

State

The Faculty-Staff Bulletin of Florida State University

Vol. 49 • No. 8

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February 2015

COLLEGE OF MEDICINE

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ADVANCED POWER SYSTEMS

New system can test powerful electrical equipment, **6**

Geriatrician leading national effort to improve older-driver safety

Florida State University is working with the American Geriatrics Society and the National Highway Traffic Safety Administration to update the Physician's Guide to Assessing and Counseling Older Drivers. Over the next three years, led by College of Medicine geriatrics Professor Alice Pomidor, the organizations are taking a whole new approach to expand the guide.

"Most helper organizations have a great tendency to say, 'This is important. You should know this. Here.' — and they develop handouts that get thrown away," said

Pomidor, who heads the editorial board for this Older Adult Driver Project and chairs the AGS Public Education Committee. "We're doing it a bit differently, by providing the information in multiple formats and having people choose which one is right for them."



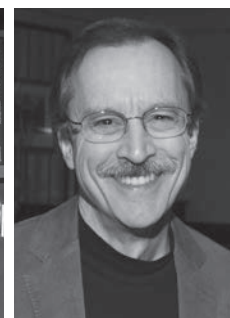
Alice Pomidor

One broad goal of the AGS is to disseminate geriatrics knowledge not just to other physicians but also to nurses, pharmacists, social workers, physical and occupational therapists and other health-care providers, in addition to caregivers

Please see **POMIDOR**, 6



Will H. Moore



Dale L. Smith

TWO RECEIVE DISTINGUISHED PROFESSORSHIPS

By Rob Nixon

College of Social Sciences and Public Policy

Two professors in Florida State's Department of Political Science have been named as the inaugural recipients of distinguished professorships.

Will H. Moore has been named the Alumni Distinguished Professor of Political Science. Dale L. Smith has been named the Paul Piccard Professor of Political Science, which is named for the late professor who taught in the department from 1953 until his retirement in 1993.

"We're proud of the fine achievements of these two professors and happy to recognize their outstanding contributions to the university," said David W. Rasmussen, dean of the College of Social Sciences and Public Policy. "We're grateful for the alumni who make these awards possible with their generous gifts to the college and particularly thank the family and friends of

Please see **MOORE AND SMITH**, 5

Kistner named interim vice president



Janet Kistner

Interim Provost and Executive Vice President for Academic Affairs Sally McRorie has appointed Janet Kistner to serve as interim vice president for Faculty Development and Advancement.

Kistner is filling a vacancy created when McRorie, who had been vice president for Faculty Development and Advancement, was named interim provost following the departure of Garnett S. Stokes. Stokes has accepted a position at the University of Missouri, where she will serve as provost and executive vice chancellor for academic affairs.

Kistner has served as associate vice president for Academic Affairs since October 2012. Her

Please see **KISTNER**, 5

Spread theWord

In 2014, *U.S. News & World Report* ranked Florida State University's College of Law as the No. 1 law school in Florida, and 45th best nationally.

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Vol. 49 • No. 8
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The deadline for March 2015
is **TUESDAY, FEB. 10.**



State is the faculty-staff bulletin and document of record of Florida State University. It is published 12 times annually by University Communications.

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NewsMakers

"Considering the popularity of Washington's performance funding model, we are surprised the impacts on associate's degree productivity are so modest."

— David Tandberg, an assistant professor of higher education in the College of Education, along with co-researchers Nicholas Hillman of the University of Wisconsin at Madison and Alisa Hicklin Fryar of the University Oklahoma, as quoted Jan. 14 in *Inside Higher Ed* discussing Washington State's Student Achievement Initiative, considered to be one of higher education's best and most extensive performance-funding models. According to research by Tandberg and his colleagues, Washington State's formula has not increased completion rates among community college students.

Be sure to visit the FSU Makes News section of Florida State 24/7 at news.fsu.edu.



FSU Photography Services/Bill Lax

Job title: Office Administrator, College of Education

To-do list: In the area of Human Resources, manages and coordinates all staff job openings and hires for the college. Administers and makes recommendations on other projects within the dean's office associated with administrative responsibilities for faculty and staff.

Years at FSU: Almost five.

Quotable: *"The dean's office fosters a positive environment that allows me to take on the day's challenges with the support of some of the best faculty and staff members at FSU."*

Mr. DIY: Installs sinks, lays hardwood floors and, instead of buying commercial, generally prefers to build or make anything

that can be built or made. *"I recently built and installed a custom leather-covered, king-sized headboard for my bed."*

Respect for the 'Crimson and Cream': Is a brother of the Kappa Alpha Psi Fraternity at Florida State and serves as the chapter's adviser.

Serious adventurer: Went snowboarding for the first time in the Great Smoky Mountains near Gatlinburg, Tenn., over the winter break. Is looking forward to visiting Dubai and Abu Dhabi in April.

Move over, Iron Chef: Loves to cook 'surf and turf.' *"I love seafood. If I could have it in every meal, I would. There's nothing like a great steak paired with shrimp or a lobster tail. I'm also known for making great cheesecakes."*

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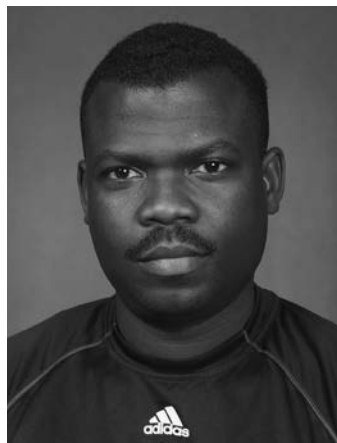




Thesla Berne-Anderson



Rob Borger



Guy Dormeus



Helen Livingston

Staying on the right track

'Pre-health' advising offers avenue for student success

By Julie Jordan
College of Medicine

Many Florida State University students interested in going to medical school are familiar with the Pre-Health Advising Office at the College of Medicine. But the guidance being offered there is about far more than just creating future medical school applicants.

Full-time advisers Rob Borger and Guy Dormeus guide undergraduates interested in a variety of health professions, including those thinking about veterinary medicine, dentistry, occupational therapy, optometry, pharmacy, physical therapy, podiatry and chiropractic medicine. Others have received advice about becoming a physician's assistant or an assistant in anesthesiology.

The robust advising practices at the College of Medicine took root long before there was a medical school at Florida State. Helen Livingston, who became the Program in Medical Sciences (PIMS) admissions director in 1996, and Thesla Berne-Anderson, who started as PIMS outreach coordinator in 1994, made sure pre-health advising was a priority when FSU's medical school was established a little more than 10 years ago.

"Those students who are pre-health come for career and health professions admissions advising, so our advisers have seen just about every major conceivable," said Livingston, who now is associate dean in charge of the medical school's outreach and advising programs.

Berne-Anderson, director of college and pre-college outreach at the college, also assists with undergraduate advising. The advising office sponsors 13 pre-health and

pre-medical student organizations for FSU undergraduates. The organizations provide informational programs about health-care professions and issues, and create service opportunities that encourage involvement and expose students to health-care venues.

Some examples of presentations and workshops offered by the college's outreach and advising office include social development and self-esteem; time management; volunteering and campus involvement; developing leadership skills; qualities of patient-centered physicians; MCAT preparation; and clinical assistant training.

About 1,300 FSU students a year visit the medical school's pre-health advising office and nearly 14,000 have visited since it opened in 2001, according to Livingston.

Livingston conducts presentations across campus four to five times a year to ensure pre-medical students are on the right track, but she's also honest with them about expectations.

"If you're struggling now with organic and biochemistry and your upper-level science courses, and you want to go to medical school, there are one of two things you have to do," she said. "Take a look at whether or not this is suited to you, and look at other health-care fields."

But Livingston also understands that extenuating circumstances sometimes in-

fluence the trajectory of a student's academic performance. She advises them not to assume they won't be admitted to medical school out of fear that grades alone will be the deciding factor.

"There are these wonderful people admitted to medical school who have done everything right and have a smooth path," Livingston said. "And there are others who are on a different path."

The College of Medicine's Bridge Program gives many students a "second door" to medical school, Livingston said. The master's-level program takes one year to complete and gives participants an opportunity to do many of the things that first-year medical students are doing.

"They sort of doubt themselves when they come into the program, but almost everybody makes it through," Livingston said. "By the time they do, they have built their self-confidence up."

Those who complete the Bridge Program are accepted into medical school at Florida State.

Whether a student is pre-med, seeking another health profession or coming to medicine late, Livingston said the medical school's pre-health advising office is there to offer direction and support.

"You have to have an avenue to help people be successful, and that's what we try to do," she said.

"Those students who are pre-health come for career and health professions admissions advising, so our advisers have seen just about every major conceivable."

— HELEN LIVINGSTON
Associate Dean
College of Medicine

Employees asked to follow university's legislative guidelines

The Florida Legislature will be in session this year beginning Tuesday, March 3. All faculty and staff members should take note of Florida State University's policies concerning the session.

- Interim Vice President for University Relations Kathleen Daly is the chief registered lobbyist for Florida State University.

- The Legislature periodically requests faculty and/or staff to attend committee meetings or to formally respond to questions about certain issues. FSU employees who are asked to appear before committee must notify Daly at (850) 644-4453 and submit a legislative contact form prior to making an appearance.

The form can be found on the Governmental Relations website at <http://govrel.fsu.edu/>. Employees who have difficulty accessing it can contact Governmental Relations at (850) 644-4453 for a hard copy.

- A campus network of legislative liaisons, listed at right, is currently in place with each division represented. Through this network, legislation impacting the university is routinely routed to appropriate departments and offices for timely responses and/or information. These responses are routed back to the division liaisons, to the Office of Governmental Relations and, ultimately, to the lobbyists who will serve collectively on FSU's behalf.

These policies are not intended to discourage employees from exercising their individual rights as citizens or as members of groups or organizations not affiliated with the university. Such rights include the freedom to express their views on legislation, provided that the views are not presented as those of FSU, the State University System or a subunit of either of these.

2015 LEGISLATIVE LIAISONS

Academic Affairs	Anne Blankenship	644-0170
Athletics	Vanessa Fuchs	644-4933
College of Education	Marcy Driscoll	644-6885
College of Medicine	John Fogarty	644-1346
College of Medicine	Laura Brock	645-9429
College of Nursing	Judith McFetridge-Durdle	644-3299
Faculty Senate	Gary Tyson	644-3088
Finance and Administration	Kyle Clark	644-4444
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Office of Research	Linda McCorvey	644-5759
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Purchasing	Karen Gibson	644-9729
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Student Affairs	Allison Crume	644-5590
Student Government Association	Danielle Acosta	644-0939
Student Govern't Assoc. Legislative Affairs	Harrison DuBosar	644-1653
University Attorney	Mike Cramer	644-4440

KISTNER, from 1

major administrative duties in that role have included interdisciplinary hiring initiatives, development of academic programs and activities to enhance students' career readiness, and preparation of the university's annual accountability and work plan reports.

A longtime administrator at Florida State, Kistner served as chairperson of the Department of Psychology from 2002 to 2012 and as director of clinical training from 1998 to 2002. She is a widely published scholar in the field of child clinical psychology. Her research focuses on children's responses to stress and failure and childhood risk factors for development of

psychopathology. She served as associate editor of the *Journal of Clinical Child and Adolescent Psychology* from 2007 to 2011.

Kistner has directed more than 20 doctoral dissertations and 30 master's theses. A strong advocate for undergraduate research opportunities, she has been involved with more than 100 undergraduate students in supervised research projects since joining the faculty.

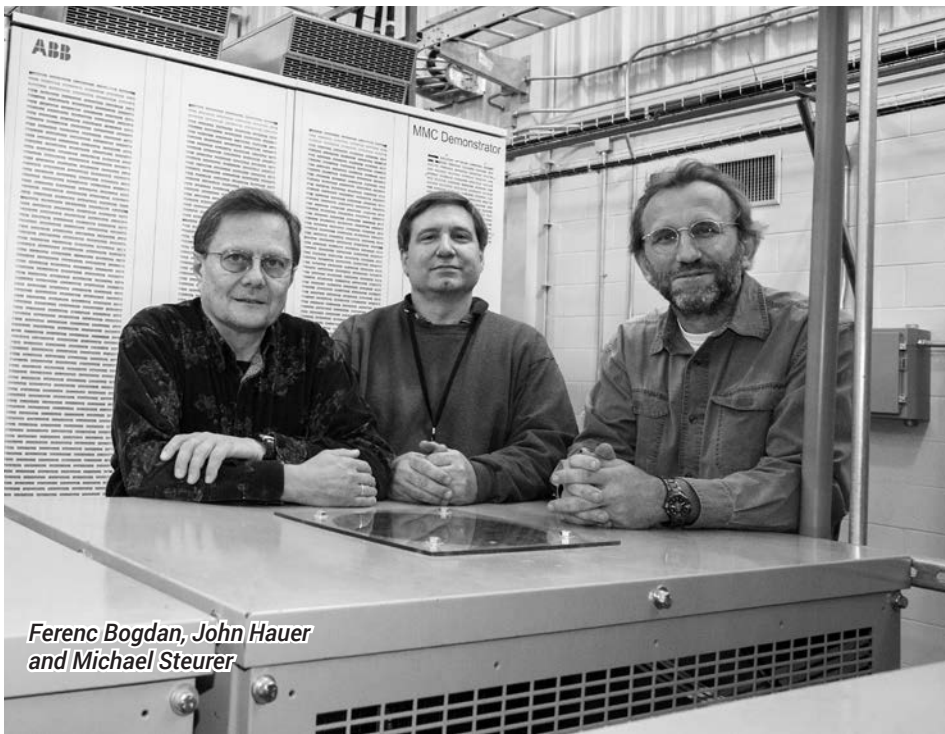
MOORE AND SMITH, from 1

Paul Piccard for their support."

Moore's research focuses primarily on violent political conflict, dissent and repression, forced migration and related areas of interest. In 2013, he began collabo-

rating with Amnesty International on the Citizen Media Evidence Partnership to authenticate evidence of human rights abuses. He teaches courses in political violence and international human rights, among others. Moore joined the department in 1997 and in 2002 received the university's Developing Scholar Award.

An award-winning mentor and teacher, Smith's principal research and teaching interests are in the areas of international/comparative political economy, regional integration and the European Union. He has been with the department since 1988, served as chair from 1999 to 2014, and is a faculty affiliate of the William A. Kerr Intercultural Education and Dialogue Initiative. He also leads a six-week study-abroad program in Istanbul every summer.



Ferenc Bogdan, John Hauer
and Michael Steurer

FSU Photography Services/Elili Lax

FSU power center to provide unique electrical testing

By Kathleen Haughney
University Communications

Florida State University's Center for Advanced Power Systems has unveiled a new 24,000-volt direct current power test system, the most powerful of its kind available at a university research center throughout the world.

The new system will give CAPS the unparalleled ability to test electrical equipment in real-world conditions, and companies looking to build next-generation power equipment will be able to test those in the Tallahassee-based facility.

"It's a very long and expensive process for companies to do this at the electrical grid," said Ferenc Bogdan, senior engineer and associate in research at CAPS. "We can

now do all of that cheaper and faster here."

FSU founded CAPS 14 years ago as an innovative, collaborative research center where scientists could develop smart energy systems for the nation's power and defense needs. It pioneered the power hardware in the loop (PHIL) test facility model that has now been replicated at other institutions, including Clemson University and the National Renewable Energy Laboratory.

PHIL simulation is a scientific experiment where a simulated electrical environment virtually exchanges power with real hardware, giving scientists a more in-depth look at how equipment would fare in real-world conditions such as a lightning strike

or a power surge.

The new test facility is the latest piece of the center's PHIL testing program. It has a 24,000-volt direct current with a capacity of 5 megawatts, making it the most powerful PHIL system of its kind at a university research center worldwide.

To create the new system, the center put together four individual 6 kilovolt, 1.25 megawatt converters that can be arranged in any combination, in series or parallel connection, to form an extremely flexible test bed for medium voltage direct current (MVDC) system investigations.

The MVDC system was built based on CAPS' specifications by ABB Inc., as a technology demonstrator geared toward research activities.

"This is the first time anyone has strung together four individual converters of this magnitude and operated them in a safe and controlled manner," said Michael "Mischa" Steurer, senior research faculty and leader of the Power Systems Research Group at CAPS.

News of the facility has already yielded results for CAPS. Government research institutions, including the Office of Naval Research (ONR), have already committed to using the new facility at CAPS for testing and system investigation projects.

CAPS is a long-term contractor with the Navy, which is working to develop an all-electric ship.

CAPS researchers also are collaborating with Virginia Tech on a project for ONR to evaluate the performance of an electrical impedance measurement unit (IMU) developed by Virginia Tech and to be shipped to CAPS for testing. The purpose of an IMU is to probe a power system for its impedance characteristics to establish criteria for stable operation of the system. In plain language, impedance is the opposition a circuit presents to a current when voltage is applied at various strengths and frequencies.

The Navy also has committed funding to study design and performance of fault current limited MVDC systems and other operational aspects of MVDC systems.

POMIDOR, from 1

and older adults themselves. Not surprisingly, the plan is to make this updated guide useful to those same groups.

"There's been sort of a medicalization of the issues with older drivers, where everybody says, 'Oh, the doctors need to stop everybody,'" she said. "Well, if the doctors only see you once every six months, and then they see you for 15 minutes, the whole notion that people somehow have the magic ability to tell whether you should drive

becomes ludicrous. You have to be trained how to assess the skill set and how to assess the physical capabilities for driving."

Much of the content from the previous guidelines remains valid, Pomidor said, though some updating is needed.

"We know more now, for example, about what is an effective way to assess someone's thinking," she said. "The old standard used to be the Mini-Mental State Exam, but it really has little ability to predict how someone will do as a driver. There are different ways to test someone's cognition which are actually much more helpful."

New automotive technology also will be incorporated.

"Can you turn your head and look over your shoulder?" Pomidor said. "If not, you need a vehicle that has a rear-view backup camera."

The target date for the new education and outreach programs is 2017. In the meantime, NHTSA has a web page devoted to older drivers: www.nhtsa.gov/Driving+Safety/Older+Drivers. In Florida, the Safe Mobility for Life Coalition has information and resources about older adult drivers and road users at www.flsams.org.

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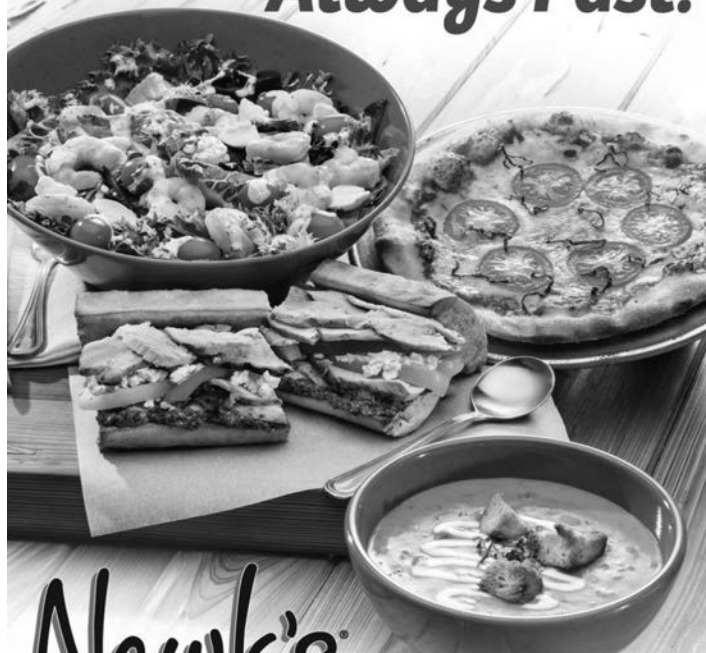
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CAMPUS *In Action*

RECOGNITIONS

Nancy de Grummond, Ph.D. (Classics), received the Archaeological Institute of America's Excellence in Undergraduate Teaching Award during that organization's annual meeting, New Orleans, January. The award, which is the only teaching award given in the field of classical archaeology, was presented to her for the invaluable service she has given to the archaeological community as an educator.



Nancy de Grummond

James J. O'Brien, Ph.D. (Meteorology; Center for Ocean-

Atmospheric Prediction Studies, emeritus), has been named a fellow of the International Union of Geodesy and Geophysics, a global organization dedicated to advancing research of the Earth and its environment. Referred to as "Dr. El Niño" by former university President Bernard F. "Bernie" Sliger, O'Brien was cited for his exceptional contributions to "international cooperation in geoscience" and for having "attained eminence in the field of Earth and space sciences." He will accept the award in Prague in August.

A group of **Florida State University Police Department employees** and personnel from the Leon County Sheriff's Office and Tallahassee Police Department shared in 2014 Person of the Year honors from the *Tallahassee Democrat*. Typically, the newspaper recognizes a single person as Person of the Year. This year, however, its editors decided to honor several local first responders for their professionalism and bravery during separate shooting incidents that took place in Tallahassee in November. The FSU Police personnel were recognized for their quick and decisive response to the Nov. 20 shooting at Strozier Library. They are, alphabetically, Ofc. **Parise Adams**, Civilian Public Safety Ofc. **John Auber**, Ofc. **Daniel Cutchins**, FSU Police Department intern **Hailey Koltay**, Ofc. **Oma "Zack" Nations**, Police Communications Ofc. **Camila Peralta**, Police Communications Ofc. **Rebecca Riggle**, Ofc. **Orenthya "OJ" Sloan**, Civilian Public Safety Ofc. **Elizabeth Smith** and Sgt. **Roy Wiley**.

BYLINES

David Graf, Ph.D. (National High Magnetic Field Laboratory; Physics), co-wrote a paper, "Fermi Surface Reconstruction and Multiple Quantum Phase Transitions in the Antiferromagnet CeRhIn₅," with colleagues from other institutions, published in the Online Early Edition of the *Proceedings of the National Academy of Sciences*, Jan. 5.

Deana Rohlinger, Ph.D. (Sociology; Pepper Institute on Aging and Public Policy), wrote a book, "Abortion Politics, Mass Media and Social Movements in America," published by Cambridge University Press, December 2014. Weaving together analyses of archival material, news coverage and interviews conducted with journalists from mainstream and partisan outlets as well as with activists, the book reimagines how activists use a variety of media, sometimes simultaneously, to agitate for — and against — legal abortion. In addition, Rohlinger was interviewed about her research on the Tea Party movement for the Pacifica Radio program "Against the Grain," which aired Jan. 12. Rohlinger used the Tea Party to analyze how new technology shapes political participation and social movements in the 21st century. To listen to the interview, visit againstthegrain.org.



Deana Rohlinger

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GRANTS AND PATENTS

Kathy Clark, Ph.D. (School of Teacher Education, Mathematics Education), received a two-month Comenius Professorship at the University of Siegen, Germany, to conduct a study with 20 pre-service mathematics teachers, all of whom are mathematics majors planning to teach secondary mathematics. The study will investigate the transition from studying mathematics in K-12 schools to studying mathematics at a university. Clark's two-month professorship is nonconsecutive: Feb. 14-March 15 and June 10-July 9. While there, she will give a lecture to the campus community and conduct a one-week workshop for graduate students.



Kathy Clark

SERVICE

Greg Boebinger, Ph.D. (National High Magnetic Field Laboratory), has been elected to serve in the leadership of the Section on Physics of the American Association for the Advancement of Science (AAAS). Boebinger will serve as chair-elect from Feb. 17, 2015, to Feb. 15, 2016; chair from Feb. 16, 2016, to Feb. 20, 2017; and retiring chair from Feb. 21, 2017, to Feb. 19, 2018.



Greg Boebinger

KEY PROMOTIONS AND HIRES

Chrys Ivey Goodwyne (University Relations) was named development officer for the Opening Nights Performing Arts series, effective Jan. 16. For the past five years, Goodwyne has served as director of development of the American Red Cross's Capital Area Chapter.

Wendy Plant (The Jim Moran Institute for Global Entrepreneurship) has been named director of student engagement and alumni relations and entrepreneur-in-residence. Plant's responsibilities include oversight of JMI's student business incubator and management of all student activities outside of the classroom, including competitions, events and programs. Plant also will coordinate all of JMI's contributions to campus-focused entrepreneurship activities, providing assistance and consulting services to students and coordinating student activities on and off campus for the College of Business.

ITSNEWS

Information Technology Services its.fsu.edu

Email overload? Here's help

Email consumes about 28 percent of our total workweek, according to *Forbes*. With hundreds of emails hitting your inbox daily, it can be hard to keep it under control. Following are several techniques to help keep your inbox organized and make 2015 the year to efficiently manage your email.

A good place to start is to watch the "Outlook 2013: Efficient Email Management" course on lynda.com. The website also has similar tutorials on managing email in other programs — such as Gmail and Mac Mail — that explain how to set up the following features.

Folders

Folders are a great and simple way to organize emails. You can create folders for projects or to-do items, to name a couple. Messages can quickly be moved into folders and subfolders or copied to multiple folders.

Rules

Rules can perform many different tasks, including sorting email into specific folders as soon as it comes into your mailbox. This is useful for organizing emails from a particular individual or grouping together messages with related content. For example, you might create a "Project XYZ" folder and set a rule that moves all emails that mention "Project XYZ" into that folder. Once created, rules run automatically in the background, and you can turn them off and on as needed.

Archive

Routinely archiving your email frees up space in your inbox by saving your emails to a location other than your mailbox. When you archive your email, you have the ability to control which messages should be archived and — if auto-archiving — how frequently you would like to do so.

Delete

Make a habit of regularly emptying your junk mail and trash folders, and don't forget to periodically clean out your sent messages folder and delete folders you are no longer using.

For more information about managing your university email, visit the Information Technology Services (ITS) website at its.fsu.edu/email/exchange.

The Source

News from Human Resources

TRAINING AND ORGANIZATIONAL DEVELOPMENT

>>**INSTRUCTOR-LED AND ONLINE TRAINING:** Multiple opportunities are available to Florida State faculty and staff members. To view a schedule of classes and registration information, visit www.hr.fsu.edu/train. To register for classes, log in to omni.fsu.edu and click in sequence: "Human Resources 9.1," "Main Menu," "Self Service," "Learning and Development," "Request Training Enrollment" and "Search by Date, Course Code or Course Name." From there, click on "View Available Sessions" and choose a session number. Follow the prompts to submit a request. To view a course description, click on the icon.

More information: (850) 644-8724.

BENEFITS

>>**SAME-SEX LEGAL SPOUSE BENEFITS:** Employees whose same-sex marriages are now legally recognized in Florida are eligible to enroll in family coverage through the State of Florida Group Insurance plan. As of Jan. 6, legal marriages in Florida or any other state qualify for a special enrollment window that ends on Friday, March 6. Going forward, all marriages will be treated as Qualifying Status Change (QSC) events and will allow for a 60-day window from the date of marriage to switch to family coverage. Detailed information about same-sex spouse insurance and retirement benefits through the university can be found at the Human Resources website (www.hr.fsu.edu) under the "News and Events" section. For questions about eligibility and enrollment, employees also can contact People First at 1-866-663-4735 or the FSU Benefits Office at (850) 644-4015.

>>**DOUBLE DEDUCTIONS FOR BENEFITS:** All nine- and 10-month faculty members and seasonal employees enrolled in state health, life and supplemental benefits will have double deductions taken from their paychecks beginning with the Feb. 6 paycheck. The deductions will end with the May 1 check. These additional deductions are taken out to prepay premiums for the months of June, July, August and September. Regular deductions for these employees will resume with the first paycheck in September. Employees should review their paychecks during the double deduction period to ensure that the deductions are correct.

More information: (850) 644-4015 or insurance@fsu.edu.

>>**LEAVES OF ABSENCE AND INSURANCE COVERAGE:** A leave of absence may have an effect on deductions to employee benefits. To ensure that there are no lapses in insurance coverages, employees who take a leave of absence for any reason should contact the Benefits Office at (850) 644-4015 or benefits@fsu.edu within 60 days of the start date.

>>**2015 SICK LEAVE POOL OPEN ENROLLMENT:** Membership applications will be received by Human Resources from Friday, Jan. 30, to Thursday, Feb. 19. Membership applications received before or after those dates will not be accepted.

Eligibility requirements include, but are not limited to, full- or part-time employment as a Faculty, Executive Service, A&P or USPS employee who has been continuously employed by the university for one year or more, has a sick leave balance of at least 72 hours after leave accruals process for the pay period ending Feb. 26, and has an average sick leave usage of less than nine days for each year of university employment.

Upon acceptance, employees donate eight hours of sick leave to the pool and remain members until they leave the university or request in writing to be removed from the pool. The eight hours donated to the pool are non-refundable. Members may be asked to make additional donations if the pool balance falls below 240 hours. Members who terminate their employment also can donate up to 40 hours of sick leave to the pool upon separation from the university.

More information: Lisa Rosenthal, Sick Leave Pool administrator, llrosenthal@fsu.edu or (850) 644-7936, or visit hr.fsu.edu.

BY the WAY

>>**LAWTON DISTINGUISHED PROFESSOR NOMINATIONS:** Members of the faculty are encouraged to submit nominations to the Robert O. Lawton Distinguished Professor Committee. The deadline is Feb. 20.

A folder, prepared by the nominator, should contain a comprehensive curriculum vita for the nominee along with evidence of outstanding scholarship, teaching and service to Florida State University and the nominee's profession. The nomination should include two to four letters of recommendation from individuals within the university and three to five letters from colleagues outside the university.

Questions about eligibility or the preparation of folders should be directed to Genevieve Scott, (850) 644-0799.

Materials should be sent to: The Robert O. Lawton Distinguished Professor Committee, Office of the President, Suite 211 Westcott Building, Mail Code 1470.

>>**STUDENT EMPLOYEE OF THE YEAR AWARD NOMINATIONS:** Faculty and staff members can nominate their outstanding student employees through the inaugural Student Employee of the Year Award, an initiative of The Career Center. Nominations must be made between Jan. 14 and Feb. 14.

Nominees must be degree-seeking students currently enrolled in a minimum of six credit hours and employed as student assistants, federal work-study employees, student interns, student ambassadors, or graduate/teaching/research assistants. In addition, nominees must have been employed by FSU for a minimum of three months at the time of the nomination.

In conjunction with National Student Employment Week, April 12-18, The Career Center will host all nominees at a Student Employee of the Year Award Ceremony on Wednesday, April 15, from 3 to 5 p.m. in Miller Hall, University Center, Building C.

A link to the online nomination form was distributed to all faculty and staff members in mid-January.

More information: Jim Allen, senior assistant director for experiential learning, The Career Center, jwallen@fsu.edu.

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Blueberries: Small summer fruit delivers big reward

New research shows just 1 cup daily could reduce blood pressure, heart risk

By Kathleen Haughney
University Communications

Thinking about topping your morning cereal with a cup of blueberries?

Do it.

Just one cup of blueberries per day could be the key to reducing blood pressure and arterial stiffness, both of which are associated with cardiovascular disease.

"Our findings suggest that regular consumption of blueberries could potentially delay the progression of prehypertension to hypertension, therefore reducing cardiovascular disease risk," said Sarah A. Johnson, assistant director of the Center for Advancing Exercise and Nutrition Research on Aging (CAENRA) and postdoctoral fellow in the Department of Nutrition, Food and Exercise



Sarah A. Johnson

Sciences.

Johnson and a team of FSU nutrition and exercise scientists wrote a new paper, "Daily Blueberry Consumption Improves Blood Pressure and Arterial Stiffness in Postmenopausal Women with Pre- and Stage 1-Hypertension," published in the *Journal of the Academy of Nutrition and Dietetics*.

To read more about this story, visit news.fsu.edu.

RAGTIME

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By John Cariani

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