

PRESIDENT'S REPORT TO THE BOARD

March 2012



Montgomery College
endless possibilities



Being an educator is a bit like being a brain surgeon. While the tools are different—one uses scalpels, the other uses books—both occupations involve the same methods: stimulating, probing, energizing, and searching for the surest way to change a life. Every brain, every patient, and student presents a unique set of challenges and possibilities. But, as any doctor will tell you, success can only be attained when there is a strong mind-body connection.

I believe a successful place of learning must provide students with a healthy, well-rounded experience that recognizes the symbiotic relationship between the mental and the physical. From on-campus fitness classes to access to information on nutrition and health, our campuses provide our students, faculty, staff, and administrators with convenient options to flex their brains *and* their brawn.

That is why we provide our students not only with excellent teachers and classes, but also a strong athletics program; we realize the classroom is not the only place where our students learn and find the strength to change the course of their future. I am excited that we are reinvigorating our athletics program so that our students will have the opportunity to be part of an intercollegiate sports team. By having *one* College team available for each sport, our students will be able to cross campuses to play sports on *any* campus and still comply with the National Junior College Athletic Association's new rules. Additionally, we will expand our intramural opportunities to allow even more students to participate in healthy competition on all of our campuses.

With our athletic reinvigoration underway, our campuses are emphasizing the importance of athletics and wellness as a healthy complement to a student's academic curriculum. I have asked each of our campuses to provide specific examples about how the College helps students sharpen their mental and physical skills. I especially encourage you to read the student stories—they are true examples of how our College empowers students to change their lives in every way.

Board Discussion Questions:

1. With so many competing obligations and responsibilities, what words of advice do you have for our students that will encourage them to better prioritize their own wellness to ensure success?
2. What innovative suggestions do you have for the College to better address the mental and physical needs of our community?

In the Classroom

- Students in the redesigned developmental math course have assignments that require them to understand and calculate BMI—body mass index.
- Biology 101 course content features the chemistry of nutrition and the evolution of behavior. This year, Biology Professor Carol Allen will require her students keep a nutrition diary for one week to calculate their caloric intake.
- Germantown’s Health and Physical Education Department has increased its course offerings and opened participation in athletics to anyone interested, regardless of prior experience.
- When discussing globalization in their paired course in the College’s Renaissance Scholars program, Professors Jennifer Haydel and Kelly Rudin talked about the global rise in obesity as fast foods and processed foods have become more prevalent.

Campus Services and Extracurriculars

- At Rockville, student-athletes participate in study halls, monitored by an athletic academic coordinator. First-year student-athletes, transfer students, or student-athletes with grade point averages (GPA) of 2.5 or lower have mandatory attendance requirements.
- At Germantown, all college athletes are required to attend mandatory study hall, and College faculty monitor student grades for compliance.
- The new student orientation program at Rockville includes modules about athletics, student life, and the transition from high school student to college student. All three modules have content that resonate with wellness and encourage students to lead balanced lives.
- The Rockville Campus will offer open gym/fitness center hours. Collaboration between College Athletics, the Health Enhancement, Exercise Science and Physical Education Department, and Workforce Development & Continuing Education made scheduling time possible.
- This year, members of Germantown Student Development— Professors Gillian Reid-Nelson, Bonnie Vanatta, Harry Zarin—teamed up with the baseball and basketball teams to monitor mid-term and final grades. Each semester, Professor Zarin meets with the teams and coaches to talk about the players’ responsibilities as student-athletes and support services available. As a previous student-athlete, Professor Zarin understands the importance of time management, study habits, and a high GPA for students who play a college sport. For students who seek his support throughout the semester, Professor Zarin helps with course selection, registration, graduation application, and transfer planning. Student Services Specialist Gillian Reid-Nelson runs a study hall with both teams, based on the coach’s wishes and the needs of the team.
- This spring, the Takoma Park/Silver Spring Women's Studies Program will have a Run for Congo Women to benefit women survivors of war and Women for Women International. Assistant Professor of English Lynn Roessner-Ankney is coordinating the effort to train and coach runners.

Access to Information

- Sally Zimmerman, part-time mathematics professor, shares healthy eating information with students through her College [web page](#). The site includes links to information about organic farms, pick-your-own orchards, and farmers markets as well as plant and seed sources, stores, and organizations. Professor Zimmerman also provides healthy snacks for her classes.
- The First Year Experience Program [recently connected](#) with Student Health 101, an online health and wellness magazine with information and tips for student health. The discussion topics include: “What to Do if Your Grades Are Slipping,” “Apps to Keep You Fit and Healthy,” “Resumes: How to Get Yours into Shape,” and “How Better Sleep Can Improve Your Life.” Students who register and participate in online forums are eligible for up to \$1,000 from monthly drawings.



- On December 6, the Department of Health Enhancement, Exercise Science, Health and Physical Education's Health 201 class organized a health and wellness fair for students at College Gardens Elementary School in Rockville. Health 201 is the health and fitness class designed for education majors. Students prepared exhibits that ranged from fitness, body composition, and stress management to nutrition, substance abuse, and hygiene. Based on College Garden's count, more than 500 pre-K to fifth-grade students participated in the fair.
- On Monday, April 2, Takoma Park/Silver Spring Campus Women's Studies and the Writing Arts Committee, in collaboration with the organization Women for Women International, will sponsor a Yoga & Poetry event to benefit women survivors of war. This event will include a yoga class, poetry reading, and other activities to encourage participants to consider the meaning of healing and explore connections between the spiritual and healing aspects of yoga as well as the healing aspects of writing and reading poetry. Participants will be asked to contribute \$20 each, with the goal to earn enough money to sponsor one woman survivor for one year.
- The theme of Rockville's Wellness Fair this year is "Finding a Healthy Balance." Organized by Professor Lesley Wasilko, it will take place at the Rockville Campus on Wednesday, April 11, from 10 a.m.–2 p.m. Some of the health, physical education, and exercise science classes will present at the fair. For example, students from an Elementary Physical Education course will lead visitors through a variety of games and activities that address the ideas discussed in class. They will utilize the concepts of skill themes and movement concepts to develop and present activities that can enhance fitness.

Student Stories

- Julie Needham, a Montgomery College education student, writes about why health and wellness is so important to a student's overall success:

Children today are less active than previous generations. Childhood obesity is a growing national concern, as is as the physical health of our youth. The College Gardens Elementary School health fair gave students the opportunity to learn about health and physical education from a more contemporary source than their classroom teacher. I found the students to be receptive and excited when I taught them about disability awareness. The fair provided valuable lessons not just for students, but for the aspiring teachers. Physical education should not be an extracurricular activity. It is a vital component in a student's academic success. There are always teachable moments that allow for movement in the classroom. Whether we incorporate movement within the classroom with activities and lessons, or we take the classroom outdoors to participate in physical activities and games, student health is of paramount importance. It is critical that teachers are flexible, creative, and patient as they work to engage all students in lessons and activities. We, as educators, must work and be flexible to include learners of all types.

As an aspiring special education educator, it is important to be cognizant of both the gross and fine motor needs of my future students. Being abreast of physical education allows me to better teach children with autism by providing more productive sensory breaks. Healthy students learn better, get sick less, and have a better quality of life.

- In most discussions about academics and athletics, the assumption is usually that engaging in wellness activities helps one to do better in the classroom. Theatre Professor Ellen Mansueto got a different take when she learned that three of her students were taking her class to improve their focus in basketball. In the past few weeks, student David Hucks has learned to see a connection between a theatre/classroom audience



and an athletic audience. Once he had successfully enacted a frog on stage, he realized that his confidence was increasing: “If you are going to play, you have to have confidence that you are going to make your shot.” Likewise, a teammate, Ivan Flores, agrees that theatre class has improved his ball playing. The relaxation and centering techniques he has learned in class “help you get more in tune with yourself and your body... they help me focus more, and being able to focus all my energy and emotions in one place helps a lot when I’m making a free throw!”

- Many health classes include a behavior modification project as part of the course, encouraging students to evaluate their personal wellness and implement nutritional and behavior changes if necessary. Below are some reflections from Professor Tonya Seed’s students:

Not only was I happy about this class, but also I learned so many things. First, I changed my diet completely; I gained responsibility for what I put in my mouth. I am maintaining a healthy weight and learned to make the best food choices. I now supplement my diet with vegetables and fruits. I am working on cutting out sodium consumption and fats, and I am trying to keep it within the recommended limits. Interesting fact about this class—I learned that you can eat and still lose weight in a healthy way. This idea cleared all the false programs for starvation, in the “name of losing weight.” I know better now. Professor Seed played a great role in teaching me how to work the different muscles in a correct alignment; with her teachings I’ve been able to carry on the exercise routine. I drew up my exercise plan; it is part of my fun and I now enjoy working out. I’ve passed on the same spirit to my family members, and ever since we started, we’re more lively and active. The class PE 174 helped me boost my mood. How? I no longer skip breakfast; that’s important for giving me a fresh start. And also with the workout, I spend my entire day active and full of energy to carry on my other duties. In fact, it is because of this positivity that I was able to make it to the dean’s list, thanks to this class.

This class totally boosted my esteem; I know how to feel good about myself. I don’t have to fantasize about the diet programs on TV. I can do it myself within my means. I am a better person because of this class.
– Juliet Namazzi

The curriculum offered in Health 108 was helpful to me because it reinforced and shed new light on my nutritional habits. Because we were required to take a detailed look at what we were eating and how we were being active in our daily lives, I found ways to improve my approach to health and nutrition. The nutrition project that we did really drove home to me the importance of having a well-rounded and variety-packed diet while also making me take into consideration how much exercise I was getting daily. The nutrition project, along with the lectures and reading, showed me the many different components needed to control my weight as well as ways to increase my strength. When I do my shopping at the grocery store, I now pay closer attention to labels on products, which has helped me to stop wasting calories on items that provide little to no nutritional value. I’m really happy that I took this class because I feel more informed about what I am eating and how it affects my body.
– Starre Lanton



COLLEGE BULLETIN

March 2012



Celebrating Students and Alumni

The Fisher Art Gallery at the Northern Virginia Community College's Alexandria campus selected an exhibit proposal curated by Assistant Professor Lincoln Mudd and featuring three students—Gordon Lyon, Jackie Martin, and George Wedberg—from an Advanced Sculpture class (Practicum). The exhibit of sculptures, entitled “Discipline of Edge,” will run October 5–November 11, 2012.

The Old Print Gallery in Georgetown accepted the monotype print work of art student Philip Bennet for representation.

Lucy Stone, applied geography student, received a paid internship with the City of Rockville's Public Works Department. She will work with geographic information systems and computer cartography as it relates to transportation and infrastructure.

Adrian Madison, a student in the Workforce Access Program, received a HSC Foundation LEAP Award scholarship while he attends Montgomery College. The HSC Foundation is a nonprofit organization that facilitates access to support and service to individuals with disabilities and their families.

Celebrating College Faculty, Staff, and Administrators

Assistant Professor of Art Judy Stone exhibited her artwork in “Where the United Nations Used to Be,” an exhibition at the Red Poppy Art House in San Francisco. The exhibition ran from January 8–February 19. Professor Stone also gave a guest artist lecture in February at the Maryland Institute College of Art on the topic of “Photography and the Body.”

Dr. Percy North, professor of art history, gave a presentation in February to the curatorial staff of the Baltimore Museum of Art. The presentation highlighted the upcoming exhibition, “Max Weber: From the Matisse Class to Cubism,” that Dr. North is organizing for spring 2013 at the museum.

Also in February, Art Professor Michael Harrington participated in the Smithsonian Faculty Fellowship Showcase. Professor Harrington presented her semester-long work on innovations in the classroom around the theme, “The Politics of Identity: Race in 21st Century America.”

Cocobolo Design, a ceramic/design gallery located in New York City, will exhibit Art Professor Vidya Vijayasekharan's ceramic artwork.

Professors Sara Ducey and Steve Dubik were appointed capacity partners with the Montgomery County Food Council. A capacity partner is an organization, business, or individual that collaborates on projects with the Food Council Working Groups. The capacity partner provides leadership, resources, research, or any other useful support for unique food system projects.

A local council of the Boy Scouts of America will be honoring Elizabeth Brandenburg, biology department instructional laboratory coordinator, with the prestigious Silver Beaver Award, which is the highest honor bestowed upon a volunteer scouter. Ms. Brandenburg will receive this coveted award at the National Capital Area Council, Boy Scouts of America Annual Court of Honor reception on March 29.

In February, Workforce Development & Continuing Education (WD&CE) expanded outreach to the Hispanic community in several ways. Liliana Arango, program director for the Hispanic Business Institute, and Nelida Andres, bilingual community liaison and program assistant for the Early Childhood Education Department, made a presentation to the Mental Health Association of Montgomery County. The Kensington Wheaton



Youth Services hosted a meeting to align WD&CE's programs with the Collaboration Council Youth Professional Development's projects, which serve parents who speak limited English who are trying to improve their employment and/or housing situation.

Dr. Sanjay Rai, vice president and provost at the Germantown Campus, attended a White House Asian American and Pacific Islander (AAPI) Business Leaders Briefing in February at the Eisenhower Executive Office Building. This event enabled Dr. Rai to hear from and connect with senior White House and administration officials on what President Obama is doing to grow AAPI businesses across the country.

Speakers and Events

The faculty members of the diagnostic medical sonography (DMS) program have hosted many national and international guests at the Takoma Park/Silver Spring Campus Health Sciences Center. Recently, they welcomed the American Registry for Diagnostic Medical Sonographers as they piloted their new Sonography Principles & Instrumentation Physics National Board Examination with a group of our students. The Imaging the World (ITW) organization, which provides training to bring medical expertise and high-quality health care to remote and underserved areas worldwide, conducted training sessions with College faculty and graduates. The medical director for the DMS program is a founding member of the ITW.

The College held a special program last month as part of its efforts to promote President Obama's Interfaith Initiative. The Takoma Park/Silver Spring Campus hosted "[Education Under Fire: An Analysis of Iran's Campaign to Deny Higher Education to Bahá'ís](#)," which was an engaging and interactive presentation and dialogue facilitated by Sahar Sattarzadeh, professor of sociology. The Education Under Fire campaign is an initiative of the Bahá'í Institute for Higher Education (BIHE), "an act of communal preservation," according to *The New York Times*.

To commemorate the 50th anniversary of the Civil War, the College's Germantown library has received a \$3,000 grant from the National Endowment for the Humanities to present "[Let's Talk about It: Making Sense of the American Civil War](#)." English Professor John Hare will lead this five-part series, which is free and open to the public, and all participants will receive complimentary copies of books in the series.

In early February, the applied geography program hosted the 39th Cartography/Geographic Information Systems (CaGIS) Map Design Competition on the Rockville Campus. Tanya Allison, professor and program coordinator, and Dan McDermott, professor emeritus, judged the competition, along with several other cartographic professionals in the D.C. metro area. The competition is open to U.S. and Canadian products and includes professional and student categories. All entries will be archived at the Library of Congress' Geography and Map Division, and the winners will be exhibited at the upcoming ASPRS/CaGIS conference in Sacramento, California, in March.

Germantown's Athenaeum Symposia, a speaker series that made its debut in the fall of 2011, opened its spring 2012 season in early February. Guest speaker Robert Blake, assistant secretary of state for South and Central Asian affairs, addressed the importance of U.S. involvement in South and Central Asia and its impact on the U.S. economy and the global workforce. In mid-February, Don Bliss, attorney, historian, and great grandson of Mark Twain's publisher, provided commentary on Twain's views of American politics, government, and foreign policy. On March 21, Patrick Beldio, sculptor, philosopher, and teacher, will draw on his diverse experience and achievements in envisioning the "Future of Art: Re-Enchantment in Contemporary Art." On April 11, Frank Islam, author and entrepreneur, will discuss "Renewing the American Dream: A Citizen's Guide for Restoring Our Competitive Edge."

The national theme for this year's Black History Month was Black Women in American Culture and History. Some of the College's featured events during the month of February included a Black History Month book



exhibit as well as lectures and discussions on a variety of topics including “The Civil Rights Movement in the North,” “Slavery in the History of Washington, D.C.,” “Sisters in Cinema: African American Women Giving Voice to Film,” and “D.C. Red Tails: A Conversation with Living Legends – Tuskegee Airmen.” The Rockville Office of Student Life coordinated an all-day Black Inventions exhibit. An extraordinary event, “Sister Citizen: Black Women in American History and Culture” took place in the Cultural Arts Center. More than 200 students, faculty, staff, and community members listened to poetry from Professor Kateema Lee and performances by spoken word-poet Michelle Nelson. Councilmember Valerie Ervin gave a talk on “Sister Citizen: How to Stand up Straight in Politics as an African American Woman.”

Professor John Carr, printmaking coordinator, exhibited his artwork in February at the Sarah Silberman Art Gallery. The exhibition was entitled “Woodland Shadows and Sawed-Off Dreams: Fine Art Prints by John Carr.” During the exhibition, Professor Carr gave three lectures, open to students and faculty, on his work and the mezzotint printmaking process.

Germantown’s Spectrum Lecture Series opened its spring 2012 season in mid-February with guest lecturer Dr. Ellen Chen, president and chief technology officer of Advanced Biomimetic Sensors, Inc. Her lecture, “Development of Biomimetic Diagnostic Devices,” addressed key issues related to the design of useful biomimetic diagnostic medical devices.

Nutrition and Hospitality Management Professors Alyson Escobar and Janet Saros hosted faculty in February from South Korean JEI University’s Department of Hotel Food Service and Culinary Arts to talk about the College’s hospitality program and to give the South Korean guests a tour of the Marriott Hospitality Center’s instructional kitchen.

The first International Student Scholarship Fair was held on the Takoma Park/Silver Spring Campus in mid-February. Representatives from 10 schools spoke to more than 200 students at the tabling portion of the event. Afterwards, representatives gave more detailed advice and information to students at a keynote presentation.

The Office of Student Financial Aid hosted College Goal Maryland (CGMD) at the Takoma Park/Silver Spring Campus in mid-February. This public event helped students and parents complete the Free Application for Federal Student Aid (FAFSA). Most of the volunteers were financial aid administrators; they helped families understand the financial aid process and complete the FAFSA. The event was attended by 51 families. CGMD 2012 was the eleventh year that the College’s Office of Student Financial Aid hosted the event.

The Rockville Office of Student Life partnered with Lafayette Federal Credit Union to present “Money Counts,” a free financial education series developed for Montgomery College students. The Rockville Student Senate hosted a “Red Masquerade Ball” to raise money for student scholarships.

The Office of Student Life, Rockville Campus, will provide a local Alternative Spring Break experience to students during the week of March 12–16. They will work with Crossway Community, Inc., to support and foster learning, creativity, and community for families. Students will work with children in the Crossway Montessori programs, support programs for the on-campus families in the Family Leadership Academy, and assist with community events in the Intergenerational Learning Center.

MC News

[GeneDx](#), a local biotechnology company that specializes in genetic testing for rare hereditary disorders, has donated two centrifuges, a laboratory oven, and 40 thermometers to the College’s biology and biotechnology programs.



The MdBio Foundation provided a \$10,000 grant to support the MdBio Scholarship for students working toward their certificate or associate's degree in [biotechnology](#). Since 2007, the foundation has made a total donation of \$40,000, which has supported more than 40 MdBio scholarships.

At its annual volunteer luncheon in January, Montgomery County Parks presented the anthropology program with an award of recognition for two decades of volunteer service that have included excavating numerous sites over the years with MC students on the Montgomery Parks' property, lab work and preparation of technical reports, and displays and PowerPoint slides for presentations.

Counselors and math faculty on all three campuses are working together to facilitate early intervention for any students who are not on a path to complete MA 094 Mathematics Prep as part of the Early Alert Pilot Program, which is funded by a Maryland College Access Challenge Grant.

The criminal justice program will bring 25 students to tour the U.S. Secret Service Headquarters in Washington, D.C., and training facility in Largo. Recruiters will be on hand to talk with students about career opportunities.

The Science, Engineering, and Mathematics Area redesigned a recitation room in the new Science Center at the Rockville Campus to engage faculty and students in a more active teaching and learning mode. Five classes in four different disciplines are piloting this "Starbucks café-style" seating model this semester. In one of these classes, Dr. Eugene Li, physics professor, is using iPads in his physics instruction to engage students in new ways. He uses them to measure the speed of moving objects, to explain physics theory, to take and post videos of classroom demonstrations, and to take pictures of white board notes, which he posts online for students to reference after class.

In response to the Chemistry Department's observation that many science students struggle with writing lab reports, the department offers writing workshops for all chemistry students taking lab courses. Dr. Orna Kutai, chemistry professor, is teaching three workshops this semester.

Montgomery College's Students in Free Enterprise team was recently approved as an official chapter of Change for Change. Through targeted collections of loose change, the chapter will raise money to support local nonprofits or campus organizations addressing an important community challenge. There are currently seven active chapters on college campuses, including Amherst College, Cornell University, and McGill University, among others.

The Montgomery County Collaboration Board's Bioscience/Health and Fire Science Cluster Advisory Board met last month as the first full cluster meeting of all three of Montgomery County's educational institutions (Montgomery County Public Schools, Montgomery College, and the Universities at Shady Grove) with their extended industry and advisory partners. The group discussed centralizing partnership options, including their speakers' bureaus, mentorship programs, job shadowing, internships, and curriculum support. Ad hoc committees are now forming to support the outcomes. These smaller groups will create a "go-to" chart for all three educational institutions, along with creating new opportunities for student and program growth.

The Germantown Campus hosted a delegation in February of nine senior officials from Brazilian universities traveling on a study tour sponsored by the U.S. Embassy and the government of Brazil. The study tour was designed to support the Brazilian government's "Science without Borders" program, which promotes significant numbers of Brazilian students studying abroad in the science, technology, engineering, and mathematics fields. Dr. Sanjay Rai, vice president and provost; Heidi Russel-Kalkophen, international student coordinator; Dr. Jorinde van den Berg, American English Language Program faculty member; Michael Mehalick, internship coordinator; and Kathy Michaelian, instructional dean made presentations and participated in the discussion, which included interest in developing an international partnership and exchange program.



The College's noncredit developmental education and Workforce Access Program partnered with Montgomery College's credit mental health program to offer practicum internships to students enrolled in the mental health program to work as instructional assistants in the Challenge Program, a program for adults with developmental disabilities on the Rockville Campus.

