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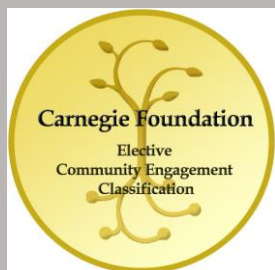
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President's Higher
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Member With
Distinction



Carnegie Foundation
Elective Classification in
Community Engagement



Leadership in Civic Engagement Awards and Scholarships Welcomes Nominations for 2015

by Michael Bersani,
Institutional Advancement

SUNY Cortland's Institute for Civic Engagement (ICE) once again will recognize individuals for their significant contributions to improve the quality of life at the college and in the community through their leadership of civically-oriented projects.

SUNY Cortland students, faculty, staff and local community members can nominate another person, group or themselves for a Leadership in Civic Engagement Award.

Nominations and self-nominations for the awards will be accepted until Friday, March 6. [Nomination forms](#) are available on the Leadership in Civic Engagement Awards website.

Recipients will be recognized with a certificate at the annual Leadership in Civic Engagement Awards and Scholarships reception at 4:30 p.m. Thursday, April 23, in Brockway Hall Jacobus Lounge.

Applications for civic engagement scholarships are available to SUNY Cortland students returning for the 2015-2016 academic year. Scholarship information can be found at cortland.academicworks.com by searching with the keywords "community service." Scholarships range in value from \$1,000 to \$2,000 each. Scholarship applicants automatically will be considered for Leadership in Civic Engagement Awards.



Sustainable Cortland won a Leadership
in Civic Engagement award in 2014

Help Needed with Hunger Assessment

A group representing local schools, human service agencies, elected officials, businesses and agriculture is meeting to look at the issue of hunger in Cortland County and working to develop a community-wide response. In order to do this, they would like to gather some solid data that can be used to identify a baseline of the needs and challenges in the community as we work to develop an informed response.

They would like to engage SUNY Cortland in this process. They invite faculty, staff and/or administrators who are interested to please join us in this effort. If you're interested, please contact Lindy Glennon, Executive Director, Cortland County Community Action Program (CAPCO) at 607-753-6781 or lindyg@capco.org.

Challenges and Opportunities: The Cross-Cultural Miscommunication Panel Discussion



On Wednesday, February 18, 32 people, including 27 students, participated in the sixth consecutive Cross-Cultural Miscommunication Panel Discussion. The focus of this event was “challenges and opportunities in the multicultural classroom.”

Six panelists described personal experiences in multicultural classrooms, and suggested ways for teachers to use such opportunities to enhance learning.

The panelists were

- Amoreena Telleache, a certified National Board for Professional Teaching Standards 5th-grade teacher at the Cortland Enlarged School District’s Virgil Elementary School.
- Ashley Miller, who completed her 100 hours of observation in the Syracuse School District, where she tutored ESL students.
- Marilyn Mayer, a fifth-grade teacher in the Ithaca School District whose 26 current students represent ten countries across three continents.
- Michaela Auer, a childhood/early childhood education major who volunteered in the Costa Rica winter immersion program with Valerie Behr (childhood/early childhood education).
- Michelle Boulbol, a childhood/early childhood education major who volunteered in the Costa Rica program.
- Mona Ivey-Soto, Assistant Professor in childhood /early childhood education, who provides a variety of multicultural opportunities for her students.

Ivey-Soto highlighted the importance of empathy – “of understanding *from an insider’s perspective*” students’ communities. In doing so, teachers help children build a bridge between their cultures and the school’s culture. That bridge equals trust.

Auer reinforced the importance of empathy, but from a unique perspective: As a tutor in

Costa Rica, she said that she “felt like an SSL [Spanish as a Second Language] learner.” Boulbol agreed, saying that from her experience, she learned patience.

Both said that they learned from their students; other panelists echoed this idea, saying that teachers *should* learn from their students and from students’ parents. Parents can be enthusiastic about sharing knowledge about their cultures. For example, one Afghan father, who works at three jobs, took time off to share his cultures’ foods with Mayer’s students.

Boulbol and Auer praised their Costa Rica experiences as priceless, and they and other panelists strongly encouraged students to study abroad. Valerie Behr (childhood early/childhood education) has worked with the International Programs Office to establish the Costa Rica program.

The International Programs Office’s Assistant Director, Gonda Gebhardt, was an audience member. She drew on her family’s personal experience with exchange students to summarize the event, saying that “When you care for your students, sure – you might make a cultural goof – but if the person knows that you care, you’ll be fine.”

The discussion was sponsored by the International Programs Office, the James M. Clark Center for International Education, and the Institute for Civic Engagement. John Suarez, Coordinator of the Institute for Civic Engagement’s Office of Service-Learning, facilitated the discussion.

A link to a YouTube video of the Cross-Cultural Miscommunication Panel Discussion is available at:

<https://www.youtube.com/watch?v=RtapPf-TVG0&list=PL13e0gq58nmqU0TS4Uok9EzMQnuMR-U5h&index=1>

The Center for Obesity Research and Education (CORE)

SUNY Cortland's School of Professional Studies is actively involved in "symbiotic" community-engagement projects: Those projects are collaborative and mutually-beneficial for all concerned, and some of those projects involve student research. One place where students gain research experience is the Kinesiology Department's Center for Obesity Research and Education (CORE).

Kinesiology Associate Professor (and Chair) Phil Buckenmeyer created the Center in 2005 to establish a database for determining the percent of overweight children in New York State by working with area schools. (More than a third of Cortland County children are overweight; almost one in five are obese).

CORE helps address these problems through HealthyNOW Teens, a comprehensive health-enhancing program designed to support teens as they reach their weight-loss goals and improve their quality of life – all while having fun.

CORE's connection with the program began in 2009, when Rebecca Canzano (Public Health Education Manager for the Cortland County Health Department) discovered that the cost of for-profit healthy-weight programs was far beyond the reach of many Cortland County residents.

The CORE facility was inaugurated in January 2011. It includes a reception area; an office in which Assistant Professor Stephen Yang manages a blog; a library/resource room for faculty-student research collaboration and a CORE/exercise physiology testing lab. The lab, itself, includes an exam room, a smart room, a lab with equipment to measure blood glucose, and an environmental chamber (in which temperature, humidity, and oxygen levels can be adjusted for training for competition in various climates).

Canzano, Buckenmeyer, and others collaborated to create HealthyNOW



Professor Phil Buckenmeyer standing by the Hydrostatic Weighing tank in the CORE Lab

Teens. The YWCA and the YMCA provided rooms for the program at no charge. Programming was provided by the Cornell Cooperative Extension of Cortland County, Seven Valleys Health Coalition and several health-related organizations (yoga, mixed martial arts, self-esteem, and team-building).

Since the summer of 2011, one year after the program's launch, CORE has administered the program. Canzano calls CORE "a perfect fit" for the program, in part because it "touches on physical activity, nutrition, mental health, personal relationships and community service."

"Tweens" and teens pay no fee for the program, which runs three days per week for 90 minutes each day. Since its launch, the program's staff has worked with over 25 tweens/teens and 50 SUNY Cortland students. The program has been funded by the Office of Sponsored Programs and by two \$10,000 grants from the J.M. McDonald Foundation.

CORE has generated research, including presentations at three national American College of Sports Medicine (ACSM)

Conferences:

- *Effectiveness of an 8-week non-residential weight loss program on health and fitness parameters in teens* (2013). Researchers included four SUNY Cortland faculty, a SUNY Cortland student, and two community partners.

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(CORE Lab continued from page 3)

- A research project on 5-Hour Energy Drink (2011).
- A research project on sport participation and sport/energy drink consumption of K-6 children in local school districts and communities (2010).

CORE's work is becoming more comprehensive. Buckenmeyer said, "We are working to make this a self-sustaining, community-based obesity clinic, similar to the Communication and Speech Disorder's clinic."

CORE serves as an inter-disciplinary facility. SUNY Cortland's Health Department has recently utilized the CORE facility for office space as part of a grant that Professor Bonni Hodges administers. Student participants in the HealthyNOW Teen program are Kinesiology, Health, Physical Education, and Adapted Physical Education majors.

For further information, contact Phil Buckenmeyer at phil.buckenmeyer@cortland.edu

(Awards continued from page 1)

Last year's awards were presented to 26 SUNY Cortland students, eight faculty and staff members, three community members, one community group and the students of two campus classes. Civic engagement activities of past recipients include involvement with:

- The Wickwire Pool Project
- Loaves and Fishes
- Make-a-Wish Foundation
- YWCA's Bridges for Kids afterschool program
- American Red Cross
- Cortland Regional Medical Center

Involving Families in LGBTQ Suicide Prevention

On March 10 from 5:30 to 7:30 p.m., The Cortland County Suicide Prevention Coalition will offer a two-hour program designed to help parents, educators, clergy and other adults who interact with young people to understand the critical role that families play in reducing the risk of suicide for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. Also intended to promote well-being for LGBTQ youth, the event will be held at the Ramada Inn at 2 River Street, Cortland.

An award-winning documentary will be shown. "Always My Son" depicts a family's journey to supporting their gay son. An opportunity to discuss how families and communities can support LGBTQ youth will follow.

The event is free but you must register by contacting Leah Calzolaio at lcalzolaio@FCScortland.org.

IARSLCE Call for Proposals

The International Association for Research on Service-Learning and Community Engagement (IARSLCE) is pleased to announce that proposals are now being accepted for the 2015 conference in Boston. The conference will take place November 16 - 18, 2015 and is hosted by Northeastern University. Conference program co-chairs are Becca Berkey and Lori Gardinier

The theme of this year's conference is **Revolutionary Scholarship: Innovation of Community Engagement Models**. For more information about the 2015 conference as it becomes available, to view the call, or to submit a proposal, please visit www.researchslce.org/conferences.