* Should you be involved in an accident, you could be found in violation of the law.



HAPPY VALENTINE'S DAY!
from the Office of the VPAA

Submissions



Have you been awarded, quoted, published?
Are there new additions to the family?
Have you been a part of a personal or professional event, presentation, or program recently and would like to shed some light on it?
Is there someone else who you would like to recognize?
Is there something you wish to discuss or debate?

Let us know!

Remember, if you have personal notes and photos you would like to share, meetings/ dates you need to announce, events or activities you need to advertise, or if you have any questions, make sure to submit them by the 20th of each month. Contributions both on the professional and personal level are welcome from all faculty and academic staff.

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