At Fall Break Day, we are half way through the fall semester. Time does fly!

HOMECOMING
CAST departments did an excellent job creating a hospitable reception for alumni in the College who returned. On Friday, alums from many programs were on campus. We had them all visit the College Office just before lunch. Our graduates migrate to a wide variety of fields that are very interesting. We even had a candidate for the U.S. Senate, Jim Durkin, CJS, BS ’84. The levels of accomplishment they reach are always impressive. On Saturday, CAST played a major role in making the day a success. Military Science helped manage the parade and support the skydivers who sailed into Hancock Stadium. Other CAST units organized a wonderful float and sponsored many hospitality tents for returning alums. Thanks to all who helped with each of these events.

COMPREHENSIVE CAMPAIGN
The University Family Campaign is well underway. During a year in which there were no pay raises, the university family gave generously. When you invest in the future of ISU, you invest in your future. During solicitations of this nature, one always wonders who is giving. Below is the distribution of gifts as of August 23, 2002.

<table>
<thead>
<tr>
<th>Group</th>
<th># Donors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faculty and Faculty Associates</td>
<td>193</td>
</tr>
<tr>
<td>Administrative Professionals</td>
<td>158</td>
</tr>
<tr>
<td>Civil Service</td>
<td>135</td>
</tr>
<tr>
<td>Annuitants</td>
<td>97</td>
</tr>
<tr>
<td>Total</td>
<td>583</td>
</tr>
</tbody>
</table>

Total Dollars Committed $3,601,344

SCIENCE AND TECHNOLOGY WEEK
This week we were able to get a firm commitment for our keynote speaker for this year. Dr. M. Joceyln Elders, former US Surgeon General and the first African American woman to hold this post, will speak April 22, 2003, on Health Care in the 21st Century. Reports we have received from people on campus who have heard her speak indicate she is excellent.

IDEA OFFICE
Occasionally, I would like to report in NewsCAST some of the results of our new course evaluation system, especially that which illustrates a particular strength or weakness of our instruction within the college. Please bear in mind this summary comes from the summer 2002 semester only, and includes data generated from 20 classes.

I would like to highlight some of the positive aspects of the most recent college feedback. Sixty-five percent of our students indicated, “Improved student attitude” in the “High Average” or “High” categories. Forty-five percent of students indicated their teachers to be in the “High Average” category, and fifty percent of students responded their course to be counted in the “High Average” or “High” categories.

Faculty provided information about the degree to which various learning objectives were emphasized in their courses. “Gaining factual knowledge (terminology, classifications, methods, trends)” was identified as “essential” or “important” in ninety-five percent of courses evaluated. “Gaining a broader understanding and appreciation of intellectual/cultural activity” and “Developing creative capacities (writing, inventing, designing, performing in art, music, drama, etc.)” ranked lowest among important or essential course objectives.

Data compiled from the Faculty Information Forms indicated “Lecture” was the primary approach to instruction and “Discussion” was the most often cited secondary approach. The item that was cited as having the greatest negative impact upon learning by faculty was “Physical facilities/equipment” (forty percent), and the item having the greatest positive effect was “Experience teaching the course” (seventy-one percent).

Again, these data must be considered in the context of one semester only, which included 20 classes in CAST having been evaluated. As we implement the IDEA system throughout CAST this fall, we will then begin to be able to compile a more accurate CAST instructional profile.

J. Wood
U-CLUB SCHOLARSHIP

Illinois State’s University Club announces the Fall 2002 Illinois State University Student Scholarship Competition. Awards of $300.00 cash will be presented to selected students by the end of the Fall 2002 semester. Any officially enrolled student of the Illinois State community is eligible to apply. Application forms may be picked up at the CAST Office and are to be sent to:

Dr. Hank Campbell
U-Club Scholarship Committee
Illinois State University
Campus Box 5100
Normal, IL 61790-5100

The deadline to submit applications is November 1, 2002.

CAST RESEARCH OFFICE

RECIPIENTS OF EXTERNAL FUNDING

Dr. Dale Brown, associate professor of Kinesiology and Recreation, and Dr. Robert Cullen, assistant professor of Family & Consumer Sciences, have recently been awarded a $308,911 grant from the Illinois Office of the Attorney General for a three-year project entitled “The Impact of a Wellness-Based Curriculum on Lifestyles, Health Behaviors, and Risk Profiles”. Their study will assess the effectiveness of educational programs on lifestyles, nutrition and health behaviors in adolescents, and compare their lifestyles and health behaviors with their parents/guardians.

This comprehensive investigation will explore the interrelationships between adolescent health practices and behaviors on chronic disease risk factors along with parental influences on these processes. The objectives of this study will be achieved by studying approximately 1000 adolescent children. Participants will be recruited from 9th through 12th grade students in the McLean County Unit Five school district. Eligible students recruited from the 10th, 11th, and 12th grades must have completed the 9th grade wellness curriculum offered through Unit Five.

The wellness course offers the information necessary to help students make responsible decisions concerning their physical well-being and health practices. Since the wellness curriculum is a yearlong course administered to all incoming freshman, the impact of this course will be examined by monitoring pre and post changes in knowledge, physical activity, and nutritional practices at the start and end of curriculum. Secondly, the retention of those concepts and activities will be measured by comparing the knowledge, physical activity, and nutritional practices of upper class students (10th-12th grade) who have previously participated in the 9th grade wellness curriculum as compared to the current freshman class. Additionally, the influence/relationship between parents/legal guardian's lifestyles and health behaviors and those of their adolescents will be compared. Finally, prevalence of negative health risk factors in the adolescent population will be examined by having a subset of 400 students (100 students from each grade, 9th-12th), randomly selected, participate in the health risk appraisal/medical assessments. These students will undergo medical screenings to examine the prevalence of health related risk factors associated with blood analysis (blood fat analysis), bone density screening (osteoporosis), body composition analysis (obesity), and dietary practices (diet analysis/food frequency questionnaires).

The Vitamin Settlement Grant from the Office of the Attorney General continues a five year collaboration between Brown and Cullen during which they have received periodic funding through CAST URGs, small grants from Jump Rope for Heart, IAPHERD, a professional organization, and a grant from the Illinois Department of Public Health, Office of Women's Health for $38,000. This previous success allowed them to build professional contacts and relationships with professionals and community sites, refine their proposal and be ready when the Attorney General grant RFP arrived with a short turn around time.

Brown and Cullen had this to say when asked what they believe contributed to their success in being awarded this grant:

- **Developing a proposal with merit** through ongoing research and grant activity. This gave them confidence that their ideas had merit.
- **Networking** is important! Staying in contact with individuals who are on the front lines at the state and national level for their research areas of interest. It is also important to build and maintain relationships with constituents who can participate carrying out the grant activities.
- **Working together rather than alone. Collaboration** allows for greater creativity, productivity and accountability.
- **Persistence is a key.** Several of their recent grants were rated highly, but not funded. Those grant applications allowed their proposal to be assembled quickly.

Dr. Ed Wells, professor of Criminal Justice Sciences, and Dr. David Falcone, also professor of Criminal Justice Sciences, have also been awarded a $35,955 grant from the National Institute of Justice for a one-year project entitled “Policing in the United State: Developing a Comprehensive Empirical Model”. The overall aim of this study is the systematic development of a general, empirically derived, community-based model of policing in the U.S., with special attention to the ways that this model may vary substantially across different types of communities. It promises to overcome the shortage of suitable national data on policing organizations by constructing a unique merged data set by
combining data separately available in four large national, publicly available data sources. These data sets include the 1999 Law Enforcement Management and Administrative Statistics survey conducted by the Department of Justice; the 1999 Uniform Crime Reports collected by the Federal Bureau of Investigation; the 1994 City-County Data Book published by the U.S. Department of Commerce; and the ICMA Municipal Yearbook available from the International City/County Management Association.

Using these uniquely combined data sets, the study will use multivariate analysis to (a) identify those community characteristics that most consistently predict variations in how local police agencies are organized and administered; (b) identify those organizational features of police agencies that most strongly influence how they operate; and (c) combine these variables into a general overall model to depict how the structure and operation of police departments are influenced by the kinds of communities in which they are located. In addition, the study will follow up the overall multivariate analysis with “moderator analyses” to assess the degree to which the general model is substantially modified (or “moderated”) by several contextual factors--i.e., regional location, rural vs. urban setting, and county vs. municipal government--which have been hinted at in the available research but never systematically analyzed. The results of this analysis will provide a strong empirical assessment of the common presumption made by policy makers that a single “one size fits all” model (developed by studying a few metropolitan police organizations in great detail) really describes police across most communities in the U.S.

Wells and Falcone believe the number one factor that contributed to the success of their proposal writing efforts was the perfect fit between the plan of research they conceived and the RFP outlined by the National Institute of Justice.

UNDERGRADUATE AND GRADUATE RESEARCH SYMPOSIUMS

The Undergraduate Research Symposium for this academic year is scheduled for Friday, March 28, 2003. Set for after spring break, the timing of the symposium may allow faculty members to design learning activities within spring courses that can culminate in work that is ready for presentation at the symposium. However, it is probably better to think about those research-related learning activities that are being undertaken by students this semester. Faculty members should encourage students who complete high quality work this semester to save such work for presentation at the symposium next semester.

The Graduate Research Symposium is scheduled for Friday, April 25, 2003. This date is similar to the one set for last year’s symposium for graduate student participants. Encourage students with high quality research projects completed this semester to save their work to enter in the symposium. However, students may find the late April date set for this event will allow them to feature thesis or dissertation research that will culminate in April or May. If you have not received publicity and entry forms for these two events, contact your department chair or department representative to the CAST Research Committee, the CAST Research Office, or the Graduate School Office. Entry forms and other helpful information can be found on the following website: http://www.grad.ilstu.edu/symposium/. Four categories have been established for research symposia entries: posters, oral presentations, multi-media, and performance/reading.

Also, encourage undergraduate and graduate students who have completed exemplary work for these occasions to consider presenting their research at off-campus conferences. The Graduate School/University Research Office, CAST Research Office, and some CAST departments can provide matching funds to support student travel to conferences for purposes of presenting their work. Students, with the assistance of faculty advisors/mentors, can apply for these funds.

HEALTH SCIENCES

Dr. George Byrns attended the September 19th meeting of the American Industrial Hygiene Association Prairie Section. The evening’s presenter was Gerry A. Lanham, PE from KBD/Technic. He is an expert in ventilation design and one of the contributors to the book Industrial Ventilation.

KINESIOLOGY AND RECREATION

An article entitled, "Reflections on a Departmental Name Change: Process and Product", by Dr. Alan Lacy was recently published in the The Chronicle of Physical Education in Higher Education.

Dr. Norma J. Stumbo has published an invited article in Volume 23 of the 2002 Spanish journal, ADOZ, Boletin del Centro de Documentacion en Ocio, on "Leisure Education and Learning Theory." Managed by the Universidad de Deusto in Bilbao, the journal includes the article in both Spanish and English; and serves recreation and leisure professionals primarily in Spain. Dr. Linda Caldwell of Penn State was her co-author.

She has also published an invited article in the August 2002 Australian Newsletter of the Diversional Therapy Association of Queensland, "Maximizing Successful Leisure Experiences." The article is from the paper she presented at the University of Queensland (Ipswich), the University of Sydney, the University of Technology-Sydney, and the University of Western Sydney (all Australia) and the Southern Institute of Technology (Invercargill) and the Eastern institute of Technology (Napier) both in New Zealand, during the summer of 2002.
Additionally, she has presented an all-day workshop in Toronto, Canada, on "Client Assessment" and consulting with the Therapeutic Recreation department of the Toronto Rehabilitation Institute on their departmental operations, on October 3 and 4, 2002.

KINESIOLOGY AND RECREATION CONTINUED...

**Dr. Stumbo** has recently presented an all-day workshop on "High-level Wellness" and a half-day workshop on "Client Assessment" at the American Therapeutic Recreation Association Annual Convention in Keystone, Colorado. Dr. Carol Peterson from the University of Las Vegas-Nevada was her co-presenter for the wellness workshop. Dr. Stumbo also recently presented a full-day workshop to the Therapeutic Recreation Association of Greater St. Louis on "Developing Social Skills Interventions in Therapeutic Recreation" and "High-Level Wellness."

She has also authored a textbook, *Client Assessment in Therapeutic Recreation Services*, published by Venture Publishing Company of State College, PA. The book is the first of its kind for the field of therapeutic recreation, and complements her co-authored *Therapeutic Recreation Program Design* (with Carol Peterson of UNLV), the best selling therapeutic recreation textbook in the world.

Finally, Dr. Stumbo has been named as an Associate Editor on the Editorial Review Board of the new *American Journal of Recreation Therapy*. The first volume was published in August of 2002.

TECHNOLOGY

**Dr. Ken Stier** and professors Abdul Antoine, Errol Clarke, and Everton Lewis, at the University of Technology in Kingston, Jamaica, published a refereed article entitled, "The History and Changes in Technical Education in Jamaica", in the September issue of *The Technology Teacher*.

IMPORTANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 11</td>
<td>CAST Outstanding Teacher and CAST</td>
</tr>
<tr>
<td>October 18</td>
<td>CAST Outstanding Researcher</td>
</tr>
<tr>
<td>October 28</td>
<td>Deadline for submitting URG proposals to the CAST Research Office</td>
</tr>
<tr>
<td>November 1</td>
<td>fully completed profiles found in the new ISU Research/Creativity Profile Database</td>
</tr>
<tr>
<td>Monday</td>
<td>CAST Holiday Luncheon</td>
</tr>
<tr>
<td>December 9</td>
<td>Old Main Room, BSC</td>
</tr>
<tr>
<td></td>
<td>11:30-1:30</td>
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</table>

Friday Drawing for $50 gift certificate from pool of November 1 fully completed profiles found in the new ISU Research/Creativity Profile Database