Modern researchers are validating some good advice that moms have been giving their children for generations: "Eat your vegetables. Wear your overcoat when it's cold outside. And always get a good night's sleep." That last prescription for good health -- the value of sleep -- is of particular interest to Carolyn Brooker, a member of the faculty in the Pittsburg State University Department of Nursing.

Brooker has been researching and teaching about the value of sleep, especially for seriously ill patients in hospitals, since the early 1970s. Brooker is particularly concerned with the way hospital treatment regimes interrupt normal sleep patterns and how those interruptions may affect a patient's recovery. She also points to what appears to be a growing number of sleepy Americans.

"Sleep problems are greater than most people realize," Brooker said. "Policemen, truck drivers and nurses have particular problems. The incidence of costly and dangerous errors was one of the reasons behind my research."

Every person experiences a number of sleep cycles each night, Brooker said. The most critical part of that cycle, she said, is known as REM. In a hospital setting, problems occur when a patient's sleep is interrupted in the midst of a cycle and the patient does not experience REM. Persons who are not allowed to experience REM do not have the same feeling of being rested as those persons allowed to sleep normally.

In the early days, however, there didn't seem to be much interest in how well hospital patients or others rested, at least among the medical community.

"In trying to talk to doctors and nurses," Brooker said, "I found there was just no interest at all at the time."

Brooker persisted with her research, however.

"The more I got into the topic," Brooker said, "I realized how little information was available on sleep at the time."

Brooker worked with students over a period of several years to develop a sleep inventory that (see Bedtime Story, pg. 2)

Fellowship inspires, renews 'Dr. Z'

Thimios Zaharopoulos, or as the students fondly call him, "Dr. Z," is back at PSU after a semester as a Fulbright Fellow in Greece. The experience allowed him to gather research for several projects, but perhaps more importantly, Zaharopoulos said, it brought him back to PSU a more inspired and better prepared teacher. Zaharopoulos, a member of the Communication Department faculty, was one of two PSU faculty members who received Fulbright fellowships in the 1994-95 school year. The other, Harry Humphries, Social Science, is conducting research in Russia.

Zaharopoulos, born in Greece and an expert on Greek media, teaches broadcasting and other communications courses at PSU. Although he grew up in Greece, Zaharopoulos received his university education in the U.S. and he found his native land held some surprises for him. His plan for the fall semester included lecturing at Panteion University in Athens and conducting research on the effects (see Dr. 'Z', pg. 3)
Bedtime Story (from pg. 1)

would be a valid, reliable instrument in the study of sleep habits and the factors that affect them. She found an ally in Dr. James Gilbert, a psychologist and former PSU administrator.

Gilbert encouraged Brooker in her research and urged her to publish her work.

The classroom took precedence, however, and Brooker was unable to publish her sleep inventory until 1989.

"There was always something else in the works," Brooker said.

Brooker discovered that her sleep inventory was unique.

"It was literally the only instrument available," Brooker said.

Persons using the sleep inventory keep a detailed diary of their sleep-wake habits, allowing the researcher to pinpoint problems that are connected to cycles and each stage of sleep.

Brooker said sleep problems are categorized from minor to major. For critical patients, Brooker said, sleep deprivation can be very serious.

Insomnia is the most common problem people report, Brooker said, but it is also the most preventable.

"Insomnia is often related to our own daily habits," Brooker said. "For example, it may be related to the intake of certain foods and almost every medication has some side effects. Stress is something else that affects sleep."

Although there are still some in the medical community who aren't very interested in the relationship between sleep and recovery, Brooker said, awareness is growing. Last summer, Brooker began giving presentations to doctors and nurses on sleep and patient recovery for the Searle Pharmaceutical Company. The company found Brooker through a survey of current literature on the subject of sleep and contracted for a series of summer workshops for medical personnel.

The drug company has developed a new sleep medication. Brooker said, that is the first one that does not seem to diminish a patient's feeling of restfulness.

"I do nothing in promoting the medication," Brooker said, "but I probably would not have agreed to do the presentations had I not seen the clinical trials."

In fact, Brooker doesn't think medication is the answer to the great majority of sleep problems Americans have. Too often, she said, doctors prescribe sleep medication to placate a demanding patient.

"Some people want a recipe, a simple solution, to their problems with sleep," Brooker said, "and many times the physician complies just to get the patient off his back. Of course if there's pain, then obviously something needs to be done. Otherwise, medication is probably not the best solution for the patient."

There are many things that persons can and should do to improve their chances of getting a good night's rest, Brooker said.

"One important thing," Brooker said, "is to have a bedtime routine. We think of a bedtime routine as important for children, but it's also important for adults. People need to have a sleep ritual; a pattern."

Brooker acknowledged that routine is difficult to maintain for today's increasingly busy families. For Brooker, who says she has never had a problem with insomnia, routine means reading at bedtime, even if it is only a few pages at a time.

Others may have a different routine, Brooker said.

"What's important is that you get to know yourself and your body."

Dean's Column

The College of Arts and Sciences is enjoying another exciting year. We are very pleased with our highly motivated, well prepared, new faculty members who are already making important contributions to our students. The academic credentials of our students continue to increase year after year and we are making progress in finding ways to help more students succeed in their university experience.

Although enrollment is down slightly compared with last year's, due primarily to the completion of several off-campus degree cycles, our credit hour enrollment has actually increased slightly. Projections by university officials suggest that we can expect increases in both categories again next year. So, although we feel real pressures in terms of classroom and laboratory spaces and equipment, in the vital category defined by qualified, motivated professors and well prepared, motivated students, we are doing very well indeed.

We depend upon our alumni and friends for advice, for news, for words of encouragement and, increasingly for material support. Each department within the College has special needs you may be able to help satisfy, including, among many others, such items as financial assistance for students; the acquisition of needed laboratory instrumentation for the art, photojournalism and science areas; and the provision of desktop computers for a new writing/journalism lab that is under development. If you are interested in helping the College or one of the departments in any way, please let us know of your interest and we will help you obtain more information about possible projects.

- Dr. Orville Brill
American television has on Greek students’ views of the United States. But things were not as simple as Zaharopoulos had hoped they would be. The very structure of higher education in Greece was one of the first obstacles that the PSU professor encountered.

“This was my first face-to-face meeting with Greek higher education,” said Zaharopoulos, “Things there work in very different ways. Greek higher education has a lot of problems, including facilities, lack of money and organization.”

Zaharopoulos said most university faculty in Greece don’t make much money and the cost of living in the city is very high, which makes it necessary for many of the faculty to have second jobs.

“They serve as adjunct faculty in practice,” Zaharopoulos said. “Also, the classes are taught in two-hour sessions, so they’re not at the university very often.”

Even when they are on campus, Zaharopoulos said, about half do not have offices because the university facilities are so crowded.

“So my first problem was to find them,” he said, which meant leaving messages and telephoning them at home in the evenings.

When he finally did make contact with the professors, Zaharopoulos found them to be very helpful. With their aid, he was able to arrange lectures in a number of classes. Those lectures and the contact he had with the students were an inspiration to Zaharopoulos.

“I found the students to be of the highest calibre,” Zaharopoulos said, “Not everyone can get into the university. The students must pass strict entrance exams to be admitted. They speak at least one or two foreign languages when they get to the university and all of them are excited about the fields they are studying.”

Zaharopoulos said the students were inquisitive and eager.

“They always had questions,” he said, “mostly about U.S. media.”

In addition to lecturing, Zaharopoulos had planned to survey high school students to determine how watching American television might affect their view of the U.S. Again, the nature of life and politics in Greece had some surprises for Zaharopoulos.

Getting official permission to conduct the survey took months and when it was finally approved, Greek high school students went on strike, demanding better public funding for schools.

Because it was not possible to conduct the research before the fellowship concluded, Zaharopoulos arranged for the surveys to be given after he returned to the U.S. He will receive the data this spring.

Thimios Zaharopoulos and his sons Dimitrios-Alexandros and Victor-Angelos, visit the Parthenon.

Zaharopoulos said the obvious research and teaching benefits of the fellowship are just a part of the value of the experience. It was inspiring to get to know the faculty and the students at the university, he said.

“The people there are the intelligentsia of Greece, the top of their class,” he said.

Zaharopoulos said that because the media are more accessible in Greece, it was possible for him to meet national media figures. His experiences included a two-hour session with the head of the largest sports department in Greece, an opportunity to meet the minister of education and the rare experience of helping to produce a television documentary.

“I came back retrained and retooled,” Zaharopoulos said. “I don’t think most people realize that both physically and psychologically, teaching is a draining job. I really needed this.”

Zaharopoulos said it was exciting to spend some time in a large city where it was possible to walk to events, spend time in the market and have fresh pastries for breakfast at a nearby bakery. He shared these experiences with his wife, Julie, a teacher at Galena High School and an education specialist candidate at PSU, and their two young sons.

While in Greece, Julie taught English and conducted research for her thesis and the oldest boy attended Greek school. It was also an opportunity for the boys, ages 5 and 2, to become reacquainted with their grandparents and other relatives and become truly bilingual.

Spending a semester in Greece gave Zaharopoulos a new perspective on things that are part of everyday life here in the U.S.

“I realized that O.J., the baseball strike and similar things that occupy so much of our media time in the U.S. are not really that important,” he said. “What is important are things like budget problems and where the world is going.”

“I also realized that we don’t walk enough in this country, we eat too much meat and our cost of living is low. We live well in terms of comfort here. Socially, they live well there.”
This experience different, Hamlet pointed out. "You are not teaching these kids," he said. "They are doing research. So you get surprised. If you're a scientist, this is exciting."

"It's fun to work with people who are so eager and so able," Hamlet added. "This is voluntary. They do this because they want to do it."

James Triplett, chairman of the Department of Biology, agreed that working with students this young was a different and exciting experience. Triplett worked with a group studying the feeding habits of fish.

"It's reassuring to me to know that there are kids at that age that have active minds and are willing to use them," Triplett said. "I just find it heartening to know that, unless someone along the line turns them off, they're going to be entering the university system in the near future."

Hamlet said that although he believes the STARS project is having a positive influence on potential young scientists, it will be several years before the actual effect can be judged.

"We won't know what effect this had for another few years. These kids were interested in science to start with," Hamlet said. "We hope they have a different way of looking at things."
Theater helps students overcome speech class fears

Thanks to the cooperation of two members of the Communication Department faculty, many Pittsburg State students are finding speech class a less frightening experience. John Green, who teaches theater, and Shirley Drew, who teaches speech, have collaborated to integrate a form of theatrical problem solving into Speech Communication, a required general education class.

Although students are encouraged to take Speech Communication before the end of their sophomore year, many delay taking the class until the last semester of their senior year because of apprehension they feel over public speaking and interpersonal communication. The theater techniques Green and Drew have integrated into the class are designed to help students overcome those apprehensions and learn to communicate more comfortably and more effectively.

The theatrical component of the class is based upon the forum theater techniques of Brazilian director Augusto Boal, with whom Green has studied. Forum theater is a theatrical game in which a problem is shown in an unsolved form, to which the audience is invited to suggest and enact solutions. The problem is always the symptom of oppression and generally involves visible oppressors and a protagonist who is oppressed. In its purest form, actors and audience members are people who are the victims of oppression, such as students in school dealing with peer pressure issues. The participants are able to offer alternative solutions because they are personally acquainted with the oppression. The knowledge that results will be the best that a particular social group can attain at that moment in time. This pooling of knowledge, tactics and experience is what Boal calls "a rehearsal for reality."

During the summer of 1994, Green and Drew taught some of Boal's techniques to 22 undergraduates in Speech Communication. These techniques helped the students confront their apprehension about the course.

Secondly, a component on gender communication was introduced to the group. Using Boal's techniques, the six participating teachers in the Theater Techniques class devised a forum theater piece based on the problems experienced by a couple over the birth of their first child, who had Downes Syndrome. "Hush Little Baby" was devised and rehearsed in June and presented to the Speech Communication students over two days in July. Students watching the piece made suggestions for potential solutions regarding the conflict between the husband and wife. In some cases, students replaced the actors, trying out the solutions themselves. Next, the students in the class developed a piece in which they explored the issue of sexual harassment in the university environment.

Several times during the course of the project, Green and Drew solicited feedback from the students regarding their perception and understanding of Boal's techniques as a learning mechanism. Their responses indicated that the students felt less apprehensive about interacting with one another and about speaking in front of the group as a whole. Many students also commented on the therapeutic value of the forum process in that it empowered them to explore, in abstract terms, potential solutions to interpersonal conflicts.

Because of the success of the summer project, Green and Drew broadened the application of Boal's techniques in the Speech communication course in the fall and spring semesters. More than 300 students are enrolled in these classes each semester. In addition, image theater exercises have been taught to non-theater faculty, from a range of disciplines, for application in the Freshman Experience course.

Green and Drew submitted a paper entitled, "Pedagogy of the Oppressed," to an interdisciplinary conference sponsored by the University of Nebraska at Omaha in February.

Planned Giving Options at Pittsburg State

BEQUESTS - gifts that are made through wills--have always been a very important source of income for charitable organizations in this country. Pittsburg State University is no exception. A person's will usually reflects the interests, affections and convictions of a lifetime. The Pittsburgh State University Foundation, Inc., is the appropriate organization to receive bequests to benefit the university. The tax identification number is 48-610-4332.

Everyone Needs A Will

More than one-half of the adults in this country do not have wills. That is an astonishing fact. A will is the appropriate means of disposition of property after death. All of us who want to make our own decisions about this matter should have wills. In the absence of a will, the state will make decisions concerning a person's assets. If you already have a will, you should remember to review it periodically. Be certain that your will reflects current concerns and desires. It is especially important to review your will if you have moved from another state since your will was drawn. You should confer with an attorney to make sure your will conforms to the new state laws.

Four Types of Bequest

1. A Specific Gift: You can leave a particular sum of money or a particular piece of property, such as stocks, bonds, or real estate.

2. A Percentage of the Estate: It is possible to stipulate in your will that the PSU Foundation should receive a specified percentage of the total estate.

3. A Residual Gift: You may stipulate that the PSU Foundation should receive those assets that remain in the estate after all other bequests have been made.

4. Testamentary Trust: A testamentary trust is a trust established in a will. A typical form of trust provides an income for life for one or two beneficiaries, and directs the trust assets to the PSU Foundation upon the death of the beneficiary.

For more information on planned giving options, contact the PSU Foundation, Wilkinson Alumni Center, 401 E. Ford Avenue, Pittsburg, Kan. 66762, 316/235-4768.
Departmental News

Biology
The Department of Biology has grown from 292 majors in 1990 to 485 majors this year, which is a mixed blessing according to Department Chairman James Triplett. Triplett said that growth in the department's physical therapy program has "exploded" and interest in the very successful pre-medical and pre-dental programs continues to be very high, but "growth has been across the board." Triplett said the job picture in fields related to the biological sciences seems to be pretty good and that may be bringing more students into the department.

"It's hard to plan for," Triplett said. "We had between 250 and 290 majors for 20 years."

Students in the department have a number of field experiences open to them, Triplett said. This spring a group will visit the mountains in Arizona. There will be another field trip to the Barrier Islands on the Atlantic coast after graduation and Steve Timme is planning another research trip to the jungles of Peru next summer.

Chemistry
Clarence Pfluger retired as chairman of the Chemistry Department last year. He plans on doing experimental chemistry with a colleague in New Hampshire. Replacing Pfluger as department chairman is Gerald Caple. Caple spent the past 28 years at Northern Arizona University. He is a polymer chemist working with conducting polymers.

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Departmental News continued

Patty Wooten, a nurse, clown and humor specialist. She will be the featured presenter in a program that will explain the physiologocial changes that occur with laughter, define guidelines for using appropriate humor with patients, examine how laughter can be a therapeutic tool to cope with stress and suggest specific ways to use humor and increase fun levels at work. The workshop, which is approved for four hours of continuing education credit, will conclude with a 25-year historical review and a social hour.

Physics

Tim Slater, director of the Science Education Center, has collaborated with Steve Scott, Special Services and Administrative Studies, on a major project to change the way elementary and middle schools teach math and science. The project is being funded by a three-year, $217,000 Eisenhower Mathematics and Science Education Act grant.

Social Science

Harry Humphries, Social Science, is completing a 10-month assignment in Russia as a 1994-95 Fulbright Fellow. Humphries is teaching research methods, theory and deviance at Kazan State University, in Tartastan, Russia. He and Professor Alexander Salagaev, head of the Sociological Research Laboratory, Kazan State University, are writing a book comparing and contrasting sociology, social problems, deviance and youth in American and Russian Societies. Salagaev visited Humphries at PSU last year and toured several local facilities for troubled youth. Humphries is one of two PSU faculty named Fulbright fellows for 1994-95.

Tate continues to earn awards


In Memorium


Class of ‘60

Chuck Ales, MS, has retired after teaching high school math in Chetopa, Erie and Wichita. His plans include returning to Arma, Kan., where he will restore old muscle cars.

Class of ’68

David L. Ives, BA, is a business broker and attorney-mediator in Woodland Park, Colo. His wife, Avis, is a family therapist.

Patsy Morris, BME, MM, is the minister of music at Grafton Baptist Church in Yorktown, Va. She lives in Newport News, Va.

Class of ’69

Dorothy Jean Fuller, BME, is the organist for St. David’s Episcopal Church in Austin, Texas. She gave organ concerts in Germany and England last year. She is also the accompanist for the Austin (Texas) Civic Chorus, a community choral union that presents five concerts a year. She and her husband, George, have two daughters: Susan, who is 12, and Allison, who is 8. They live in Austin.

Class of ’70

Veda Boyd Jones, BA, is an author and a teacher for the Institute of Children’s Literature. She has more than 100 published works in magazines and six novels. Her most recent book, “Callie’s Mountain,” was released this spring by Heart Song Presents. She and her husband, Jimmie L. Jones, live in Joplin. They have three sons: Landon, Morgan and Marshall.

Class of ’79

Kevin Pennington, BS, MS Physics and EdS in Community College Teaching, is an instructor and chairman of the Natural Science Division at Cowley County Community College and AVTS. He and Laura Dodson-Pennington were married on July 30, 1994, in Arkansas City, where they now live. Laura is the program administrator at Cowley County Community College and AVTS.

Dorothy A. Daughtery Webb, MS Vocational Education, was inducted into the Dodge City Community College Hall of Fame for 1994. Mrs. Webb was honored for her many years of service to the community college in nursing education. She was an instructor for the DCCC nurse education program from 1958 until 1985. She held the faculty rank of professor when she retired. Mrs. Webb continues to contribute many hours of volunteer service in her community.

Class of ’80

Diane Watkins, BSED, MS, EdS, is a biological science instructor at Neosho County Community College. In 1994, she was named the BPW Outstanding Young Careerist for Chanute, where she and her husband, Mark, BBA ’83, live. Mark is a tour coordinator for Good Will Tours. They have two children: Christian, who is 6, and Blair, who is 4.

William Santaularia, BSN, is a certified registered nurse anesthetist at Research Medical Center in Kansas City. He and his wife, Stella, a registered nurse, live in Overland Park. They have two children: Jeanie, who is 8, and Lucy, who is 6.

Class of ’84

Adam Sward, MA, is a lay minister at the All Nations Indian Prayer Circle of Chicago. He has been accepted for study at Swedenborg School of Religion in Newton, Mass., for the fall of ’95. He and his wife, Lynn, live in Chicago.

Class of ’85

Thane Doss, MA, teaches at York College (CUNY) in Jamaica, Queens, N.Y. He is editing a book of essays and is completing a play. Meanwhile, he is working on his Ph.D. at CUNY

Class of ’87

Humphrey Minx, MS, is the Aeromedical Safety Officer for Training Air Wing FIVE, the Navy’s largest training air wing. He has been selected for redesignation to the regular Navy and for enrollment in the Naval War College Non-resident Seminar.
Alumni News continued
Program. He and his wife, Jennifer Louise (Base) Minx, BST Commercial Graphics ‘86, have a daughter, Kathleen Louise, who is 3. They live in Milton, Fla.

Class of ’88
John Dehan, BA, is a sales representative for Kross Office Outfitters in Shawnee, Kan. His wife, Julie (LaFavor) Dehan, BSN ‘89, is a physician’s assistant at College Park Family Care.

Class of ’90
Rita Byfield, BSN, is a member of the nursing faculty at Bartlesville Wesleyan College in Bartlesville, Okla. She teaches advanced nursing in the school’s RN program. She and her husband, Michael, live in Bartlesville. They have three

children: Katee, who is 14; Kristi, who is 20 and a student at OU; and Sean, who is 23 and a professional musician.

Class of ’92
Harold A. Smart, BA Biology, is a third-year medical student at Kirksville College of Osteopathic Medicine. He is doing his third and fourth year clinical rotations at Oak Hill and Freeman Hospitals in Joplin. Harold and his wife, Laura Hensley Smart, live in Joplin.

Class of ’93
Janis Schwing, MSW, has opened Caress of the Heart, a private practice psychological/Christian counseling service in Pittsburg. She and her husband, Ray Schwing, BS ‘91, live in Pittsburg. They have three grown children: Steven, Bryan and Johnetta.

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No news isn’t always good news!
Please drop us a line and let us know about your latest endeavors.

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1701 South Broadway
Pittsburg, Kansas 66762-7516

Name
Degree Yr. Grad.
Address
City
State Zip
Phone ( )
Maiden name
Military Service*
Spouse’s name
PSU grad? Yr.
Major
Occupation(s): your’s
spouse’s
Children
News

*The PSU Alumni Association is compiling a list of veterans. Your help is appreciated.